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Fitch Bay resident concerned about motorboats and AirBnB

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

More than just a walk in the woods

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TUESDAY, JUNE 19, 2018

Théberge names three official language priorities

By Gordon Lambie

The Office of Canada's Commissioner of Official Languages published its annual report last week, marking the end of the transition period for newly arrived Commissioner Raymond Théberge. Théberge, who took office as Commissioner on January 29, 2018, states in the report that he feels he had to hit the ground running to catch up with the work already underway at the office.

"There was a steep learning curve at first," Théberge told The Record, explaining that he has been able to focus in on some of the issues as time has moved on. "I would say that I'm deeply in the saddle at the moment and ready to move forward."

Looking ahead, the commissioner identified three key areas of focus for the Office of the Commissioner of Official Languages in the coming year.

First and foremost, Théberge said that Canada's Official Languages Act needs to be modernized.

"Clearly the Act, which reflected the

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La Grande Journée des Petits Entrepreneurs:

Much more than lemonade stands



COURTESY

By Ocean Francoeur
Special to The Record

Even the Dragons of Dragons' Den would have trembled at the sight of the tiny entrepreneurs gathered at the Plaza de l'Ouest in Rock Forest on Saturday for La Grande Journée des Petits Entrepreneurs. Now having finished its third year, the Sherbrooke

edition of this province-wide initiation to young entrepreneurship shows no signs of slowing its success.

"It went so, so well!" rejoiced Isabelle Grenier, coordinator of projects and communications in downtown Sherbrooke for Commerce Sherbrooke. "We are so, so happy with the turnout. There was at least double the amount of kids and we are so pleased that so

many people showed up to encourage them."

During La Grande Journée this year, over 120 children set up their 62 small businesses and blew visitors away with their ingenuity, salesmanship, and adorable charm.

"There was such surprising variety in their wares," commented Grenier.

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Weather



TODAY:
SUNNY

HIGH OF 21
LOW OF 9



WEDNESDAY:
CLOUDY

HIGH OF 23
LOW OF 6



THURSDAY:
SUNNY

HIGH OF 19
LOW OF 8



FRIDAY:
SUNNY

HIGH OF 25
LOW OF 9



SATURDAY:
CLOUDY PERIODS

HIGH OF 26
LOW OF 15

The Lasts



DISHPAN HANDS

SHEILA QUINN

This is a week of lasts.

Leander Harrison Philippe, you are in the last week of elementary school at Knowlton Academy.

By the time you read this, I imagine you'll likely be an adult, going through these columns to see where I've revealed too much about your youth, but maybe you'll be glad I've preserved part of it too. At least I hope you are.

You're feeling it. You talk about it. And this morning, as I write this, on the last Monday of elementary school, after a terribly stormy night where I don't think anyone slept, you headed off with your schoolbag that has all kinds of weird bits of garbage in it, a lunch pail of things that are pretty tasty, your navy blue school shirt and navy shorts, and your hair in every direction possible. I'm giving you your graduation haircut tonight. After a year of hairdressing school, I'm starting to understand a little more of what I've been doing to that head of yours (and your brother's) for all of these years.

Part of the delicate nature of this week of lasts, is that it is the last for all of us - you're the baby of the family. We're all graduating from childhood this week. Just a moment ago, for one year when you were in kindergarten, you, your brother and your four cousins all enrolled at our beloved St. Francis Elementary School (where your uncles and I, and before that your grandfather once attended).

One day that year, I brought you to Knowlton Academy to visit. A move to Knowlton was planned, and I wanted you to feel part of the decision-making process. Our friend Shanna came with us. We toured the school, and you loved it. I remember meeting Mrs. Staton, who taught grade one, and hoping that she would be your grade one teacher. The next year, she was.

Grade one was learning "power words" and watching you learn to read. You took to reading fairly well, and in no time, it

was evident that you really took to math. In the spring we had a sudden, exciting trip to Vancouver, courtesy of Subaru, so that we could participate in filming for their Road Rally commercials. We had a ton of fun with the other families, and even got to see our cousin Katie, who happened to be in Vancouver that weekend too, visiting for work from Prince Rupert.

That year you also made me a Mother's Day card that told the tragic story of how one of our cats ran away and the other cat was decapitated. Moving story, but only half true. Moxy wasn't well and had to be put down, her head was still very much attached to her body, but yes, sadly, Gosamer did disappear. That had happened several years prior - I'm still not sure of the choice for story for Mother's Day. You're a bit of a wild card creative.

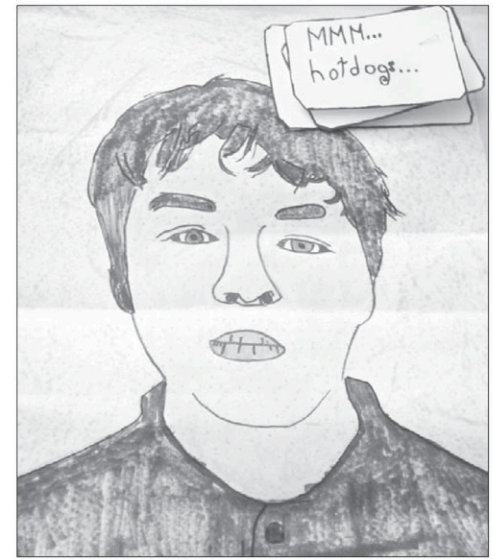
In grade two you had a brand new principal, Ms. Gore. Ms. Mammers taught you, and you did a presentation on oceans that we were invited to attend. We still have the funny plasticine shark that you made to go with your kiosk. It was fun touring each desk, as pairs of your peers explained different elements of sea life. That year your class sold the most coffee in the first Virgin Hill coffee fundraiser. You won second place, and were so proud!

I don't have enough videos of you at that time. I miss your small voice, and now it is gone, replaced by a rather crackly new one.

In grades three and four you were taught both years by Madame Nancy and Ms. Lane. Your class went through a lot of sad experiences during that period, some classmates lost their parents, and so did Madame Nancy. The loss of her parents just one month apart was terribly tragic, and when you ran the Terry Fox run the next year, you did so for her parents - I still have the sticker you wore on your t-shirt, stating that. Sometimes we can see teachable moments and learning experiences, and life itself, coming at us, and in others suddenly there they are. We are in the thick of the experience, and it is important to proceed with honesty, love and compassion. I see that in you now when you face other situations. In spite of the losses that year, you still had a tremendous lot of fun. We also began attending community dances, and you really enjoyed them.

I taught you how to cross-stitch, and you took to it quite quickly. With so many pixelated games, and your love of Minecraft, you began creating your own patterns and cross-stitched the coolest Enderman.

In grade five, we started celebrating something called Birth-O-We'en, where we celebrated your birthday and Hallowe'en with an overnight visit to Gramma's and trick-or-treating. Your teachers were varied - Ms. Dessureau, Ms. Harvey, Ms. Garneau,



Leander's grade 6 self portrait

among others. You joined the Knowlton Academy Greenhouse Club, a beautiful project that you have helped get off (and out of) the ground - imagine where things will go with it! What a treasure it is.

In grade five you also made me an Egyptian-styled canopic jar - traditionally there were four of them, used to house (and protect) various organs when a person died. You made me Qebhensuf - the falcon-headed canopic jar to house my intestines when I die. Well, I can check that off of the lifetime to-do list. It's terribly fantastic, and absolutely covered in bling.

Grade five was not without its tremendous loss. Your best friend Sebbie died of leukemia in March of 2017. He's still a part of your life though, and we will always imagine him somehow going along with you. We were all reminded of how fragile we are, how powerless we can feel, and how community really makes a difference in the most difficult of times.

