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Frederick Simpson Coburn. *Untitled (Carlotta, Gold Dress)* (detail), 1939, oil on canvas, 191 x 94.5 cm.
Collection Musée des beaux-arts de Sherbrooke.



Big Backyard Bioblitz

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

A bit of July storm history

Page 6

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THURSDAY, JULY 21, 2022

COVID-19 patients in hospital rise above 2,000 for first time since May

The Canadian Press

Quebec is reporting more than 2,000 COVID-19 hospitalizations for the first time since early May.

The Health Department is also reporting another 14 deaths attributed to the novel coronavirus and a rise of 97 COVID-19 patients.

Officials say 2,057 people are in hospital with the disease after 273 patients were admitted in the past 24 hours and 176 were discharged.

CONT'D ON PAGE 3

From the border to the Opera House



By Michael Boriero

When Vincent Boudreau retired from the Canada Border Agency after 30 years of service, a second career never really

crossed his mind, that is, until he was offered a tantalizing opportunity to become the director of the Haskell Opera House.

"It's very different and I love to accept new challenges. Customs was

part of my life for a long time, but I also think it was the security I was looking for. And now that I get paid to stay home, I have more time to devote towards culture," said Boudreau in a phone interview Wednesday.

CONT'D ON PAGE 5

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Weather



TODAY:
SHOWERS

HIGH 29
LOW 18



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH 27
LOW 15



SATURDAY:
SUNNY

HIGH 29
LOW 19



SUNDAY:
SHOWERS

HIGH 25
LOW 17



MONDAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH 25
LOW 13

Women of my past



LINDA KNIGHT SECCASPINA

When I was growing up as a child I never thought that women were supposed to be restricted to being homemakers. I grew up barely a decade after World War II and some women had taken jobs while the men were away at war. History states that after the war, many decided to keep some sort of job, and some did, but most became the Suzy Homemaker that you see in the 1950s ads.

My mother used to work at Bruck Mills in Cowansville, Quebec before she married my father. There were 600 people that began working there in 1922 and they employed 30 men and women at the start. In 1946 when my Mother worked there were 4,000 employees: 2,200 women and the remainder men. After she married she not only looked after her children and the house, but gave piano lessons and sometimes helped out during lunches at school. In fact most of the women from what I remember on Albert Street worked in various retail stores or manufactures and new appliances

were being made that allowed women to spend less time in their homes.

My grandmother worked for as long as I can remember helping the family South Street electrical contracting business and then doing the books every week on the dining room table. Saturday nights before Lawrence Welk the small metal cash box would come out and she would teach me to balance the books with my Grandfather sitting beside me. I worked in their store on Friday nights and sold fixtures and typed out invoices on carbon paper on the old typewriter every summer. I never once thought I should be learning homemaking ways to please a future husband as my family taught me differently.

Looking back, the smartest woman in Cowansville was hands down Doris Wallet of Albert Street. She was a businesswoman before I even knew what business was all about. Not only did she keep her house spanking clean and look after her children, she ran a small men's wear store on Main Street where the old Continental store once stood. Her husband Murray worked at Vilas and Doris ran the shop during the day. I loved hanging out in the small store with wooden floors.

She had a great personality and you could see she loved to do what she did. Years later they moved to Knowlton and had a hardware store. Doris was always involved, and I never realized how before her time she was until I thought about it today.

There were also many Avon, Watkins and Tupperware business ladies during my childhood. A Tupperware manufacturer had opened

up in Cowansville and suddenly the local women were making money marketing and selling the new plastic products from their own home. There were always the various Tupperware parties up and down the street and when pink and blue plastic salt and pepper shakers appeared on our table you knew everyone else had them too.

Suddenly everyone visited each other's home, and my Mother was making her pineapple squares once a week to bring to somebody's house. As for Avon, every child I knew owned a Snoopy Rubber soap dish and our Mothers reeked of Avon's Daisies Don't Tell Cologne!

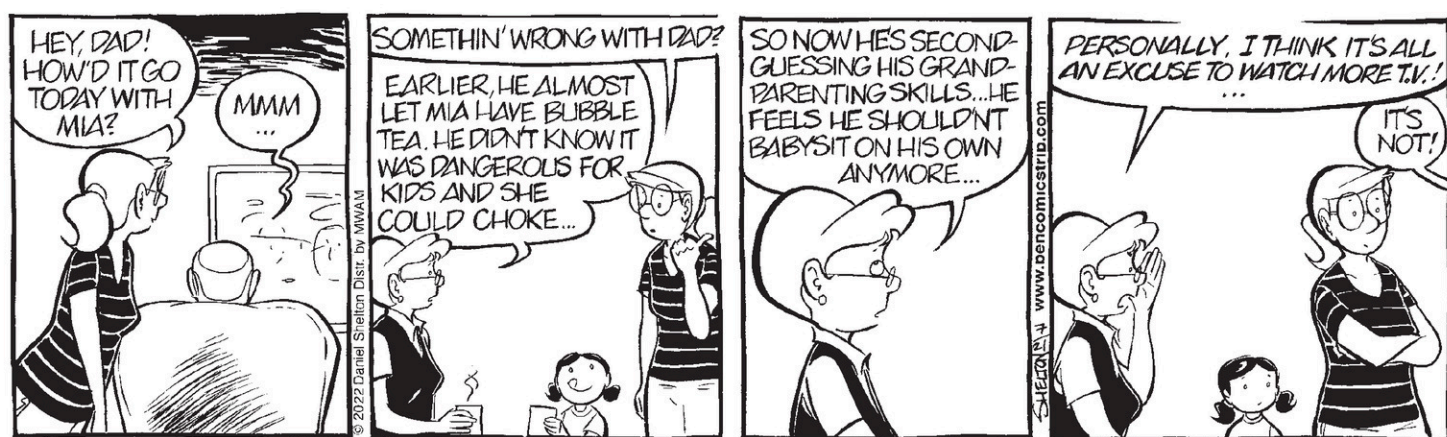
I guess I was lucky, but from what I see in the news archives Cowansville, Quebec was pretty progressive. In 1913 Dr. Robertson, chairman of agriculture and technical education, spoke at the town hall on the need for education on farming. He encouraged a 5 month course for men and a 3 month course in the summer for women. Robertson said the Dairy Farmers would be in trouble if women were not included. The Cowansville school board encouraged women in the 1950s to join the men as they said women would have a softer view on things and it would balance out the board.

