



50TH ANNIVERSARY OF THE GOLDEN LION PUB
FRIDAY & SATURDAY JULY 7TH & 8TH
MECHOUI & LIVE BANDS **FRIDAY:**
KGB | SLIGHTLY HAGGARD | 19 STONE
SATURDAY: QUEEN STREET
AT THE LIGHTS IN LENNOXVILLE



Auction of sculpture by Daniel Haché in Bolton-Est

Page 4

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Tim Belford: Say thanks and don't grunt

Page 6

\$1.25 + TAXES

PM#0040007682

THURSDAY, JULY 6, 2023

Ayer's Cliff council approves zoning rule change for Ripplecove Inn area

By Jack Wilson

Ayer's Cliff municipal council unanimously approved a bylaw changing the building permit regime for the zone including Ripplecove Inn at a July 3 meeting. The bylaw still requires approval from the Memphremagog MRC before coming into force. If approved, it will require Ripplecove Inn and any future developments in zone "Rec-5" to submit a vision of a completed development before obtaining building permits. Ripplecove Inn developer Richard Laliberté has vocally opposed the plan, including at a public consultation held June 19. Ripplecove Inn is the only commercial property in the "Rec-5" zone. Since the bylaw exempts

CONT'D ON PAGE 4

An incredible force in Pottton



COURTESY

THE SCOOP BY MABLE HASTINGS

Sarah Dessen once said, "Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."

When the "La Chouette" choir was preparing its concerts performed in mid June, the group was focused on perfecting their performance and entertaining the sold-out crowds who attended the event two weekends in a row. With an emphasis on honing

their performance and assuring that the presentation was laced with a balance of song, music, humour and joyous ambiance and celebration, the choir members had not fully expected

CONT'D ON PAGE 3

Compact Tractors Series 1, 2 or 3E

at **0%** for **84 months***



18 Branches

1 855 465-2483

jldlague.com

QUEBEC

SHERBROOKE
 9 QUEEN STREET
 J1M 1H8
 819 564-8850

COATICOOK
 544 MAIN STREET WEST
 J1A 2S5
 819 849-0300

* Valid until July 31, 2023. Applicable when purchasing with the Multi-Use account. Subject to credit approval by John Deere Financial, certain conditions apply, details in store.

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription at no additional cost or purchase the online edition only for \$137.50

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$137.50
1 month web only: \$12.37

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH 33
LOW 20



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH 29
LOW 18



SATURDAY:
CLOUDY

HIGH 27
LOW 18



SUNDAY:
RAIN

HIGH 25
LOW 18



MONDAY:
CLOUDY

HIGH 25
LOW 16

Missing edibles and spread from the past



LINDA KNIGHT SECCASPINA

The other day I realized in a moment of great loss that the larger campfire marshmallows of the past exist nowhere. Now it's only possible to obtain inferior marshmallows in a Kraft or No Name bag. I also can't seem to find a Kool Aid powdered drink mix either. You used to be able to buy it unsweetened in little packets that you added a ton of sugar, and now that's gone or hard to find. The big jug of smiling Kool-Aid only seems to be only seen on presweetened Jammers or small liquid concentrate containers. The last time I was able to find the powdered stuff was three years ago, and even that took some effort. It probably has to do with all the sugar added- but now aspartame seems to be dangerous so where does it all end?

Hostess Potato Chips began in 1952 as Acadia Foods and made all those nickel red trimmed potato chip bags we had called Scotties.

Feeling nostalgic I was also looking for Bagel Bites the other day and those are gone too- at least in my grocery freezer aisles. I found out that the beloved mini pizzas have left, or are also leaving the country along with Delissio Pizza and Lean Cuisine in the coming year. Anyone into Little

Debbie Cake Snacks better hoard up as she is packing her Canadian bags and leaving along with her sister, the Swiss Rolls, and her cousins the Cosmic Brownies. Duncan Hines Cake Mixes are now being sold for \$17-22 dollars a box on Amazon and Dolly Parton seems to be taking over the discontinued mix and frosting business.

Things change, but honestly I sat here this morning listing a long list of things that have disappeared from our grocery shelves. One of the things I miss most is something that went missing in 1993 called Clear Pepsi that I drank along with my Potato Chips.