And, in the words of A.A. Milne now we are SIX. Grade six. This year you are again treated to Ms. Garneau as a teacher, and Ms. Roy-Seguin. In the fall we welcomed two new kittens into our family (whom we hope to keep intact and that neither will disappear). Pixie and Radio have warmed your heart and made you sparkly. Pixie follows you around and puts up with your strange antics. In the fall we attended the open house at Massey-Vanier High School, and you made a decision that evening that you wished to be registered there for secondary one. As we left that night you told me that the "llama gods had summoned the Viking gods to summon you to Massey-Vanier". I had no idea of this pecking order amongst the deities. Your choices for options were music, art, drama, dance (in order of preference). You told me you were

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Ben by Daniel Shelton



LOCAL NEWS

Despite the MCI's best efforts though, a few problems persist. In particular, Murray mentioned a problem with short-term rental lodgings, like AirBnBs.

Fitch Bay resident concerned about motorboats and AirBnB

By Ocean Francoeur
Special to The Record

Last Saturday, the town of Stanstead and Memphrémagog Conservation Inc. held a conference to discuss the protection of Fitch Bay and other nearby water sources. The bay, which provides drinking water for over 170 000 people in the area, has been under scrutiny by the MCI and other conservation groups for several years now, and this year's conference continued the MCIs tradition of raising awareness about water safety and protection.

Stanstead local James Murray, whose family has been living on the shores of Fitch Bay since the 1940s, gave a run-down on what went on at the conference, and voiced his own concerns regarding the conservation of the area.

"Over the last several years, they have held at least one conference a year to meet citizens of the area who live nearby or use the lake," said Murray. "The aim is to advise people on some of the things going on with the lake, what to do, what the rules are."

The conferences touch on many subjects, according to Murray. These include boat regulations while on the lake, information about invasive species, awareness regarding wildlife protection, septic tank management and much more.

"Just last month we had a lecture organized by the MCI. They brought up the issue of respecting the five metre band along the lake shoreline," he said, referring to a buffer area where owners of lakeside property are not allowed to mow their lawns. "You're supposed to allow natural growth of plants there, to

prevent erosion from rain and waves from wakeboarding and such."

"The area is quite environmentally fragile, but they keep an eye on things," continued Murray. "A few times a year they have volunteers come out to help clean up invasive species. Last year I was a part of it; we were collecting European reeds (an invasive species of marsh grass). And they always ask us to report blue algae, if we see it. We also keep an eye out for frogs, toads, and turtles. We report them so that they have an idea where their habitats and population numbers are at."

Though Murray personally believes that the MCI's work to educate the population should be commended, he recognized that, unfortunately, sometimes the information they give out falls on deaf ears- or no ears at all.

"They certainly have our MCI working hard, along with other conservation groups. They do a lot of research, awareness, they patrol the water," he said. "So many people rely on the lake, either for drinking or use. Sherbrooke just won an award for its drinking water, and we're really happy about that. These organizations are working hard to keep it that way."

Despite the MCI's best efforts though, a few problems persist. In particular, Murray mentioned a problem with short-term rental lodgings, like AirBnBs.

"The problem with those is that they tend to overuse the septic systems on weekends," he said. Murray explained that short term lodgings tend to be rented out for parties, so the house in question is often at overcapacity, causing problems with sewage management. "If

there are too many guests, the overuse and misuse of the septic tank can contaminate and cause problems in the lake. I don't think it's intentional; a lot of those who use those rentals are city folk, and they don't necessarily know the ins and outs of country waste management. Plus, when they leave, it's no longer their problem, they don't care."

In fact, a dispute is currently underway in the municipality regarding the formalities of zoning permits. Murray says details should be coming in during the week as to what will be decided.

"We don't know really how or why, but five houses were given permission to be rented out on the short term, so less than 31 days, I think," he clarified. "The problem is, these are in fragile areas of the lake. When the zoning changed, and they were given notices of infractions. We're in the middle of seeing what will happen, whether they'll pay the fines or not, or if they'll contest it."

As a resident of Fitch Bay, however, Murray is affected by one problem above the others: boats. The main concern to him is not only conserving the lake but protecting residents like himself who want to go out and enjoy the water.

"I live in an area called the Narrows, and there are special restrictions. They can't go too fast, nothing over 10 kilometers an hour both for safety and erosion."

"We see it much too often. It's especially a safety concern if you want to go swimming. You see people zooming through in their personalized motor vehicles, like Ski-Doos, and they're coming at you full-throttle and you've got to find a way to swim away and fast," added

Murray.

"That was another concern brought up at the conference: boats and fishing competitions. When the competition happened last weekend, there were about 30 motorized boats zooming by at 70 kilometers an hour. They're all looking for the best spots. They come very close to the shoreline sometimes, some were only about 100 meters from my own docks. It's a hazard for people in the water. You can get a fishhook in the eye or something like that."

"It's too bad because it's not everyone. Not all motorized boats are a problem, some are very respectful, but those who aren't ruin it for everyone else," said Murray. "People do know the rules. When the patrols come, they slow down, but as soon as they leave, they speed up again. I think they need to know the rules, but also the reason why they are in place and a reason to follow them."

"The municipality has ideas. They test waters frequently, organize shoreline cleanups. They're doing an excellent job, they get a top grade" he continued with a laugh. "Besides the conferences, the MCI has their lake patrol. They take calls from citizens and come check the area out, or answer questions. They're always out there giving information. They've made more of an effort to stay in our area. We've had to call them twice this year already, but they can't be everywhere at once."

To brush up on boating regulations on Lake Memphrémagog, consult www.mrcmemphremagog.com/programmes-et-services/securite-nautique/

La Grande Journée des Petits Entrepreneurs

CONT'D FROM PAGE 1

"There was a more cultural aspect to them this year. One little cutie made a CD of her singing that she was selling. Currently she and her mother are working on getting it copyrighted, so they can sell to the general public. She was magnificent. Another boy put on a full-blown Michael Jackson concert, with costumes and everything. He was selling tickets for his show, he gave us a preview."

Among many others, children sold everything from bath bombs to stress balls and lip balm. One child, said Grenier, set up a face painting stall, which really added to the festivity of the event.

"People were lining up, like at festivals. This year was really diverse. We tend to get doubles of certain things, but this year there were barely any repeats,"

she exclaimed. "Almost everyone was sold out at the end. We had anywhere between 1800 to 2200 people drop by. It was so cute seeing all the little entrepreneurs running around, spending their earnings. It was like a tiny, local economy that we created."

Since Sherbrooke is a particular hub for entrepreneurship, getting youth involved seems like a sure recipe for success. Each mini-businessperson was awarded, at the end of the event, a certificate. Every single one was individually signed by the Mayor of Sherbrooke, Steve Lussier, who also took the time to meet each start-up market.

"It was a nice attention to pay to the kids," said Grenier. "This year really shone and we're looking forward to more!"



COURTESY

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More than just a walk in the woods:

A peek inside Robert Howe's outdoor laboratory

By Nick Fonda

Robert Howe is very happy to see his small rural property being used, at least in part, as a research & development laboratory in agroforestry. Over the last decade, since retiring as a senior Cégep administrator and settling on a small farm in Melbourne Township, he has had students, agronomists, teachers, and biologists visit his property.

"A few years ago," he says, pointing to a piece of overgrown land that was once pasture, "two students from the Natural Sciences program at the Université du Québec à Montréal (UQAM) were here briefly. They were working on their post-graduate degrees. They plotted out a small patch of land to do a count of buckthorns."

The common buckthorn is a flowering shrub that can grow up to 10 metres high. It is native to Europe and Asia, and was brought to North America as a decorative plant over a century ago. It adapted so well to our climate that it is now classified as an invasive species.

"I told them they were looking in the wrong place, that they wouldn't find any buckthorn just there," he continues. "It turned out I was wrong; in a small square, 20 metres to a side, they counted 110."

"For several years," Robert Howe says, "one of the teachers in the agriculture department at the Cégep in Victoriaville would bring one of his classes up here every fall as part of his course on biodiversity. When you start training your eye to look, it is really quite remarkable how many life-forms you can see everywhere you look."

Three quarters of the retired educator's land is wooded. Some of his pasture land is used by a neighbouring farmer, but he used two acres of it to plant 1700 hardwoods: oak, walnut, elm, and ash. Interspersed among the saplings, he also planted 500 fiddlehead ferns and a number of black cohosh, a medicinal plant that, in spite of its name, produces white flowers. In the woods, a mixed hardwood forest, he has tried to establish ginseng, a plant that was once quite commonly found in southern Quebec.