Growing up with strong women taught me to never worry who gets the praise or the credit— just work hard, and don't look back. Thanks to the women in my childhood I use my hands, head and heart for the good of others. I learned from the best— a foundation of women from the past. We did not determine their stories— they did.



My mother Bernice Ethelyn Crittenden Knight smack dab in the middle of the front row in a Bruck Mills promo photo in Cowansville, Quebec.

Ben by Daniel Shelton



Local News

The goal of the Backyard BioBlitz is to encourage people to go out in the same regions every year to get a snapshot of what types of species are present in the area.

Environmental program challenges companies to fight climate change

By Aiden Wilson
Special to The Record

The Fondation estrienne en environnement is preparing the fourth edition of its GEST environmental program in pursuit of environmental solutions to cut greenhouse gas (GHG) emissions.

For the program, companies with 100 employees or less and other local groups are tasked with coming up with a plan of their choice concerning the reduction of GHG that will then be entered for a chance to win a grant they can use to realize their plan.

Mélanie Houle from the regional environmental council of Estrie explained how it will be working this year.

“We decide on ten finalists, then choose from those two finalists to receive grants of \$10,000 to realize their project. The difference this year is that we’ll be encouraging them to get into their projects by connecting them with experts through our network of scientists. We’ll have them really look into their plans and help them enhance their projects for the reduction of greenhouse gasses,” Houle explained.

With a focus on manageable solutions, they hope to inspire groups in their pursuit of meaningful projects and aid the best of them through

support and funding.

“It’s more for small to medium organizations. We know that lots of them have ideas, but they don’t have access to the programs or means to get them done. The goal of the project is really to get those ideas to answer the climate issues.”

This year’s inclusion of experts to help the teams comes from the hope that all the participants can get something out of the program, not just the winners.

“Because this year we’re accompanying them to improve their projects it might also help those that don’t win the grant to follow through with their projects anyway. If they have good connections, it could lead them to find other programs to fund their ideas. We want to get those ideas in the network so they have the best possible chance of being realized.”

Houle explained the reason they were able to expand their support for participants was new partnerships and the increase in government funding for environmental projects.

“In every environmental regional council in every region in Quebec we have ‘Climat Changement’ that’s financing more action for climate change this and next year. This is one of the reasons we have more human resources available. We’ve also partnered with the Clinique en



Groups brainstorming at last year’s GEST event

COURTESY

Environnement at the University of Sherbrooke, with a graduate student from there helping with the projects.”

Last year’s winners featured La CAPÉ with a project to have 400 biodegradable baskets delivered every two weeks from November to May to farms in the greater Sherbrooke area.

The second winner, Fondation SÉTHY, came up with a plan to plant 10,000 trees and shrubs in the region over five years.

The first and second place prize money is being provided by Énergir and a second, yet unconfirmed company, totalling \$20,000 split between the winners.

They will also be providing a \$5,000

runner-up prize to a personal favourite project chosen by the jury, dubbed la Coop Escale.

Winners will have their projects showcased at the Environmental Excellence Awards Gala hosted by the Fondation estrienne en environnement.

On Oct. 5 they’ll make their selection of 10 finalists, Oct. 15 to Nov. 15 will be the coaching of finalists, and Nov. 25 will be the presentations and selection of two winners by the jury.

Those looking to participate must submit their application form no later than Sept. 20, which can be found on the Fondation estrienne en environnement website.

Big Backyard BioBlitz returns for a third season

By Cassie MacDonell
Local Journalism Initiative

The Nature Conservancy of Canada’s (NCC) third-annual Big Backyard BioBlitz will run from July 28 to Aug. 1, across the country. From backyards to national parks, on lunch break and on vacation, people can snap photos of the species they find around them and submit their observations to iNaturalist, one of the largest crowd-sourced species inventories in Canada. Critical information will be compiled on species populations and locations for scientists and conservation planners, who can use this information to plan

future protection and restoration efforts across the country.

Big Backyard BioBlitz was born when the NCC brainstormed how to bring people together virtually during the pandemic. The project immediately gained traction amongst Canadians. “We were really successful our first year, even more successful last year, and we’re hoping for even more participants this year in what is becoming one of the largest crowdsourced, nature-based science projects across Canada,” said Jensen Edwards, National Media Relations Manager at the NCC. Anyone, scientist or not, can use their camera to submit species.

“We’re really lucky in Southern Quebec and in the Townships to have a wide variety of species that call it home, for at least some part of the year,” he said. Although there is an abundance of species, compared to other parts of Canada Townshippers did not have high participation in last year’s Big Backyard BioBlitz. “We have a lot near Granby, Bromont, and Waterloo, but not a lot of participation near Sherbrooke,” he said.

The goal is to encourage people to go out in the same regions every year to get a snapshot of what types of species are present in the area. “This is really helpful for species that are nesting

for example, or migratory birds that we haven’t seen come back to Canada in a few years but might show up this year. All that sort of information can help inform where we look to conserve nature in the future, how we develop conservation management plans, even on the negative side of things like invasive species.”

The app can identify plants, insects, animals, and more. “Plants are the most easily identifiable because they don’t move,” Edwards said, laughing.

“Here’s a great example of invasive species. Near Farnham someone logged a report of a spongy moth (last year) which sounds really cute and adorable,” he said. “But, these are caterpillars that eat through canopies of forest overnight.”

“It’s really important to track it so we can see where it’s spreading, and maybe there are some canopies we can still save,” he said, “they really do decimate the leaves and the forests.” In addition to this invasive species, lots of plants, beetles, and wasps were logged in the Townships during last year’s Big Backyard Blitz.

Edwards encouraged Townshippers to explore further. “Go to any waterway and you’ll be able to find a variety of ducks,” he said. “Any farmers field around dusk you’ll probably find some



COURTESY NCC

Nature Conservancy of Canada (NCC)’s third-annual Big Backyard BioBlitz will run from July 28 to August 1, across the country. Townshippers can snap photos of the species they find around them and submit their observations to one of the largest crowd-sourced species inventories in Canada.

smaller birds like swallows that are flying through the air and catching bugs. Those are all really helpful observations to make for not just for the Nature Conservancy of Canada, but for the Big Backyard BioBlitz and iNaturalist in general.”

“You’re helping not just NCC, but also researchers across the world get a better understanding of where species

CONT’D ON PAGE 5

COVID-19

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Fifty-seven COVID-19 patients are in intensive care, an increase of two from the day before.