Hostess Potato Chips began in 1952 as Acadia Foods and made all those nickel red trimmed potato chip bags we had called Scotties. Acadia Foods was purchased by General Foods and Scotties was rebranded under Hostess Foods, a GF subsidiary. The Scotties brand eventually disappeared when Hostess Foods partnered with Frito-Lay (owned by PepsiCo) in 1987.

I fondly remember the summer of their fruit flavoured chips that came in the disgusting flavours of Grape Orange and Cherry. Think plain chips with Kool Aid powder sprinkled all over them if you don't remember them. I honestly can't figure out what we kids saw in them, but we did.

Remember the Hostess Deluxe bags that had two regular sized bags inside? You never felt as rich as being in the corner store and pulling one of them bad boys off the top of the rack. It was a sad day indeed for humankind when they partnered with Lay's Chips.

"Cause when you've got the munchies, nothing else will do!"

There are a few things I am not disappointed about losing like white coloured margarine. But that was decades ago, but it made a mark in my brain for sure. When I was a kid during the 1950-60s, you couldn't buy yellow margarine in Canada. What was life like when we had to colour our own food?

White margarine only came in one-pound blocks with a capsule of orange coloured dye. Folding that dye into the margarine was brutal. It just never blended smoothly and since my Grandmother only used

it for cooking she just left it as the pasty white colour it was. It didn't look much different than white lard but it was cheap. Since people were used to eating lard instead of butter the white colour was not a problem.

Butter gets its yellow colour from carotene in the grass that the cows eat, but the yellow dye capsule was a much better idea than in your great grandmas time. That's when they insisted it be coloured pink to clearly indicate it was artificial and not real butter. The United States Supreme Court later ruled the "pink laws" as

There are a few things I am not disappointed about losing like white coloured margarine. But that was decades ago, but it made a mark in my brain for sure.

unconstitutional in 1898. I hope so.

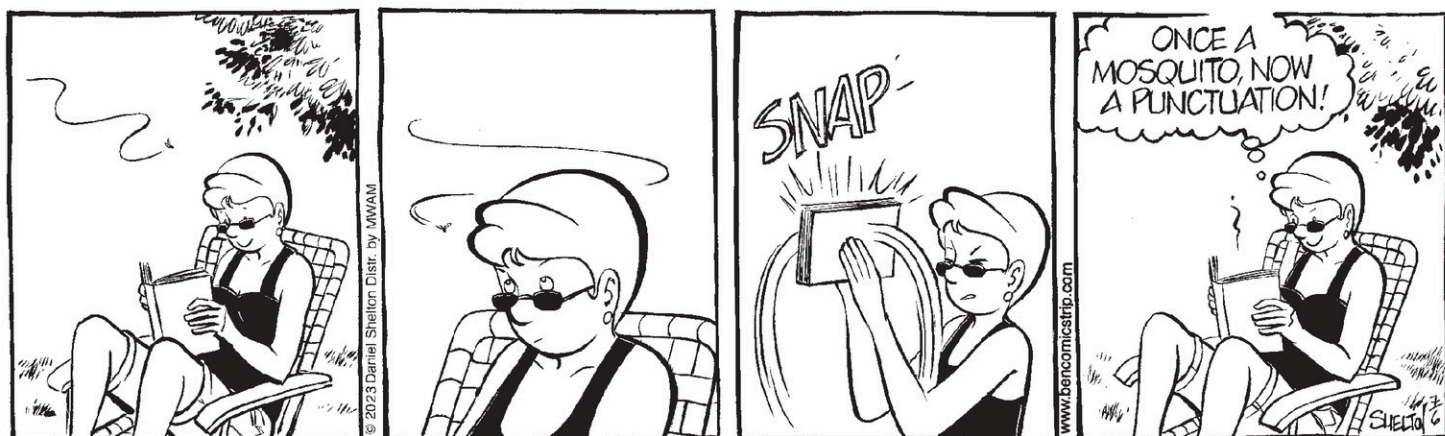
When I heard Grammy's biggest bowl plopped down on the kitchen table, and the door of the icebox open and close, I knew she was getting ready to colour the margarine. Without ever tearing the cellophane you broke the capsule and worked colour through until you held in your hands a lump of temptingly golden hue. You put it back in shape by returning it to the carton and back into the refrigerator. No mess, no fuss, no yellow stained fingers. Did you know that I heard margarine is one molecule from eating plastic?