For the last decade, Robert has been working with Cultur'Innov, a cooperative based in Saint Camille, and with the Groupement forestier cooperative St-François. It is this partnership that has made his property so interesting to researchers and students.

"When I first moved to Melbourne," he says, "I took a number of courses and attended a number of conferences in Saint Camille on a variety of topics, from sharpening chain saws to medicinal plants. The course that really caught my attention was one given by a biologist,

Stéphane Demers, who is a co-ordinator at Culture-Innov."

While Robert has had a long standing interest in wood (carpentry and carving provide a balance to his teaching at the Université de Sherbrooke), his curiosity about the medical possibilities of his woodlot might be traced back to the fact that his father was a pharmacist.

"Shortly after I took that course," he continues, "professionals from Cultur'Innov came here and, after walking the woods and taking soil samples, planted beds of Canada wild ginger, goldenseal, black cohosh, and ginseng."

The green foliage of black cohosh, which is also known as black snakeroot, grows to a height of two feet but in mid-summer it produces a stem that stretches upwards six feet or more and ends in clusters of small, white, sickly-sweet flowers. The plant produces rhizomes (underground stems) and it is these rhizomes and the roots which are medicinally interesting. First Nations women used black cohosh to relieve birthing pains. They also used it to reduce menstrual pains and to minimize the effects of menopause. In the late 1800s German doctors discovered black cohosh and started using it in their clinics and hospitals.

Goldenseal, also known as orangeroot because of its yellow-coloured rhizomes, belongs to the same family of plants as buttercups and produces a single, red fruit that looks much like a raspberry. The ground roots of goldenseal are used to make salves, tinctures and tablets. The plant, among many other things, can be used as an anti-inflammatory and to help treat liver problems. The Cherokee, who originally lived in the southern Appalachians, used goldenseal to fight cancer. It has the unusual property of boosting the effects of other herbs and medicines. It also has the effect of masking the presence of other drugs. Goldenseal has been so extensively harvested in the wild that it is now an endangered species.

Canada wild ginger is a broad-leafed, low-growing plant which also produces a single flower, a little like a snapdragon. Its roots were used by First Nations people as a spice, but also as a remedy for a wide variety of ailments from earaches to digestive problems and from sore throats to urinary infections. Canada wild ginger is on the list of threatened species in Quebec.

Ginseng owes its name in English to the Chinese words for "man" and "root" which aptly describe the root system of the low-growing plant. The botanical name of the North American variety, *Panax quinquefolius*, refers to the healing properties of the plant, panax being the Greek word for "heal-all", and to its five broad leaves. Ginseng has been



COURTESY

"For several years," Robert Howe says, "one of the teachers in the agriculture department at the Cégep in Victoriaville would bring one of his classes up here every fall as part of his course on biodiversity. When you start training your eye to look, it is really quite remarkable how many life-forms you can see everywhere you look."

something of panacea in traditional Chinese medicine for centuries, and was prescribed for stress, trauma, anxiety, fatigue and also, as lots of web sites will tell you, as an aphrodisiac and cure for erectile dysfunction. Among some First Nations people, ginseng was used to cure female infertility and to permit pain-free birth. Wild ginseng is not easy to find; in the Salmon Creek watershed, an area of about three hundred square kilometers, a recent plant census turned up only five plants.

Yet, the plant was so abundant during colonial times under the French regime, that, for a brief period, it was Quebec's second most important export to Europe after furs. In 1718, a Jesuit priest wrote to his superiors about ginseng which grew in the St. Lawrence River valley and was known to be much in demand in China. As people rushed to harvest the plant, prices rose steeply—up to 25 times the original price. But greed led to problems. The plant's aphrodisiac properties depended on it being harvested in September and allowed to dry slowly. The colonists began harvesting it as early as May and drying it in ovens. Canadian ginseng became worthless to the Chinese and what had been a very lucrative market totally collapsed.

Ginseng needs a long time to establish itself before it can be harvested. It also requires the right soil and the right amount of sunlight. By definition, a lab-

oratory, even an outdoor one specializing in agroforestry, can expect its experiments to yield a range of results.

"The black cohosh planted in sunny places was very successful," Robert Howe says, pointing out a large patch of nondescript greenery among hardwood saplings. "The Canadian wild ginger was marginally successful, while the goldenseal and ginseng did not take at all. The biologists sowed the first set of ginseng plants in 2012 in a maple grove where the canopy created 80% shade. In 2015 they tried again, but this time with seeds, and under a canopy of 50% shade."

Pointing to places on the forest floor where small pickets have been placed he notes, "They're also carrying out other experiments, for example to see what levels of acidity the plant can tolerate, and what fertilizers might optimize its growth."

"It will be another few years before we know how well the ginseng has caught this time. But the plants are growing," he adds, pointing out a small, five-leafed plant on the forest floor.

Will ginseng ever again be the country's second most important export? Most likely not.

"But," Robert Howe points out, "similar experiments with ginseng are being carried out on a few other properties in the Townships."



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EDITORIAL

Canada has the longest coastline in the world, bordering three oceans, but has left many globally significant biodiversity areas without protection.

SCIENCE MATTERS

Don't water down marine protection

By David Suzuki

Will Canada finally inspire a wave of celebration on World Oceans Day, June 8? Prime Minister Justin Trudeau promised to lead G7 nations on global marine protection during Canada's presidency this year, a welcome change after decades of inaction left just one per cent of our oceans formally safeguarded.

The government is charging ahead to meet its 20 international Convention on Biological Diversity conservation targets. Canada met the 2017 goal to increase ocean protection to five per cent and is moving to protect at least 10 per cent of coastal and marine areas by 2020.

That included creating marine protected areas on all three coasts: Anguni-aqvia niqiyuam in the Northwest Territories, Hecate Strait and Queen Charlotte Sound Glass Sponge Reefs in British Columbia, and St. Anns Bank in Nova Scotia. Canada also has two marine conservation areas on Lake Superior and the St. Lawrence River, and two others off B.C.'s northern coast near completion, including Gwaii Haanas.

Canada has the longest coastline in the world, bordering three oceans, but has left many globally significant biodiversity areas without protection. Hudson Bay estuaries host the world's largest beluga whale calving area. More than 55,000 — about a quarter of the world's population — migrate every year from their winter ranges to the mouths of the Seal, Nelson and Churchill rivers. Warm-water estuaries shelter calves and provide fish and shellfish for them to eat. Migratory birds also rely on these estuaries, and the ecotourism benefits for

Manitoba further strengthen the protection rationale. Inuit traditional knowledge about hunting areas for bowhead and beluga whales, narwhal, walrus and polar bears helped identify this area in need of protection.

Effectively safeguarded biodiverse areas limit human activities such as shipping, mining, oil and gas exploration, and destructive fishing practices. Although research shows they should exclude extractive activities, the federal government recently approved offshore oil exploration on Canada's East Coast in an area designated as a marine protected area only a few months earlier.

Ocean conservation can be achieved through marine protected areas, Indigenous conserved and protected areas, marine zones, protected networks, conservancies and "other effective area-based conservation measures." Regardless of the moniker, protection must be based on sound ecological principles and ecosystem needs. Standards must be meaningful and affirm Indigenous rights and involvement in planning and governance.

Many countries — from the U.S. to Brazil to Britain — are creating large marine protected areas to meet international conservation targets. But as the state of overfished, warmer, acidified oceans cluttered with plastics becomes more perilous, some scientists question prioritizing the size of the protected area over its quality.

Drawing lines on a map to meet targets doesn't increase biodiversity. We should create protected areas where science says they're needed most. Some argue it's more effective to focus on smaller areas where fish spawn and feed



and where threats from human activities are highest.

Coastal waters have a greater diversity of species and face more immediate threats from energy extraction, tourism, development, habitat degradation and overfishing than open oceans. For example, coral reefs cover less than 0.1 per cent of the ocean floor but are home to 25 per cent of all marine species.