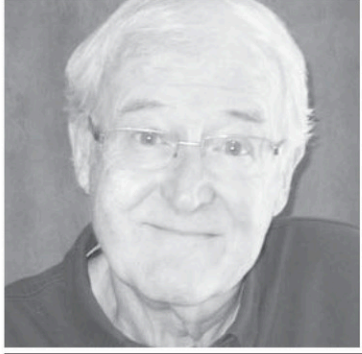
The Health Department says a total of 679 patients in hospital with COVID-19 were admitted because of the disease.

Officials are reporting 2,354 new cases of COVID-19 detected through PCR testing, adding that 15.8 per cent of tests analyzed were positive.

EDITORIAL

Getting a dog in your mid sixties has unimagined benefits. You get to grow old together – thanks to the difference in the human-versus-hound aging process – and, more importantly, you receive the unsolicited aid that we all need on the road to infirmity.

Aging, a dog and your health



TIM BELFORD

When I retired I decided to get a dog. I've always wanted a dog but realized, given my often odd working hours, that I would be unable to devote myself properly to its care and welfare. Leaving a puppy of any age home alone all day wasn't fair. So when I finally became an official member of the retirement regiment, I immediately adopted a canine companion. I've never regretted the decision for a moment.

Getting a dog in your mid sixties has unimagined benefits. You get to grow old together – thanks to the difference in the human-versus-hound aging process – and, more importantly, you receive the unsolicited aid that we all need on the road to infirmity.

Take walking for example. We all know that physical activity is of great importance as our muscle mass diminishes, joints stiffen and tummies expand. We also become quickly aware that high intensity athletics is not for most of us; so walking it is.

Brando the Wonder Dog seemed to know this intuitively. Each day, whether he needed it or not, he insisted on taking us on four daily strolls. So great was his concern for our health nothing else mattered. Like the mythical mailman we trudged through heat, hail rain and snow on our daily rounds; six a.m. or ten p.m. it didn't vary.

He also seemed to realize that balance and agility were important to maintain for his slightly doddering human companions. Forsaking his own comfortable bed and after considerable thought he chose to spend

much of his day on the cold kitchen floor – on a spot equidistant between stove, fridge and prep counter. She Who Must Be Obeyed suggested this had more to do with maintaining his proximity to the household source of food than anything else but I am sure his intention was to force us to step over and around him in a continual ballet of stretching, balancing and weight shifting. I admit he did pounce on any scrap that fell to the floor but again I saw this as the selfless act of a pet concerned with preventing us from slipping and falling.

Since the beginning, Brando has also insisted on taking part in the gardening activities that are a major concern from late April until October. He has learned to recognize my bride's work clothes and leaps to his feet at the sight of them; encouraging her with a series of woofs, yips and yelps. Knowing how important these outdoor activities are to the health of both his human companions he insists they get at it in no uncertain terms.

Once outside he is content to supervise the work following her from place to place making sure she bends her knees when lifting and plants things in their proper place. Occasionally he will notice a mistake in the positioning of a particular shrub or flower and will, without having to be asked, dig it up for re-planting.

He also shares his toys with one and all scattering them about the house in a variety of places, including hallways, bedrooms, bathrooms and staircases. This, in turn, generously grants easy access to all his fun things and as a bi-product once again increases human agility, particularly on the staircase.

Whether it is sprawling full out on the carpet and refusing to budge, thus turning the simple act of vacuuming from a chore into an elaborate yoga exercise, or licking all available plates to save rinse water, Brando's first concern is, and has always been, the health and longevity of myself and my bride.

A skeptic might think otherwise but they likely never had a dog.



Questions raised about value of random COVID 19 tests for travellers

By Laura Osman
The Canadian Press

Infectious disease experts are at odds over how valuable it is to randomly test travellers arriving in Canada for COVID-19, as the federal government relaunched its mandatory testing program.

The government put a pause on random testing at airports in June as long customs delays caused chaos at Canada's airports, but relaunched the program on Tuesday at four major airports: Toronto, Calgary, Vancouver and Montreal.

Randomly selected air travellers at those airports must now report

to off-site locations to be tested for COVID-19 or pick up a self-swab kit.

Dr. Theresa Tam, the chief public health officer, has called the tests an "early warning system" for new variants of COVID-19 as they enter Canada.

The government has issued several contracts worth hundreds of millions of dollars to companies across the country to administer the program.

Infectious disease physician Dr. Zain Chagla says there are more efficient ways to watch for variants that don't inconvenience travellers and don't contribute to airport delays, such as testing the wastewater at the airport.

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The Border Report

He said that his goal as director is to bring as many eyes as possible back into the opera house. Boudreau wants to make it a destination where kids and adults can discover their passion for theatre.

FRONTIER ANIMAL SOCIETY

Featured pet: Kittens! We have so many kittens!

We have grey kittens, we have black & white kittens, we even have smokey coloured kittens. We have boy kittens, we have girl kittens, we have playful kittens, we have cuddly kittens, we have curious kittens, we have gentle kittens and we have a few shy kittens.

If you are looking to adopt a kitten. We have kittens!

Please meet Breeze, Tapioca, Diamond and Cloud who were

recently rescued from a barn along with their mom Nova. Born on June 9, they will be ready for adoption in early to mid-August but we are accepting applications now. These little cuties are friendly, social and playful. Cloud is the only female.

Because kittens benefit from continued socialization, our preference is to adopt them out in pairs or into a home with another friendly and welcoming cat. Once

they are fully weaned, Nova, their mom, will be looking for her forever home too.

We also have a number of kittens who are ready for adoption now.

On a more serious note, it's actually very sad that we have so many kittens. As cute and as fun as they are, with so many stray and homeless cats wandering the streets, the world really doesn't need more kittens.

Please be responsible and don't let your cat have kittens. Even just one litter is one litter too many. End the cycle, please sterilize your cats and if they are not sterilized, until they are, do not let them roam outdoors.

To inquire about adopting a cat or kitten from our shelter, please give our cat adoption coordinator Linda a call at 819.868.2684 or send an email to:

frontieranimalsociety@gmail.com



Tapioca



Diamond



Cloud



Breeze

Big Backyard BioBlitz

CONT'D FROM PAGE 3

are," he said. "Maybe there's a bird researcher in Sweden and an entomologist (a person who studies insects) in Vancouver and both of them are interested in what's going on in the Townships. They can go to iNaturalist to get a quick picture to set the scene for what's happening there."