I can't remember when Grammy Knight started using real butter. But, they were so used to rationing, they just made do. One day I noticed we were no longer mixing the capsule into the packet of margarine, and hearing Grampy Knight say, "Thank God!"

And from that day on she now used real butter in her cooking as there was no 'margarine' for error. Mary Knight was making the world a 'butter' place...

I'll see myself out...
See you next week!

Ben by Daniel Shelton



Local News

Stan's conversation with Nick surrounded the conundrum of big beer companies taking over the market.

Golden Lion gearing up for the big 50

By Matthew McCully

Now where did we leave off? Sitting around a table at The Golden Lion with the Groves family talking about the last 50 years. What do you think happened?

Free beer? Nope. But lots of memories and, "lots of shenanigans," according to Stan jr. After a brief "I know it better than you" back and forth about the chronology of events at the pub, onward the conversation moved towards "the fight for real ale," as Glenys put it.

The Lion opened in 1973 (and it behooves The Record to mention that although the anniversary party is happening this weekend, diehard Lionheads know the actual opening

of the pub took place on Dec. 27—the best time of the year for a méchoui in the parking lot), but it wasn't until 1986 that it became the first licensed microbrewery in Quebec. A few years after The Lion opened, Stan sr, who was teaching economics at Bishop's, headed to Ottawa on sabbatical and while there he bumped into one Nick Waloff at a pub on Sussex Drive.

Stan's conversation with Nick surrounded the conundrum of big beer companies taking over the market. During a later visit to Lennoxville, Nick had a look at the place and the old garage next door and thought, "this would be a great place to start the campaign for real ale," Glenys remembered him saying. Stan jr headed to England shortly

after and spent the bulk of a summer learning the art of brewing.

The first beer that the microbrewery produced was Lion's Pride.

"I couldn't stand it," Glenys said, "it was so heavy, awful."

Obviously, the recipe has since been perfected, due in no small part to the work of Terry Drew, mastering the brews alongside Groves at the pub full-time since 1989.

So, location, check, name, check, beer, check.

What's left?

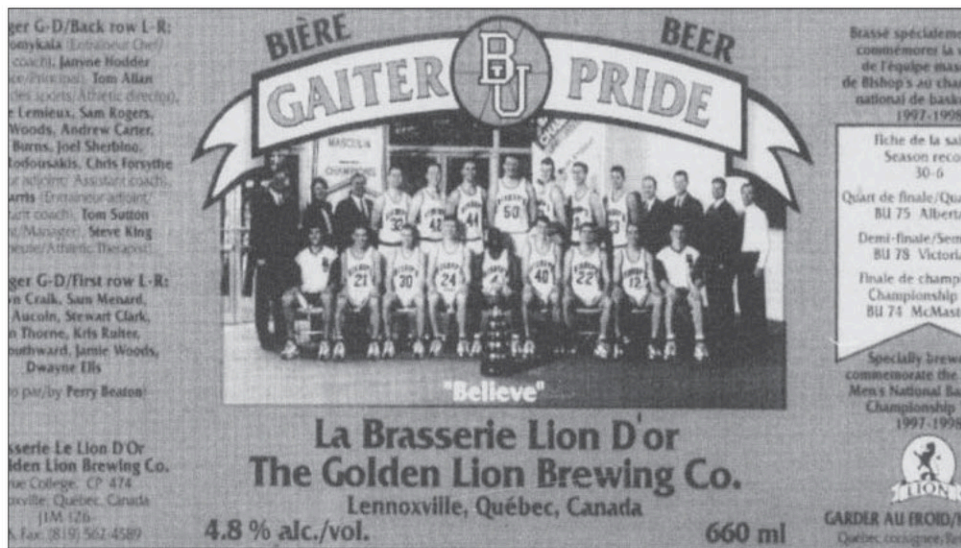
The good, the bad and the ugly.

(See tomorrow's Record for the rest of the story).



PHOTOS RECORD ARCHIVES

Lion Manager Heidi Bohinc helping part owner Bob Barnett get suited up for a shift behind the bar for the pub's 20th anniversary.