Signs of hope for Canada's oceans are emerging. Proposed amendments promise to strengthen Canada's flagship ocean law, the Oceans Act. With growing support for sustainable fishing practices that include using non-destructive gear, fisheries management should shift to targeting only abundant fish and setting clear quotas. There's hope that recently proposed Fisheries Act changes will again secure requirements for fish habitat protection.

Challenges loom on our ocean horizon. All marine life along Canada's Pacific coast is vulnerable to greater risks

of oil spills from the sevenfold increase in tanker traffic that would come with the Kinder Morgan pipeline expansion. Greater attention must be given to Indigenous rights and meaningful co-governance in marine areas, as is happening in northern and central British Columbia. The 76 remaining resident orcas on B.C.'s South Coast need immediate measures, such as chinook fisheries closures, better stream habitat protections for salmon and reduced shipping noise.

Moving on all fronts to protect oceans couldn't be more important. This World Oceans Day, let's remember they are essential to life, providing most of the oxygen we breathe, along with food for the body and mind.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Communications Specialist Theresa Beer.

Learn more at www.davidsuzuki.org.

Quebec liquor store employees threaten to strike ahead of Fete nationale holiday

The Canadian Press

Employees with Quebec's liquor authority are threatening to strike ahead of the province's popular Fete nationale holiday.

Quebec's alcohol commission has a state-enforced monopoly on hard liquor sales across the province and employs 5,500 people in roughly 400 stores.

Workers will vote today and over the course of the next several days on a proposal by union executives for a six-day

strike that could begin on June 23, the day before the holiday.

Union leaders say if voting isn't completed by the eve of the St-Jean-Baptiste holiday then the strike action could be postponed.

Employees have been working since March 2017 under an expired collective agreement.

Negotiations have proven difficult over the issue of weekend work hours and conditions of part-time employees.

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Local Sports

Canada, meanwhile, is getting a clearer look at the field of the four-team repechage tournament in November that represents its last chance to qualify for the 2019 Rugby World Cup

Canada drops to No. 22 in rugby rankings in wake of weekend loss to Russia

By Neil Davidson
THE CANADIAN PRESS

Canada has dropped one spot to No. 22 in the World Rugby rankings in the wake of Saturday's 43-20 loss to Russia in Ottawa.

Russia remained unchanged at No. 19 after registering its first win over Canada in five career matches. The Canadian men's record low in the rankings was No. 24 in August 2017.

Saturday's loss dropped Canada's record to 2-3-0 this year and 8-17-1 since

the 2015 World Cup.

Kingsley Jones's team wraps up its June international schedule Saturday in Halifax against the 15th-ranked U.S. Eagles, who upset a young Scottish touring side 30-29 on the weekend in Houston.

Leader New Zealand and No. 2 Ireland are unchanged at the top of the new rankings. Wales, after its second straight win over Argentina, moved up to No. 3 at the expense of Australia. South Africa climbed two spots to No. 5 after its second consecutive victory over England, which dropped two rungs to No. 6.

Scotland (down one), France, Fiji and Argentina round out the top 10.

Canada, meanwhile, is getting a clearer look at the field of the four-team repechage tournament in November that represents its last chance to qualify for the 2019 Rugby World Cup

No. 29 Germany defeated 24th-ranked Portugal 16-13 on the weekend in Heidelberg, advancing to a two-match playoff with No. 17 Samoa to see who earns the final berth in Pool A with Ireland, Scotland, Japan and Russia. The playoff series opens June 30 in Apia.

The Germany-Samoa loser joins Canada in the repechage,

The other two repechage teams will be the winner of the Asia/Oceania play-off between No. 21 Hong Kong and the 54th-ranked Cook Islands and the runner-up at the African Gold Cup, whose field features No. 23 Namibia, No. 28 Kenya, No. 37 Uganda, No. 38 Morocco, No. 42 Tunisia and No. 44 Zimbabwe.

The repechage winner qualifies for the World Cup in Pool B with New Zealand, South Africa, Italy and Africa 1 (the African Gold Cup winner).

Blue Jays sweep Nationals with 8-6 victory

The Associated Press

Teoscar Hernandez and Yangervis Solarte hit consecutive homers in the eighth inning, and the Toronto Blue Jays beat the Washington Nationals 8-6 on Sunday to complete a three-game sweep.

The game was tied at 6 before Hernandez and Solarte connected against Ryan Madson (1-3). Hernandez hit his 12th homer and Solarte belted his team-leading 15th.

Randal Grichuk added a pair of solo homers for the Blue Jays, who have won seven straight home games. Ryan Tepera (4-2) pitched the final 1 1/3 innings for the win.

Washington has lost five of six. Slumping Nationals slugger Bryce Harper went 0 for 5 with two strikeouts, dropping his average to .218.

BRAVES 4, PADRES 1

ATLANTA (AP) — Julio Teheran pitched six no-hit innings before being pulled from his first start since coming off the

disabled list, and Atlanta relievers gave up six hits in the win over San Diego.

The Braves' bid for a combined no-hitter ended with one out in the seventh when Shane Carle allowed a single to Cory Spangenberg. Freddy Galvis added another single before Carle pitched out of the jam.

Teheran (5-4) struck out a season-high 11. Jose Vizcaino got three outs for his 15th save.

Johan Camargo's two-run double in the fourth off Jose Castillo (1-1) gave Atlanta a 2-0 lead. Tyler Flowers hit a two-run homer off Brad Hand in the eighth.

INDIANS 4, TWINS 1

CLEVELAND (AP) — Shane Bieber pitched one-run ball into the sixth inning in his first major league win, helping Cleveland beat Minnesota.

Bieber (1-0) scattered 10 hits and struck out seven in 5 2/3 innings in his second career start. The rookie right-hander was recalled from Triple-A Columbus earlier in the day when Carlos Carrasco went on the 10-day disabled list with a

bruised right elbow.

Yan Gomes' three-run double in the third snapped a 1-all tie. Cody Allen, the Indians' third reliever, pitched the ninth for his 14th save.

Cleveland salvaged the finale of the three-game series and broke a five-game losing streak against Minnesota.

Twins right-hander Jake Odorizzi (3-4) allowed four runs in five innings.

ORIOLES 10, MARLINS 4

BALTIMORE (AP) — Jace Peterson and Mark Trumbo homered, and Baltimore beat Miami to snap a nine-game losing streak.

Baltimore also ended a string of 11 straight losses at home, which tied a club record. The Orioles' last win at Camden Yards was May 13 against Tampa Bay.

Dylan Bundy (5-7) pitched six innings of four-run ball for last-place Baltimore. He has accounted for one-quarter of his team's victories this season.

Justin Bour homered twice for the Marlins, who went 1 for 12 with runners in scoring position. Trevor Richards (1-4)

was tagged for six runs and nine hits in 3 1/3 innings.

REDS 8, PIRATES 6

PITTSBURGH (AP) — Eugenio Suarez homered in the second straight game and Joey Votto celebrated his 1,500th major league contest by going 2 for 4 with two RBIs in Cincinnati's victory over Pittsburgh.

Suarez hit a two-run shot off Joe Musgrove (2-2) in the fourth. Votto hit a drive to deep right-centre the fifth to chase Musgrove and give the Reds the cushion they would need to beat the Pirates for just the second time in seven tries at PNC Park this season.

Scott Schebler added three RBIs for Cincinnati, including a two-run home run in the ninth.

Anthony DeSclafani (2-1) surrendered solo home runs to Colin Moran and Gregory Polanco but otherwise kept the Pirates in check. Raisel Iglesias got four outs for his 10th save.

Trotz resigns as coach of Stanley Cup winning Capitals

By Stephen Whyno
THE ASSOCIATED PRESS

Barry Trotz abruptly stepped down as coach of the Washington Capitals on Monday after failing to agree to terms on a new contract, a stunning move that left the newly minted Stanley Cup champions without a coach with the draft later this week and with free agency coming up fast at the end of the month.