"Even if people can only contribute one observation in your own backyard over the weekend, go for it," he said. Or, contribute hundreds. "We have some keeners that contribute hundreds of observations in their local nature reserves or provincial parks, so that's an option too."

Although this project is a helpful contribution to science, it also encourages people to go outside and spend time in nature. "It's really an accessible event for all age levels and all interest and capacity levels," he said.

To join the Big Backyard BioBlitz,

people can register anytime at natureconservancy.ca/bbb. Once registered, participants will receive a step-by-step guide on how to participate, photography tips, information about species identification, and an automatic entry to win a Big Backyard BioBlitz prize pack.

From the border

CONT'D FROM PAGE 1

At 65 years old, Boudreau has lived his entire life in Stanstead. And the opera house was always a place that he loved to frequent during his down time. His children also danced at the historic venue, so there's quite a bit of sentimental attachment. What's not to love, he asked.

Boudreau, who studied theatre at Concordia University in the 1980s, said this is a bucket list moment for him. Although, he added, since he took over the director position in May, it hasn't exactly been an easy transition. The building is going through some major renovations.

"I don't think I'll see the light until fall. It will be a couple months because right now I'm kind of holding back on booking a lot of events until the entire hall is finished. I'll know how to run a few things, and you know, there's a settling in process," Boudreau told The Record.

According to the former customs agent, many of the renovations were delayed due the pandemic. They are also installing a new lighting system, acquiring high-end projectors and screens, fixing the air conditioning, and clogging up a leak directly above the ticket booth.

"It's a lot of little things and we're looking to try to relieve the opera house of the ArriveCAN. We find it very unfair to penalize all of the Canadian people that can't enter the hall because they need to go and get an ArriveCAN, passport, and vaccines, and so on," Boudreau shared.

It's more difficult for Canadians to get into the opera house compared to Americans, he explained. During a board meeting about a month and a half ago, it was decided that Canadians would have to travel across the border, park their cars, and walk to the building.

But Boudreau is actively trying to find alternatives for Canadians. For now, though, as a former customs agent, the only thing they can do is adhere to the country's health and safety measures, which includes filling out the ArriveCAN application, and being full vaccinated.

He said that his goal as director is to bring as many eyes as possible back into the opera house. Boudreau wants to make it a destination where kids and adults can discover their passion for theatre. However, he understands that it will take time following the pandemic.

The Haskell Free Library and Opera House, which straddles the border between Canada and the U.S., has started to pick up steam, though. The library is getting more visitors, Boudreau noted, and he intends to offer the opera house as a venue for high schools in both countries.

"They get to be in professional hall, you know, a professionally equipped hall to let their kids go on the console, and have them see what a real theatre is like because, I don't know if you've been to a show at Sunnyside [Elementary], it's something they do out of their gym," he said.

However, Boudreau hasn't reached that stage just yet. He has many things to take care of before inviting hundreds of students into the Victorian-style building. Boudreau will run his first event this weekend, July 23, as Mike Goudreau and The Boppin' Blues Band come to town.

He told the Record that tickets are still available at www.haskellopera.com. In August, he will welcome the Bordeline Players for a production of The Addams Family. And Boudreau has set dates for the Vermont Symphony Orchestra. He also wants to use the opera house for films.

Thunderstorms and heat lay claim to late July

By Cassie MacDonell
Local Journalism Initiative

Late July often brings extreme heat and thunderstorms, and 2022 has been no different. A severe thunderstorm hit part of the Townships last Tuesday, with heavy rain, large hail, and strong wind gusts reported. Although no heat warning is in effect for the Eastern Townships as of the time this article was written, temperatures are expected to climb to 29 on Thursday, reaching 38 with the humidex. A risk of a thunderstorm follows the sweltering weather.

Thunderstorms and heat are no stranger to this time of season. According to Record archives, July storms also flew through the Townships

exactly 100 years ago, as ‘fierce’ rain, wind, lightning, and thunder ravaged a farm in Hillhurst, an area located between Compton and Coaticook. A silo was lifted from the foundation, and a barn was completely destroyed by lightning. Horses and pigs were saved due to the ‘prompt and brave’ actions of Mr. Shufflebotham, who luckily emerged relatively unscathed.

Around 123 years ago in 1899, an unfortunate track foreman of Ayer’s Flat, now known as Ayer’s Cliff, had a narrow escape from being struck by lightning. Lightning passed along the rail he was examining, the electric shock partially stunning him and making him unable to attend his duties for a short time. Another man was struck in Ascot, the bolt entering

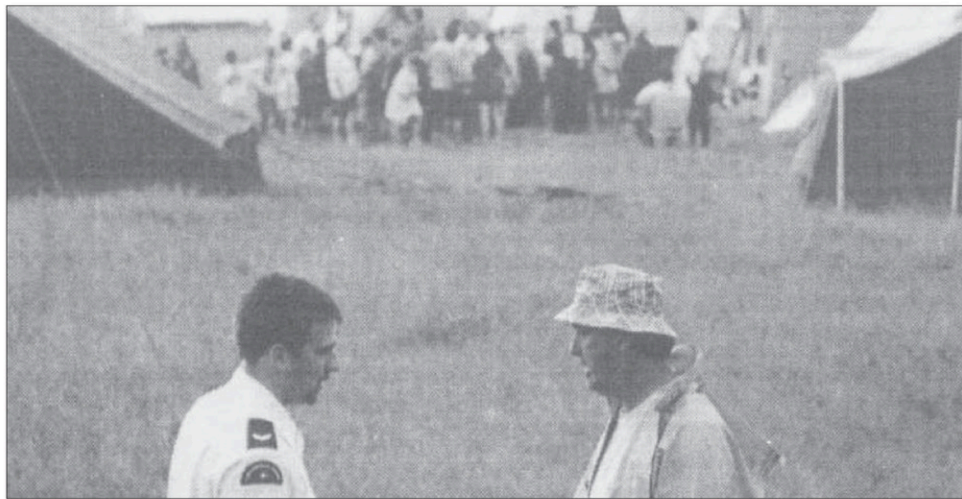
near the chimney, passing down through the roof, into the cellar, and out the cellar window. The man inside the house received a severe shock and fell to the floor. Lightning struck again in 1911 in East Angus, and burned two barns down, along with thirty tons of hay and three hogs.

Six years later in 1917, a man in Windsor passed after he took refuge from a storm in a nearby house that was struck by lightning. His father was badly burned, while the good Samaritan who allowed the men to take refuge received a shock that partly paralyzed her.