Label for the Gaiter Pride beer, specially brewed to commemorate the Bishop's men's basketball team winning the National Championship in 1997-98. The photo was taken by Record photographer Perry Beaton, and the label includes the names of each of the players and coaches from the championship year, complete with a "Believe" slogan, decades before Ted Lasso was cool.



Terry Drew and Stan Groves toasting their Ambré d'Amour, which earned them a Consumer's Choice award at the Festival Mondial de la Biere in Montreal in 2003.

Incredible force in Potton

CONT'D FROM PAGE 1

the result they attained. The choir entered the concert with suitcases in hand preparing the crowd for a trip that began with a composition by Marie St-Onge that continues to resonate in the village air long after the concerts end. Throughout the musical journey that unfolded the tone of the music became emphatic and engaging emphasizing the conflictual situations faced in different countries around the world.

The concert closing with "Va Pensiero" and the cries of freedom encouraging all to celebrate the beauty and blessings of living in a county

where we are free while extending our hearts and hopes to those living less fortunate realities. The music instilled within the audience a sense of reflective moments while blending in a sense of better days to come as we lift extend our compassion and kindness toward others reaching beyond ourselves and our good fortune. Following the performance each weekend, the choir welcomed those in attendance to join them in the hall afterwards for a glass of wine or a cool beverage. This initiative was well appreciated with many stating that it felt like a coming together and a joining of the people in joyous

celebration.

"The comments shared with me as I walk down the street or in meeting people at a public gathering some three weeks after the concert are so positive and appreciative," said Lucie Beaudoin a first-year member of the Chouette Choir. "Many tell me that the concert was uplifting and inspirational. I don't think in preparing to do the concert that the members of the choir fully realized how much it would mean to people or the lasting impact it would have," she shared.

The feelings that have remained since the last performance on June

17th and the commentary have truly inspired the choir and its Director, Marie Lyne Phare to start preparing for the fall and a new repertoire of music. All are hoping that anyone with a desire to sing will consider joining the group. It was easy to see from the ease in which the group exchanged and performed that a strong bond has already been formed in true friendship and a love for music and song.

Don't miss out on your opportunity to hear this choir, which never ceases to improve and surprise its guests while bringing the community together.

Auction of sculpture by artist Daniel Haché in Bolton-Est this weekend!



THE SCOOP
MABLE HASTINGS

A small village nestled in the heart of the Missisquoi Valley, the Bolton-Est region is a vibrant mosaic of nature and history. Its community is dynamic and committed, thanks to the involvement of its citizens in various community and cultural development committees.

On Sunday, July 9 the Municipality of Bolton-Est Cultural Committee will auction off a sculpture by artist Daniel Haché with half of the proceeds used to finance the purchase of an identity sculpture, something the municipality has

wanted for several years to encourage culture in its public spaces.

This sculpture entitled, “Bois porte-voix” is a large format work created with a chainsaw in the summer of 2022 during a public performances in Terrio Park. A huge trunk of white pine, a species well represented in the region, inspired the artist to create an arboreal “reINETTE” and is currently on display in front of the Bolton-Est Town Hall.

Daniel Haché is a professional woodcarver who has completed many large-scale projects for

both the public and private sectors. Several municipalities in the region have had the

opportunity to exhibit his giant outdoor sculptures, including Potton Township, Granby, Sutton,

Sherbrooke and Quebec City. Haché is also a musician who plays beautiful violin music.

“When I play music, I play with my ears,” shares Daniel. “When I sculpt, I sculpt with my ears as well.”

The July 9 the auction starts at 10 a.m., in front of the Town Hall in Bolton-Est. Everyone is welcome to bid, whether you’re an individual or a corporate citizen, a collector or an art lover.



COURTESY

THE
RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

126 years
is really something to celebrate!

Print Subscription promotion!
Get a **FREE** annual e-edition subscription.

ONLINE SUBSCRIPTION
only **\$10.78** Monthly plus taxes



Subscribe today!

Call us: 819-569-9528

billing@sherbrookerecord.com • Sign up: www.sherbrookerecord.com

Take Advantage Of Our Monthly Payment Plan

It Matters Now More Than Ever. In Print. Online. Local.