Winning the Cup less than two weeks ago triggered a two-year extension for Trotz that would have given him a slight bump in salary to just over \$2 million, a person with direct knowledge of the situation told The Associated Press. The person spoke on condition of anonymity because the team did not announce the extension.

Trotz and the team could not come to

terms on an annual salary that would have put him in line with other Cup-winning coaches. Toronto's Mike Babcock makes the most at \$6.25 million, Chicago's Joel Quenneville is next at \$6 million and Montreal's Claude Julien brings in \$5 million.

"After careful consideration and consultation with my family, I am officially announcing my resignation," Trotz said. "When I came to Washington four years ago we had one goal in mind and that was to bring the Stanley Cup to the nation's capital. We had an incredible run this season culminating with our players and staff achieving our goal and sharing the excitement with our fans."

In a statement, the team thanked Trotz for his efforts the past four years and said it was grateful for his leadership and accomplishments. General manager Brian MacLellan was expected

to talk with reporters later Monday.

The 55-year-old Trotz went into the season with an uncertain future after ownership and MacLellan declined to talk about a contract extension last summer after back-to-back Presidents' Trophy-winning seasons that ended with second-round exits.

As part of the uneasy arrangement, associate coach Todd Reirden — who was not allowed to interview with other teams last summer — remained on staff and was considered the coach-in-waiting. Reirden is now the leading candidate to replace Trotz, who will be an intriguing figure on the coaching market.

Only the New York Islanders have a current coaching vacancy, though given Trotz's success in Nashville and Washington, other teams might consider making a move to hire him. Trotz has

the fifth-most victories in NHL history and has guided a team to the playoffs in 11 of his 19 seasons.

Trotz's situation was a significant story line throughout the Capitals' somewhat surprising playoff run that ended with the first championship in franchise history. MacLellan said the coach would be back if he wanted to, but asked the day after the championship parade if he was confident of bringing Trotz back on a new contract, MacLellan responded: "I don't know. We'll find out."

That same day, Trotz said: "We got lots of good things going. We'll work through it. We'll work through what we need to do. If that's what they want, then something will get done. If not, then we'll deal with that."

Today in History

Today in History for June 19:

On this date:

In 325, the month-long Council of Nicea closed. Known as the first ecumenical council in the history of the Church, it formulated the Nicene Creed and established the method for calculating when Easter falls.

In 1566, James VI of Scotland was born. Upon the death of Elizabeth I in 1603, he ascended the English throne as James I. He is best remembered for authorizing the publication known today as the King James Version of the Bible.

In 1721, almost half of Montreal was destroyed by fire.

In 1815, artist Cornelius Kreighoff, famed for his portraits of life in 19th-century Quebec, was born in Amsterdam, Holland. He died in 1872.

In 1846, the first baseball game with set rules was played in Hoboken, N.J.

In 1862, slavery was outlawed in U.S. territories.

In 1867, deposed Mexican emperor Maximilian was executed.

In 1896, Wallis Warfield Simpson was born in Pennsylvania. The two-time divorcee became the Duchess of Windsor when she married the former King Edward VIII in 1937, a few months after he abdicated in favour of the woman he loved. The Duchess died in Paris in 1986.

In 1903, the city of Regina was incorporated.

In 1910, Father's Day was celebrated for the first time, in Spokane, Wash. Most historians credit Sonora Smart

Dodd of Spokane, Wash., with the idea of making Father's Day a national day of recognition. According to the story, Dodd heard a sermon about the sacrifices made by mothers and thought her own father, Civil War veteran William Jackson Smart, deserved equal accolades because he had raised her and her five siblings after their mother died. Dodd arranged her first Father's Day celebration on June 19, 1910.

In 1914, 188 people died in the Hillcrest mine disaster at Crows Nest Pass, Alta.

In 1917, during the First World War, King George V ordered the Royal Family to drop their German titles and surnames. The family took the name Windsor.

In 1937, Scottish dramatist and novelist J.M. Barrie died. He was best known for Peter Pan."

In 1953, Julius and Ethel Rosenberg were executed at New York's Sing Sing prison after they were convicted of spying for the Soviet Union.

In 1958, the Canadian Parliament approved the establishment of the joint North American Air Defence Command, or NORAD.

In 1963, Soviet cosmonaut Valentina Tereshkova, the first woman in space, returned from a three-day space flight.

In 1973, Karen Kain and Frank Augustyn of the National Ballet of Canada won first prize at the International Ballet Competition in Moscow.

In 1977, Pope Paul VI proclaimed a 19th-century Philadelphia bishop, John

Neumann, the first male American saint.

In 1978, the comic strip "Garfield" appeared for the first time.

In 1983, B.C. Place, Vancouver's 60,000-seat domed stadium, opened.

In 1986, artificial heart recipient American Murray Haydon died of kidney failure at age 59. His death came 16 months and two days after receiving the implant.

In 1987, the U.S. Supreme Court struck down a Louisiana law requiring public schools to teach creationism if they taught evolution. The court ruled that the state law violated the First Amendment.

In 1992, the last two western hostages in Lebanon were freed after three years in captivity. Henrich Struebig and Thomas Kemptner were immediately flown home to Germany. Their release brought an end to a decade in which at least 92 western hostages were taken.

In 1992, Russian President Boris Yeltsin told Canada's Parliament his country had abandoned totalitarianism for democracy.

In 1999, Prince Edward married Sophie Rhys-Jones at Windsor Castle. The Queen gave her youngest son and his wife the titles of Earl and Countess of Wessex.

In 2003, the U.S. Air Force decided not to court martial the two pilots who mistakenly bombed Canadian troops in Afghanistan in April 2000 – killing four. The pilots, Maj. Harry Schmidt and Maj. William Umbach, had been charged

with involuntary manslaughter, aggravated assault and dereliction of duty and faced up to 64 years in prison if convicted.

In 2009, Darrell Dexter was sworn in as Nova Scotia's new premier, the first NDP government in Atlantic Canada's history.

In 2009, Nortel Networks Corp. announced a deal to sell itself piece-by-piece rather than try to restructure under bankruptcy protection, winding down a company with a 127-year-old history in Canada.

In 2013, Bob Rae, one-time Ontario NDP premier and former interim federal Liberal leader, announced he was leaving politics after 35 years.

In 2013, James Gandolfini, whose portrayal of mob boss Tony Soprano in HBO's "The Sopranos" helped create one of TV's greatest drama series, died of cardiac arrest while vacationing in Rome. He was 51.

In 2016, the Cleveland Cavaliers became the first team in NBA Finals history to overcome a 3-1 deficit by beating the defending champion Golden State Warriors 93-89 in Game 7, capturing the franchise's first title and ending Cleveland's 52-year pro sports championship drought. LeBron James, the Ohio-native who returned to the Cavs in 2014 and promised a title, was named MVP for a third time.

In 2016, Dustin Johnson captured his illusive first major by winning the U.S. Open at Oakmont by three strokes, atoning for his past mishaps in the majors.

Scientists identify metabolic process tied to inflammation



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

Dear Doctor: I read that scientists are close to being able to "turn off" inflammation. What does that mean? And isn't that dangerous, since inflammation is a natural part of the immune system?

Dear Reader: The body's inflamma-

tion reaction is a double-edged sword. Most of the time we're grateful for the array of specialized white blood cells that rally to our defense. First to the scene of injury, illness and infection, they're specialists in detecting bacteria, viruses and other harmful organisms. They not only emit chemicals that destroy harmful invaders, they also cart away debris and rally the rest of the immune system to mount a robust response.

That's all great when things are working properly. But sometimes the body's inflammation response goes haywire. The same white blood cells that race to the rescue can be triggered by a case of mistaken identity and attack the body's own tissues. That's what's happening in autoimmune diseases like lupus, Crohn's disease or rheumatoid arthritis.

Certain conditions, like obesity, can rev up the inflammation process as well. That's because fat cells produce a class of small proteins known as cytokines, which are the same biochemicals that our white blood cells produce when they're on the attack. Those cytokines

act as a 911 call to a host of other immune system cells, and thus encourage a state of ongoing inflammation. In addition to the autoimmune disorders we mentioned earlier, chronic inflammation has been linked to heart disease and certain cancers. And studies suggest that inflammation may have a hand in some diseases of the central nervous system as well.