Almost 29 years ago, a violent thunderstorm in Cowansville left a family with a hole in their house. Lightning apparently struck a metal

hook which attached the clothesline to the brick bungalow. “There was an explosion that sounded like a bomb had gone off in the kitchen,” said a member of the family. Meanwhile, a large chopper was forced to land in a field south of Sherbrooke due to the thunderstorm. The plane was searching for a Montreal pilot who went missing the day before.

More than a dozen scouts and three of their leaders got the “shock of their lives” late July in 1998 when their makeshift campground was struck by lightning. A sudden electrical storm struck the field the scouts were in, behind the University of Sherbrooke. Thirteen children and three adults were taken to the hospital, none of the children sustaining serious injury.



RECORD ARCHIVES/PERRY BEATON.

Ambulances were called to a scout camp in Sherbrooke in 1998 after lightning struck several campers in an open field. None of the campers sustained serious injury.



COURTESY OF CHANTAL GLOVER

Last Tuesday’s storm ripped through West Brome.

AN EVENING OUT OF THE ORDINARY

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Come and enjoy, and who knows, maybe the mystery agent will give you a \$25 gift certificate to spend in our many participating shops and restaurants.

Local Sports

Former Phoenix captain signs two-year deal in American Hockey League

By Michael Boriero

Xavier Parent was expecting to lace up for the Université du Québec à Trois-Rivières come September, however, his plans changed when the Utica Comets of the American Hockey League (AHL) offered him a two-year, one-way professional contract.

Parent had his best season in the Quebec Major Junior Hockey League (QMJHL) in 2021-2022. The shifty winger was named captain of the Sherbrooke Phoenix. He played alongside the league's leading scorer, Joshua Roy, and he posted a career-high in goals, 51, and assists, 55.

Parent finished fourth in league scoring with 106 points, and fifth in the playoffs with 22 points, nine goals and 13 assists, in 11 games. He was also a key figure in Sherbrooke's surprise run to the QMJHL semi-final, where they lost to a tough Charlottetown Islanders in four games.

Although he was never drafted to the National Hockey League (NHL), Parent had suitors lining up following his breakout year in Sherbrooke. The New Jersey Devils, and their AHL-affiliate Utica Comets, expressed interest early on. He signed in July, after months of negotiations.

"I knew it since I'll say like three weeks ago. When I heard about the news, I was playing ball hockey, and it was just before the game, so it was pretty nice to hear about it. I just signed last week when I went to the development camp, so I was pretty excited about it," Parent said.

He told The Record that negotiations started to heat up in March. Parent knew he was going to sign with Utica well before the New Jersey development camp, he was just waiting for the Comets and Devils to hammer out the contract details, and move the term to two years.

According to Parent, he intends to continue his studies while playing for the Comets. He said he'll take one or two classes just to keep his doors open in the academic world. But he's focused on taking another step in hockey, and he's excited about the Devils' young core.

It's a positive situation to be in for a 21-year-old like Parent. New Jersey has been giving more and more ice time to young talented players like Jack Hughes and Dawson Mercer, he continued, so it bodes well that they're showing faith to players in a similar age range.



VINCENT L. ROUSSEAU

Parent added that the Devils also suggested that there will be room for him to take a leap to the NHL, if he can continue to grow in Utica. They've already told him that they like his work ethic on and off the ice. But he is preparing to put in long, hard hours to improve by the fall.

"I'll have a big summer to prepare for that. It's a big step from junior to professional, so for sure, I'll need to work a lot during the summer. I have a lot of time. We go back for the rookie camp in September, so I have two months to train hard," Parent said in a phone interview.

New Jersey's rookie camp kicks off on Sept. 14. When asked if he knew he would land a contract after last season, Parent said he was confident something would come his way. The final year in junior is always important for undrafted players, and he definitely proved himself.

Parent, a Laval, Quebec native, said his entire family was ecstatic when they heard the news. His parents have been there throughout the good and bad times. And this will be the first time since Halifax that Parent will move out of Quebec for an extended period in unknown territory.

"For sure, I will be nervous. It's going to be my first time living without a billet [family] or without my parents, so I'll be on my own. But I don't think it's that far from my house, it's like four hours, so it's like if I was playing in Chicoutimi," he said, adding he's excited to play Laval.

IF YOU HAVE
COVID-19, YOU CAN
BE CONTAGIOUS
FOR ABOUT 10 DAYS

Stay at home at least 5 days
and the following 5 days:

- Avoid participating in non-essential social events
- Wear a mask during any social interaction
- Keep a distance of 2 metres from other people
- Avoid contact with vulnerable people

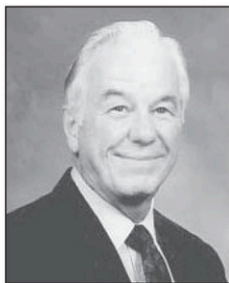
LIVING WITH
THE VIRUS,
MEANS REMAINING
CAUTIOUS

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Votre
gouvernement

Québec

Death



Francis William "Bill" MACLELLAN

Bill passed away peacefully on Friday, June 17, 2022 at Oakville Memorial Hospital. He was 95 years old and was born in Montreal on April 27, 1927. Many happy years were spent in Dunham, Quebec.

His loving family, wife Caroline, son James and daughter Adele will miss him as a husband, father and friend. His daughter Laura passed on before him.

He is at peace in the arms of his Lord. Friends are invited to read more about his life at the Kopriva Taylor (Oakville) Website.

Kopriva Taylor Community Funeral Home - Oakville
 64 Lakeshore Road W., Oakville, ON
 905-844-2600
 kopriva@eol.ca
 w.koprivataylor.com

Date Book

THURSDAY, JULY 21, 2022

Today is the 202nd day of 2022 and the 31st day of summer.

TODAY'S HISTORY: In 1861, the First Battle of Bull Run – the first major battle of the Civil War – was fought in Virginia, ending in a Confederate victory.

In 1925, Tennessee teacher John Scopes was convicted of violating the state's law against teaching the theory of evolution.

In 1954, the French surrendered North Vietnam to Communist forces.

In 2011, NASA's space shuttle program came to an end as the shuttle Atlantis landed at Kennedy Space Center in Florida.

TODAY'S BIRTHDAYS: Ernest Hemingway (1899-1961), author; Marshall McLuhan (1911-1980), author/theorist; Isaac Stern (1920-2001), violinist; Don Knotts (1924-2006), actor/comedian; Yusuf Islam aka Cat Stevens (1948-), singer/songwriter; Garry Trudeau (1948-), cartoonist; Robin Williams (1951-2014), actor/comedian; Brandi Chastain (1968-), soccer player; Josh Hartnett (1978-), actor; CC Sabathia (1980-), baseball player; Juno Temple (1989-), actress.

TODAY'S FACT: Turkish adventurer Erden Eruc completed the first solo, human-powered global circumnavigation on this day in 2012, after traveling 41,196 miles in 1,026 days by rowboat, kayak, bicycle, canoe and on foot.

TODAY'S SPORTS: In 1959, the Boston Red Sox (the last major league team to integrate) fielded their first African American player when Pumpsie Green entered a game against the Chicago White Sox in the eighth inning.

TODAY'S QUOTE: "That is the great fallacy: the wisdom of old men. They do not grow wise. They grow careful." – Ernest Hemingway, "A Farewell to Arms"

TODAY'S NUMBER: -128.6 – temperature (in degrees Fahrenheit) at Vostok Station, Antarctica, on this day in 1983, the lowest temperature recorded at an inhabited location in world history.

TODAY'S MOON: Between last quarter moon (July 20) and new moon (July 28).

Do Just One Thing



By Danny Seo

Some flowers are more than just beautiful to look at – they're actually useful to help maintain the natural organic health of your garden. Plant a lot of chrysanthemum flowers in your garden, because they contain a natural chemical called "pyrethrin," which is toxic to insects. These beautiful flowers are easy to grow and come in a wide variety of colors, so you can mix them in between vegetables and other plants that are targeted by ravenous insects. If you have a problem with insects like Japanese beetles attacking your plants, mixing in chrysanthemums can do the trick to keep them at bay.

Net carbs are carbs minus fiber and sugar alcohols

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

Dear Doctors: I had lunch with a co-worker, and she's on a keto diet. She says she can have only 35 grams of carbohydrates per day. The label on the candy bar she was eating said it had 26 grams of carbs, which is almost her whole carb budget. But she said it only had 6 net carbs. What does that mean?

Dear Reader: For those who aren't familiar, the aim of a keto, or ketogenic, diet is to severely limit the amount of carbohydrates you take in each day. Your body uses the carbs you consume as fuel. It converts them into glucose for immediate energy needs, and stores the excess in the liver as glycogen. The ease and speed of using carbs for energy makes them the body's preferred

energy source. But when deprived of adequate carbohydrates, the body will begin to burn fat. This is a biochemical process known as ketogenesis. It's not as efficient as using carbs, so the body saves it as a plan B.

The threshold to achieve and maintain ketogenesis is somewhere in the neighborhood of 50 or fewer grams of carbohydrates per day. However, everyone's metabolism behaves differently, and some people find they need to restrict further than that. As a point of comparison for how those limits affect your daily diet, a medium-sized apple has 25 carbs. So does one Oreo cookie. It's not surprising, with the rise in popularity of the keto diet, that a new food industry has arisen. It is devoted to serving low-carb needs while still slaking high-carb cravings.

And that (finally) leads us to net

carbs and the candy bar your friend was eating. Net carbs refers to the amount of total carbohydrates in a food, minus the fiber content. Take that medium-sized apple we mentioned earlier. It has about 25 grams of carbs, and about 4.5 grams of fiber. Subtract the fiber, and you're left with 21.5 net carbs. The thinking is that, because fiber doesn't significantly affect blood-sugar levels, the grams of carbohydrates it represents can be ignored.

The other type of carbohydrate that gets a free pass with net carbs is something known as sugar alcohols. Although portions of their structures resemble sugar and alcohol, they are neither. Rather, they are a type of carbohydrate that simulates sweetness. Because they don't have a significant effect on blood sugar, they get deducted from total carbs. That's how, once

fiber content and sugar alcohols are accounted for, the 24 grams of carbs in your friend's candy bar were magically reduced to 6 net carbs.

We think it's important to note that the FDA isn't on board with the concept of net carbs. And while counting net carbs can expand the food choices of someone who is restricting sugars or carbs, they can also be an excuse to add sweets and snacks to the diet. Net carbs isn't an exact formula. Rather than embrace this somewhat fuzzy science, we urge carb-conscious people to instead fill their plates with whole foods that are naturally high in fiber and low in sugar.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
 BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
 Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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.

Your Birthday

THURSDAY, JULY 21, 2022

Put together a plan to get you to the finish line. Don't wait for others to come on board. If you want to fulfill your dreams, it's up to you to give the orders. Put together a schedule that pushes you to use your connections, skills and knowledge to guarantee you reach your destination of choice. Bet on yourself.

CANCER (June 21-July 22) – Find a unique way to use a tried-and-true method to get ahead; it will open doors. Show off what you have to offer, and the suggestions you receive will up your game and push you to get others on board.

LEO (July 23-Aug. 22) – One step forward and three steps back. Slow down and rethink your journey, and you'll find a way to outdo yourself. A smile, kind word and show of affection will help you gain support and hands-on help.

VIRGO (Aug. 23-Sept. 22) – Open your mind and heart to the universe and you'll learn something valuable. Put your emotions aside when helping others. Stick to the truth if you want to earn respect. Anger won't solve problems.

LIBRA (Sept. 23-Oct. 23) – Uncertainty is the first signal telling you to put away your wallet. Don't spend what you don't have or buy something you don't need. Someone you work alongside will judge you by your actions.

SCORPIO (Oct. 24-Nov. 22) – Problems with someone leaning on you will pop up if you aren't open about what you are willing to do and how you feel. Don't hesitate to take matters into your hands.

SAGITTARIUS (Nov. 23-Dec. 21) – Put your money to good use. "Waste not, want not" is the mantra that keeps you out of financial trouble. Too much of anything will set you back and lead to partnership problems. Show restraint.

CAPRICORN (Dec. 22-Jan. 19) – Stick close to home and family. Move things around and declutter your living space. Having a place to pursue something new will make your life easier and prompt you to use your skills in new ways.