All of which brings us back to the recent research that (we suspect) prompted your question. Among the cells that get involved in that initial immune response are white blood cells known as macrophages, which circulate throughout the tissues of the body. Now, a team of scientists from the United States, Ireland and the United Kingdom has identified a metabolic process that's able to get macrophages to stand down.

It turns out that a molecule known as itaconate, which is derived from glucose, acts as an "off" switch for macrophages. In a study published recently in the journal *Nature*, the researchers reported that the macrophages themselves can be instructed to make itaconate from glu-

cose molecules. The presence of itaconate blocks the cascade of biochemical processes that add up to inflammation.

Specifically, a derivative of itaconate that can move in and out of the walls of our cells can actually decrease the production of cytokines, those small signaling proteins we were talking about earlier. The ability to control how macrophages produce and disperse cytokines would mean that certain types of inflammation could be controlled, or even stopped. The fact that it appears cytokines play a role in pain adds another intriguing layer of possibility to this discovery.

But before we celebrate the end of random inflammation, it's important to understand that at this point, the research has focused on mouse and human cells. The leap between the petri dish and the release of a targeted medication to contro

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

Uplands Cultural and Heritage Centre presents Souffle du vent from May 6 to July 8, 2018. The exhibit showcases the works of two artists living in the Eastern Townships, Lucie St-Jean & Mary Cartmel, who express themselves through painting and sculpture. Lucie St-Jean works imperfect lines that reflect freedom and seek to immortalize the wind and make it appear in her paintings. Mary Cartmel is intrigued by the contrast between the hardness and

mass of the stone versus the delicate lightness and movement of birds. She represents them in the contemplative repose, lifting into flight, or landing to rest. Uplands, 9 Speid Street, Borough of Lennoxville is open Wednesday to Sunday from 1 p.m. to 4:30 p.m. (closed on holidays).

LENNOXVILLE

Mental Health Estrie invites the community to their Annual General Meeting at 7 p.m. on Thursday, June 21st at the Margeurite Knapp building located at 257 Queen street in Lennoxville. The main agenda items are: Annual Reports, Financial Statements and Election of the Board of Directors. Come and learn more about the important work we do to support English-speaking families and individuals affected by mental illness. Light refreshments will be served. For more information, call 819-565-3777 or email mhe.info@bellnet.ca

BURY

Centre Communautaire de Brookbury

(former Brookbury Hall), 571 Route 255, Bury Qc., June 23 at 5 p.m. BBQ (hot dogs, chips, salads, ice cream and drinks). Music by "The Late Bloomers" starting at 4 p.m. Admission charged. Info: Brenda Bailey 819-884-5984.

RICHMOND

Antique Farm Machinery Show and Antique Tractor Pull, Silent Auction (All profits for the Elementary School in Saint Felix de Kingsey), Flea Market and much more. June 23 from 10 a.m. to 6 p.m. at the Richmond Fair Grounds. Info: 819-848-1421

AYER'S CLIFF

A friendly Meet & Greet organized by MP Marie-Claude Bibeau and the Federal Liberal Association of Compton-Stanstead. 4 to 6 p.m. - Thursday, June 28th at the Auberge Ayer's Cliff, 1087 Main St. All are welcome! For info: 819-868-7656

AYER'S CLIFF

Summer Sale at Beulah United Church,

Saturday June 23rd at 8:30 a.m. to Noon. Beulah United Church, U.C.W., Main St. Ayer's Cliff, Bake sale table, Bread, Pastries and other Edibles. Browse the tables of new and used jewellery, books, puzzles & glassware. Collectables and household items. Enjoy coffee and goodies with a friend. All Welcome

RICHMOND

8th annual Expo Moto Renaissance Antique Motorcycle Show on Saturday June 23 at the Richmond Fair Grounds. Events going on all day: antique tractor pull, swap meet, etc. All welcome. Rain or shine. All profits benefit local schools.

KNOWLTON

Write Here! Write Now! The new creative writing project of Townshippers' Association will hold its first Knowlton workshop on Thursday, June 21, 1:30-4 p.m., in the Community Centre. More info? Call 819-842-1940 or Townshippers' Association.

Bothersome third wheel

Dear Annie

TUESDAY, JUNE 19, 2018

Dear Annie: My girlfriend has a brother, "Joel," who is 23 years old and has Asperger's syndrome. Now, don't get me wrong; I have nothing against people with Asperger's. But this guy is too much. He always has to have the last word, argues constantly and thinks he knows everything. Their mother insists that my girlfriend let him tag along whenever we're together, and she actually lets him. I'll say, "It's just going to be us tonight, right?" She'll say yes, but when I get there, she has him with her. I'll take her aside and remind her that it was supposed to be just us, and she'll say, "But my mother didn't want him to be at home by himself." He'll proceed to ruin the evening. First he'll insist on a different restaurant. Then he'll interrupt everything I say. And by the time we get our food, I'm ready to walk out.

Recently, we were out with some mutual friends, and sure enough, she had Joel with her. We all went back to my place. Then he wanted to order pizza. I calmly said, "Joel, you don't need to order pizza. There's food here already." He ignored me and ordered pizza to be delivered. Because of a mix-up, the order arrived cold just as everyone was leaving. He wanted me to warm it up in my oven, and I suggested he do that when he got home because I just wanted to go to bed. He started giving me all kinds of stupid reasons, and I cursed at him and told him, "Be a man and eat it cold." My girlfriend then got angry with me for being mean.

The last straw was last week, when we went out to a nice restaurant for my birthday. Joel showed up even though she had said he wouldn't be there. I tried to bribe him to leave by handing him \$20 and saying, "Get a sandwich and see a movie." But that didn't work.

Everything would be fine in my relationship if it weren't for Joel and the way my girlfriend enables him. She and I get along really well, and we have fun together, but our time together is limited. My job is tough, and I don't have a lot of patience for aggravating things outside of work. How can I get her to stop letting her moron brother tag along? I don't want him around, but my sweetie can't seem to act like a grown-up and say no to her family. — Over It

Dear Over It: Long-term relationships aren't just about getting along well. They're about priorities. And it sounds as though you and your girlfriend have some irreconcilable differences in that department. In all the incidents you mentioned, Joel's presence never seemed to be a nuisance to her, only to you. Even if firmer boundaries would be beneficial for her, that's a decision she needs to make on her own. It could be that her family will always come first. If you're not prepared for that, consider ending things now. That would give her the chance to meet someone a bit more sympathetic to her family.

Dear Annie: I'd like to respond to "Child-Free and Tired of Judgment," who wondered what to say when someone asks her why she isn't having children. She should just look at the person and say, "Why do you ask?" I find this works for someone who is being just plain nosy. What could anyone possibly say except, "I'm nosy"? — More Caring

Dear More Caring: Those four words really do say it all. Thank you for sharing this excellent retort.

Dear Annie: Not long ago, I got out of a relationship with an ex who was sometimes physically abusive to me. It was a nasty relationship with an even nastier breakup. And though I can now look back at it as a blessing in disguise, I can't deny the fact that it broke my heart and soul into a million pieces and has left a lot of emotional scar tissue. Anyway, a close friend of mine, "Pam," recently mentioned that she sees my ex and his girlfriend (the woman he was cheating on me with) fairly often and is on friendly terms with both of them. She even told me that she and this girl have had several one-on-one conversations about how they would like to be friends but can't because of me. It was bordering on accusatory; I felt as if I was supposed to thank her.

Annie, I would never put someone in a position to choose one friend over another. But Pam did not know either of these people before this. In fact, she helped pick up the pieces and put me back together after the relationship blowup. I just don't understand why she would actively grow friendlier and friendlier with my ex and his girlfriend. I told her that I was confused and hurt by this information, and she just didn't seem to get it at all and thought I was being overdramatic.