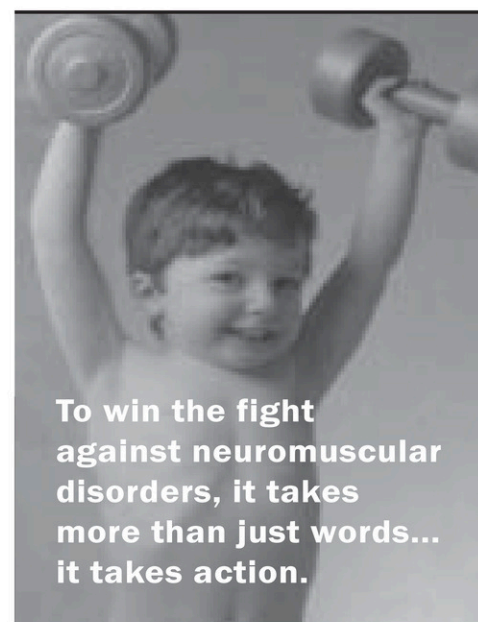
AQUARIUS (Jan. 20-Feb. 19) – Choose your actions and words with caution. Don't give the wrong impression or make promises you cannot keep. Look for an opportunity to explore what's possible, then initiate your plans.

PISCES (Feb. 20-March 20) – Participate in events that expand your mind and encourage you to pitch in and make a difference in your community or to a cause that concerns you. Personal growth is encouraged.

ARIES (March 21-April 19) – Expand your interests to include opportunities to get fit and live a healthy lifestyle. Eliminate waste and all the trappings you don't need. Pare down and discover what's essential.

TAURUS (April 20-May 20) – Keep everything in place and judge yourself before judging others. Don't let temptation lead you to waste time or money or damage your reputation. Put your energy to good use.

GEMINI (May 21-June 20) – Hone your skills. An open mind will help shine a light on the possibilities, and putting your skills to the test will be crucial if you wish to succeed. Think, strategize and finish what you start.



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Diamond Wedding Anniversary



Congratulations to

Jack and Frankie Noble

of Lennoxville on the occasion of their 60th wedding anniversary.

Jack and Frankie were married on July 21, 1962 at St. Luke's Anglican Church, Magog, and held their wedding reception at the Ripplecove Inn, Ayer's Cliff.

With love and best wishes from your children and grandchildren as you celebrate this special day in your lives and the happiness you have together.

60th Wedding Anniversary



Melvin and Phyllis Dustin

of Ayer's Cliff, Quebec, will be celebrating sixty years of marriage on July 21, 2022.

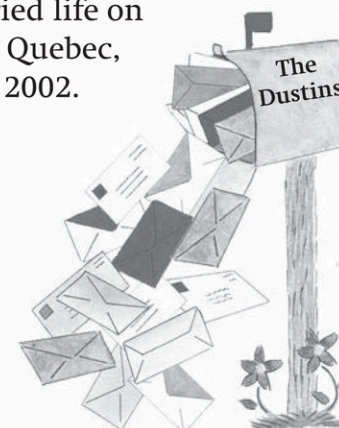
They were married on Saturday, July 21, 1962 at Centenary United Church in Stanstead and the bride was late because her father's bull got loose!

They lived most of their married life on DewDust Farm in Stanstead Quebec, retiring in Ayer's Cliff in 2002.

Congratulations Mom and Dad on your 60 years of marriage.

We love you.

*Cindy, Cathy & Sylvain
Erica and Briana, Jordan and Jasmine
Mel and Phyl would be very pleased to receive cards of congratulations.*





REALITY CHECK



HERMAN



"I know \$47 is a lot of money but diamonds are forever!"

ALLEY OOP



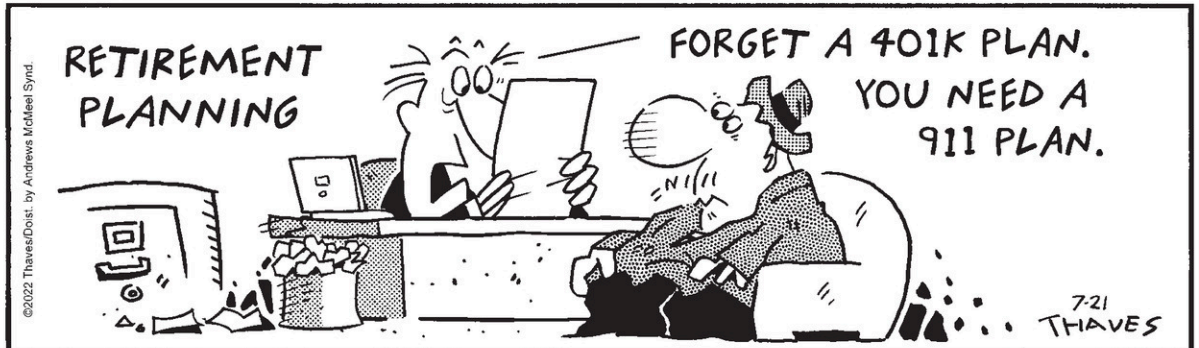
ARLO & JANIS



THE BORN LOSER



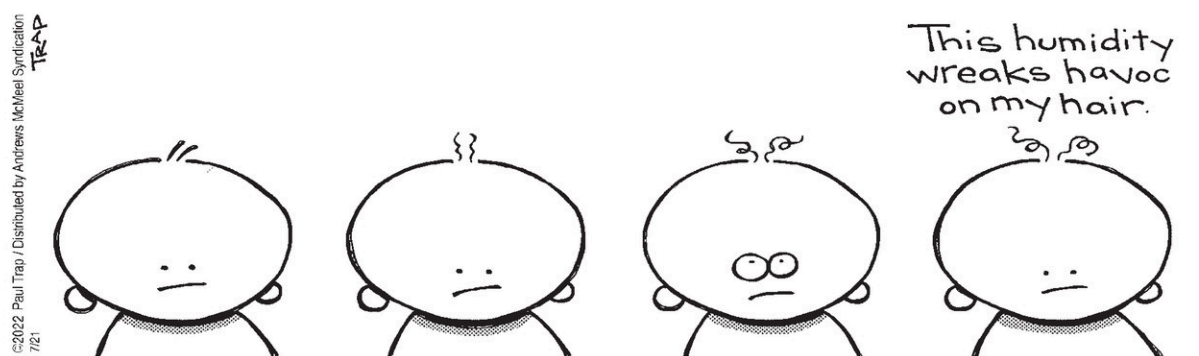
FRANK AND ERNEST



GRIZZWELLS



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Deadline: 12:30 p.m. one day prior to publication
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Send your classified to: classad@sherbrookerecord.com or call 819-569-9525

HAVE YOU SEEN GRETCHEN? Female, 3 years old. **She is a grey and brown tabby with black stripes on her tail, and her back left paw is all white (looks like a little sock).** She's extremely scared of people and was not wearing a collar. Last seen on July 5 in the Lennoxville Reed Street area. If you have any information, please call 514-998-9447. Her family misses her. Any information leading to her coming home will be rewarded \$300.



NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 King-size
 - 6 Gallop or canter
 - 10 William S. Porter's pen name (2 wds.)
 - 12 Hitchcock or Nobel
 - 14 Bwana's trip
 - 15 Film on copper
 - 16 Roam
 - 18 Animal shelter
 - 19 Price tag
 - 21 Corp. biggie
 - 23 Ca++ or Na+
 - 24 Ottoman official
 - 26 Not open
 - 29 A fifth of DX
 - 30 Spooky, maybe
 - 32 Jacket style
 - 34 Rounded hill
 - 36 Astonish
 - 37 Cash substitute
 - 38 Disadvantage
 - 40 Startled cries
 - 42 1980 Turner launch
 - 43 Japanese soup
 - 45 Potpie ingredients
 - 47 Citrus cooler
 - 50 Got stuck
 - 52 Rookie surfers
 - 54 In twos
 - 58 Car option
 - 59 Longbow aimer
 - 60 Tennyson heroine
 - 61 News item
- DOWN**
- 1 — Alamos
 - 2 Detective's cry
 - 3 Ump's cousin
 - 4 Makes like a beaver
 - 5 Text mistakes
 - 6 Stares angrily
 - 7 Toward the stern
 - 8 Purple flower
 - 9 Nomad's dwelling
 - 11 Female principle
 - 12 Peak
 - 13 Calendar box
 - 17 HBO Western series
 - 19 Pocket change
 - 20 Edible bulb
 - 22 Ernesto Guevara
 - 23 "Gross!"
 - 25 — — few rounds
 - 27 City in New York
 - 28 Cel characters
 - 31 Beads on grass
 - 33 Convent dweller
 - 35 Loud thud
 - 39 Applied gold leaf
 - 41 Jungle weapons
 - 44 Average (hyph.)
 - 46 Proclamation
 - 47 Happy sighs
 - 48 Lavish attention
 - 49 TV genie portrayer
 - 51 Student stat
 - 53 Uris hero
 - 55 Sweater letter
 - 56 Poetic contraction
 - 57 Boring

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

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				
	60						61				

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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

RICHMOND

The Bibliotheque Daniel Ménard RCM Library will be closed from July 27 to August 9. We will reopen on Wednesday, August 10.

STANBRIDGE EAST

The Parish of St. James the Apostle is continuing the tradition that began in 1938 of presenting its annual Flower Show. July 30, 1 to 5 p.m., Anglican Church, 19 Maple St., Stanbridge East. Our theme this year is "A Walk Through Time: The Music and Events of our Last Century." Tea, sandwiches, and sweets will be served under the Big Top. Art exhibit and sale, white elephant table and Door prizes donated by local artisans. Admission: Includes the Tea, adults \$10, children \$2; Exhibitor's - adult: \$12, children: \$2, children under 5 free. For info: Sandra Fortier 450-248-7288, Rebecca Blinn 450-248-4190.

LENNOXVILLE

Summer is here and Community Aid wants to offer you an opportunity to socialize with people! Are you a card

player? Do you play 500? Join us for a fun afternoon. If you don't play cards but would like to learn - we can show you! Drop-in to have a nice chat with people, we can also offer a range of activities and games. We simply want to promote friendship. It's just nice to be able to meet people. Come and meet us on Tuesdays, July 26, August 9, and August 23, at 1:30 at the Amédée Beaudoin Community Center in the Borough of Lennoxville (there is an elevator). You don't have to be a member of Community Aid to attend and feel free to bring a friend. If you have questions call Samuel or Sylvie at Community Aid: 819-821-4779.

MELBOURNE

Rummage & Bake Sale at St Andrew's Presbyterian Church, 1169 Route 243, Melbourne on Saturday, August 6 from 8 a.m. to 1 p.m. Tables for rent, call 819-826-5717.

BROOKBURY

St. John's Cemetery, Brookbury will be holding its Flower Service on Sunday, July 31 at 2 p.m. Please bring a lawn chair. All are welcome.

TRENHOLM

Trenholm United Church. Come and join us in worship and fellowship on Sunday, July 24 at 11 a.m. Our service will be followed by a box-lunch picnic. Refreshments will be provided, just bring your box lunch and a lawn chair! Everyone is cordially invited to join us! In case of rain, we will hold event inside.

THURSDAY, JULY 21, 2022

The usual 'unsurrounding' play

By Phillip Alder

It is the middle of a deal. The dummy, North, holds Q-3-2 of spades. West has the K-J-9-4. Deciding it is right to shift to spades, which card should West lead?

The correct play is the jack. If South has the spade ace, probably it is better not to lead the suit. If South holds 10-x-x, only the jack guarantees picking up the whole suit without giving declarer a trick. This is called a surrounding play because West's jack and nine surround declarer's 10.

However, there is a situation when it appears you have a surrounding play, but you don't.

Against three no-trump, West leads the heart six: two, three, jack. Declarer plays a diamond: two, eight, ace. What should East do now?

If he woodenly continues with another heart, declarer wins nine tricks: four major-suit winners and five diamonds. However, East should see there is a grave risk that declarer is ready to claim. Probably East's next thought is to shift to a club. But to which club?

If East leads the four, declarer plays low and loses only three club tricks. Similarly, if East tries the surrounding play by leading the club jack, declarer *

North 07-21-22			
♠ K			
♥ A 2			
♦ K Q J 10 9 8			
♣ 10 8 6 3			
West			East
♠ Q 9			♠ 10 8 7 5 4
♥ Q 10 8 6 5			♥ 8 7 3
♦ 5 4 2			♦ A
♣ A 7 5			♣ K J 9 4
South			
♠ A J 6 3 2			
♥ K J 4			
♦ 7 6 3			
♣ Q 2			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
		1♦	Pass
1♠	Pass	2♦	Pass
2NT	Pass	3NT	All Pass
Opening lead: ♥ 6			

covers and restricts his club losers to three. The only chance to get four club tricks is for East to assume South holds queen-doubleton. The correct defense is to cash the club king before continuing with the four. When West leads his third and last club, East is sitting with the J-9 over dummy's 10-8, and the contract is defeated.

THIS SUMMER,
if you have guests over,
air out your home by
opening the windows.

LIVING WITH THE VIRUS,
MEANS REMAINING CAUTIOUS.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