I don't expect my friends to punch my ex and the

"other woman" in the face when they see them, but I also wouldn't expect them to actively initiate a friendship with them. Am I being selfish? Is there a proper way to handle this? — Wish It Didn't Bother Me

Dear WIDBM: Though you can't make rules for your friends, you can make rules for you and your mental health. One of those rules might be to not spend time with people who actively associate with your abuser — not to punish them but to protect yourself. You can explain as much to Pam by saying, "To be honest, this makes me very uncomfortable. I can't dictate whom you're friends with, and I won't stand in the way of this, but I also can't give it my blessing, if that's what you're looking for. I need to move forward and heal myself emotionally, and that means keeping a safe distance from the person who abused me."

Dear Annie: You asked for others to write in about options folks have chosen for senior living. My folks are in their 90s, and they considered a senior living facility. Ultimately, it would have been very expensive and impractical for them. So they chose another route: aging in place — but not with us.

Aging in place is becoming very popular. Many seniors who find they need help with more and more tasks want to stay in a familiar environment. Caregivers can be hired — from once a week to full time — and may be similar in cost to a facility. In our situation, we were lucky enough to be able to purchase the house next door. We made a gate and pathway between the two houses. Now they have visits from family every day. They are secure knowing that they will live out their years among family but in their own home. Aging in place was the best choice for their situation. — Delighted Daughter in CA

Dear Delighted Daughter: What a blessing, both for you and for them. Thanks for sharing your experience.

"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.

Send your social notes to: classad@sherbrookerecord.com

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.

" CVMPC DSUZG CABKU'W EBVDDS
CPEBZW VZWA EK KA TOZG VK GB
LVPWK IPWG WGBT... IB GVMB V
LKSZGPZ ZAUUBZ WPAU." — GVEES
JAVR

Previous Solution: "I love going into another world, and I love mysteries... I like the feeling of discovery." — David Lynch

TODAY'S CLUE: *g sjenbe p*

REALITY CHECK



HERMAN



"Oh darling! Your very first patient."

ALLEY OOP

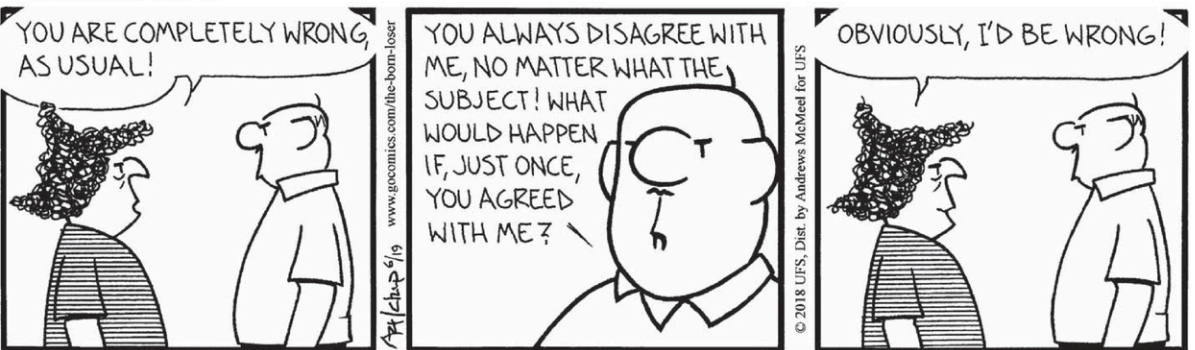
OUR FRIENDS LEAVE HAMILTON'S HEADQUARTERS...



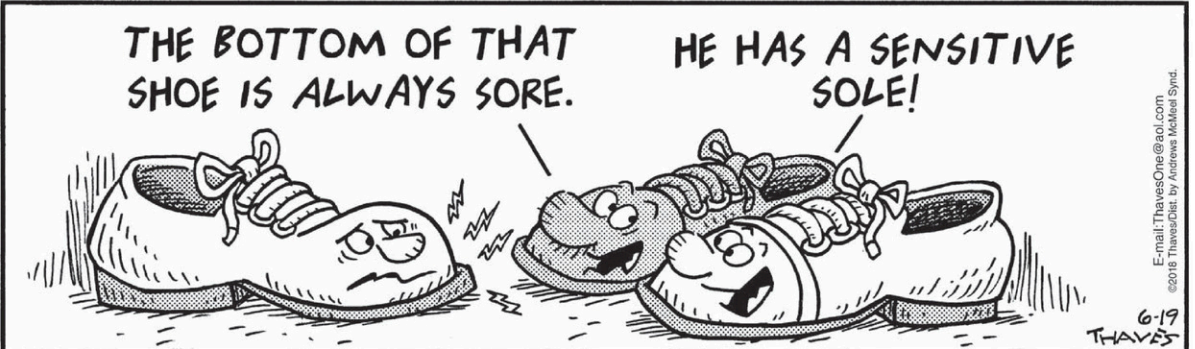
ARLO & JANIS



THE BORN LOSER



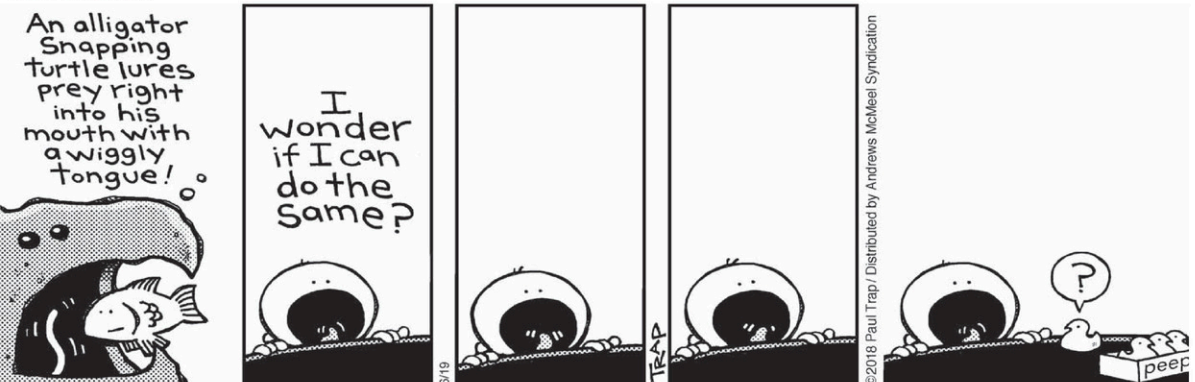
FRANK AND ERNEST



GRIZWELLS



THATABABY



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Check for Health Check™

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Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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Kinnear's Mills Women's Institute

The March meeting for the Kinnear's Mills W.I. was held at the home of Edith Patterson.

The meeting was conducted by the President Flora MacNaul, and opened by all repeating the Salute to the Flag, Collect and Oath of Citizenship.

Flora MacNaul thanked Edith for holding the meeting and welcomed the members.

Motto: Let all you do be done with love.

Roll Call: Your favourite recipe done with maple syrup, was answered by six members.

The minutes of the last meeting were read, declared correct and signed.

Plans were made for the Saturday noon meal to be served on May 5th, at the Community Hall.

Pauline Nutbrown will get information on Q.W.I. Flag, and Order one for each member. A Card was received from Marion Wright. Pictures were passed around taken by Flora.

Correspondence: A letter was received from "The Wales Home" convention Dates are May 25-26.

A note of thanks was received from ACWW.

Treasurer: Hugette Blais gave the financial report.

Report of Conveners:

Health and Community Living - Pauline Nutbrown.

Vitamin B12 deficiency possible with a vegan diet. Vitamin B12 is a bit of a workhorse. Not only does it play a key role in the proper functioning of the brain and the nervous system. Its crucial to the production of red blood cells in the bone marrow. The body does not store B12, so you need to ingest it every day.

Educations and Personal Development - Huguette Blais and Flora MacNaul. Canada has 35 kinds of wild snakes, many persons die each year, from snake bites. Manitoba has the biggest problem. Flora had a picture of her grand-daughter Mary who had attended a baby sitting club.

Publicity and Awareness - Dorothy Bolduc.

The Chateau Frontenac celebrates 125 years.

The Quebec Flag is celebrating 70 years (2018)

The Dog represents the Chinese year. Sears Canada closes after 65 years.

William and Kate, the royals have a baby boy - Louis Arthur Charles 6th great grand child for the Queen and Prince Philip, born, April 23, 2018 - 5th in line for the throne.

The Birthday girls Huguette and Flora were remembered with gifts.

Programme:

Tell a cute or funny story about your children or grandchildren. Many laughs were enjoyed.

The May meeting will be held at the home of Dorothy Bolduc on May 28 at noon.

Hearing of no further business President Flora MacNaul, adjourned the meeting.

A delicious supper was served by Edith Patterson, and enjoyed by the members, and a special time was spent.

Submitted by
 Audrey Allen, Secretary

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Compton Historical Society Holds meeting

Members of Compton Historical Society held a meeting on Saturday, June 2, 2018 at the Waterville Town Hall. Due to illness and other commitments, we were few in numbers.

The President, Jean Marc Lachance opened the meeting, and the Lord's Prayer was recited in unison.

Minutes of the previous meeting were read by the secretary Sue Nichols, and they were approved as read.

Ellie Bailey, Treasurer gave the financial report. She also informed us that a donation has been made to the Kidney Foundation, in memory of Russell Nichols.

At a General Meeting on May 20, a temporary Committee made a report on what they've done and the rules and regulations. A new board of Directors was formed at this time.

June 9 is National Archives Day at the Library on Hatley St. in Compton.

Someone suggested holding our meeting on a week-day, as this would be better for some members.

Next meeting, Friday August 3 at 11 a.m. Place to be decided.

The meeting was adjourned by Sue Nichols.

Submitted by Sue Nichols

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

ACROSS

38 High point

- 1 Mr. Linden
- 4 Thin board
- 8 ATV feature
- 11 I, to Caesar
- 12 Horse's ankle
- 13 Downtown Chicago
- 15 Hang back
- 16 Bucket of bolts
- 17 With, to Maurice
- 18 "Stir Crazy" star
- 20 They hold water
- 21 College stat
- 23 — Enterprise
- 24 Go kaput
- 27 Turpentine source
- 29 Pigeon talk
- 32 Hayseed
- 33 Electrical unit
- 34 Touched down
- 35 Mother lode
- 36 — — few rounds
- 37 To the — (fully)

- 39 Gym iterations
- 40 Cellist — Ma
- 41 Mark of Zorro
- 42 Glove leather
- 44 Long-eared animals
- 47 Thick with cattails
- 51 "Once — a time ..."
- 52 First-magnitude star
- 55 Travel word
- 56 Abacus piece
- 57 Kind of wave
- 58 Make a blunder
- 59 Forensic sci. tool
- 60 Pate de — gras
- 61 Blushing

DOWN

- 1 Pitch in
- 2 Seaweed derivative
- 3 Lethargic
- 4 On the ball

Answer to Previous Puzzle

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

- 5 Rawls or Gehrig
- 6 Not delay
- 7 Round stopper
- 8 Glitches
- 9 Made a basket
- 10 Idler's opposite
- 14 Desktops
- 19 Give the eye
- 20 Vane dir.
- 22 Farthest point
- 23 Expose
- 24 — scratch
- 25 Mystique
- 26 Alpine goat
- 28 Flapjack chain
- 29 Ad award
- 30 Unctuous
- 31 Eight, in Milan
- 37 Jekyll's other half
- 39 Home tel.
- 41 "The Prisoner of —"
- 43 Teed off
- 44 Wheel part
- 45 Parroted
- 46 Equine hue
- 48 At any time
- 49 Dreadful
- 50 Patio view
- 52 Channels 2-13
- 53 Want ad abbr.
- 54 Moo goo — pan

TUESDAY, JUNE 19, 2018

Take stock and prepare to make some changes in your life. Tidy up loose ends so that nothing will stand in your way as new opportunities unfold. Let go of past losses and disappointments and look forward to new beginnings. Become the master of your destiny and make things happen.

GEMINI (May 21-June 20) — Embrace whatever change comes your way and make it work for you. Think and act fast, and make the most of every opportunity that you come across.

CANCER (June 21-July 22) — Make adjustments at home that will add to your comfort or help your finances. If you share your feelings, it will improve a relationship with a loved one.

LEO (July 23-Aug. 22) — Tone it down and avoid conflict. Use your intelligence to counter any opposition or actions that could harm your position or reputation. Break bad habits. Concentrate on positive personal change.

VIRGO (Aug. 23-Sept. 22) — Speak up and share your thoughts and feelings. Collaborating with others will help you come up with a plan that can change the way you move forward.

LIBRA (Sept. 23-Oct. 23) — Offer to pitch in and help before someone asks you to do so. It's better to be accommodating if you want to avoid being talked about or criticized. Take the lead and make a difference.

SCORPIO (Oct. 24-Nov. 22) — Don't let

the actions of others anger you. Concentrate on what you can do to make things better. Your intuition and ability to find solutions will help you make a difference.

SAGITTARIUS (Nov. 23-Dec. 21) — Look for a practical answer, not a pie-in-the-sky idea that involves risks and potential failure. Use your attributes and physical energy to get things up and running.

CAPRICORN (Dec. 22-Jan. 19) — Implement personal changes that will benefit your health and financial standing. Don't give in to someone pressuring you to take a chance on something that isn't in your best interest.

AQUARIUS (Jan. 20-Feb. 19) — You'll be anxious and tempted to make a move without sufficient preparation. Take a moment to assess your situation and determine whether someone is setting you up for a fall.

PISCES (Feb. 20-March 20) — Your intuition, not your emotions, will give you the answer you are looking for. Aim for greater stability. Use your intelligence and rely on your experience to make practical choices.

ARIES (March 21-April 19) — You'll miss the point if you don't listen carefully. Someone will offer you information that can affect a decision you need to make. Read between the lines.

TAURUS (April 20-May 20) — Travel, communication and preparation are favored. Don't let something going on in your personal life distract you from doing what's best for yourself.

TUESDAY, JUNE 19, 2018

When they bid, they help you

By Phillip Alder

Morarji Desai, who was the fourth prime minister of India between 1977 and 1979, said, "Self-help must precede help from others."

At the bridge table, though, often you help yourself after an opponent has helped you — provided you with the key piece of information.

How does that apply in this deal? How should South plan the play in four spades after West leads the club king to declarer's bare ace?

In the old days, West would have passed over one spade. To overcall at the two-level required opening count. Now, though, one bids with the faintest of excuses. Here, two hearts takes up considerable bidding space, perhaps making responder's life difficult if he does not have spade support.

When the dummy appeared, declarer thought he was in clover. Surely one of the diamond finesses was winning, and he could take at least six spades, one heart, three diamonds and one club. So, he drew trumps and ran the diamond 10. East won with the jack and shifted to the heart nine, which was ducked around to dummy's queen. Declarer ruffed a club and ran the diamond nine. Disaster! East took that trick and led his second heart, giving the defenders two

North				06-19-18						
♠	8	7	4							
♥	Q	6	3							
♦	A	Q	8	5						
♣	7	5	2							
West		East								
♠	5	2	♠	6	3					
♥	A	J	10	7	5	♥	9	4		
♦	6	4	3	♦	K	J	2			
♣	K	Q	10	♣	J	9	8	6	4	3
South										
♠	A	K	Q	J	10	9				
♥	K	8	2							
♦	10	9	7							
♣	A									
Dealer: South										
Vulnerable: North-South										
South	West	North	East							
1♠	2♥	2♠	Pass							
4♠	Pass	Pass	Pass							
Opening lead: ♣ K										

diamonds and two hearts. South grumbled about bad luck, but North knew better. He had noticed that when East led the heart nine, South, knowing East was short in hearts, should have played his king. West would have won with the ace and continued with the heart jack, but he could not have gotten in to cash a second heart winner. South would have taken six spades, one heart, two diamonds and one club.