*prices may vary

Ripplecove Inn area

CONT'D FROM PAGE 1

residential properties, the change will only affect Laliberté’s property. Laliberté has pointed to this as evidence that the town’s city council is targeting him specifically and has called the bylaw “discriminatory.” His campaign against the bylaw dominated both the public consultation and a June 5 council meeting.

Town representatives, including Urban Inspector Marie-Andrée Gosselin, have responded that the plan would also apply to future developments in the area. Mayor Simon Roy has repeatedly said that he has no grudge against the developer.

Laliberté has been redeveloping Ripplecove Inn since he bought it in 2017. Some locals have opposed the project, criticizing the cutting down of trees and densification of the area. While many spoke in support of Laliberté at the June 19 consult, others supported the bylaw and criticized his development.

The bylaw won’t reveal plans for Ripplecove Inn or other developments to the public, though one participant at the consult asked Laliberté whether he’d divulge his plans regardless. “I think that [the plans] should be public because I think Ripplecove’s neighbours have

suffered a lot over the last years and I think it’s time that they see where it’s going,” she said. Laliberté declined that request.

The town council also updated

Town representatives, including Urban Inspector Marie-Andrée Gosselin, have responded that the plan would also apply to future developments in the area. Mayor Simon Roy has repeatedly said that he has no grudge against the developer.

its proposal for the other bylaw presented at the June 19 consultation. That less contentious bylaw largely aims to clarify existing zoning rules and could potentially require a referendum vote before final approval by council.

The Border Report

Some of the kittens you will meet include our fun and friendly siblings Popcorn, Potter, Puzzle and Pip.

FRONTIER ANIMAL SOCIETY

We are overflowing with kittens!

If you are ready to add a furry, four-legged feline friend to your family, why not come to the Frontier Animal Society's Cat Adoption Open House.

The adoption clinic will take place from 10 a.m. to noon this coming weekend on both Saturday July 8 and Sunday July 9, and again the following weekend on Saturday July 15 and

Sunday July 16.

We have so many playful and cuddly kittens in search of loving, responsible FOREVER homes.

Some of the kittens you will meet include our fun and friendly siblings Popcorn, Potter, Puzzle and Pip. All four are male and are currently 9 weeks old so a little bigger than they appear in these photos. They are affectionate,

curious, confident and very social.

We also have brothers Forest and Woody who are approximately 12 weeks old. Both are as friendly and curious as they are handsome.

If an older kitten is more your speed, no problem, sweet and gentle 10-month-old Cherie is very ready to leave shelter living behind and enjoy life as a pampered pet. She can be a

little timid at first but it doesn't take her long to warm up and once she does, she is affectionate and loves attention.

The shelter is located at 2405 Griffin in Ogden. For more information about our adoptable cats and kittens, please give Linda a call at 819.868.2684 or send an email to frontieranimalsociety@gmail.com

We hope to see you there!



Popcorn_male



Forest_male_12weeks



Puzzle_male



Potter_male



Cheris_female



Pip_male



Woody_male

EDITORIAL

I was thinking about this earlier this week when I found myself doing my early morning grocery shopping and ended up in line at the cash register.

Say thanks and don't grunt



TIM BELFORD

modern-day battle ground where etiquette and good manners are about as common as a reasonably priced T-bone steak. It starts at the door, if it's not automatic. If you hold it open for someone the response should be "thank you," not a grunt. I often say "you're welcome" anyway, which usually receives a slightly bewildered look if it's acknowledged at all.

As Emily would have pointed out, the rules should be simple and merely common sense. For example, if you intend to stand in front of the meat counter and spend fifteen minutes comparing the price per pound, the packaging date, the colour and the source of every container on display, don't park your cart along the counter and be aware that someone else might need just enough space to grab a pound of ground beef.

Likewise, in this age of easily transmitted viruses, another rule should be to try to avoid handling every piece of fruit in the available bins before you select the two apples or three bananas that you want. The same holds for unpackaged lettuce, green onions, turnips, potatoes and any other vegetable that strikes your fancy.

Another rule of the road, in the common courtesy category, is not to park your cart on one side of the already narrow aisle and then stand on the other side while you compare the prices of canned whatever. It is not the autoroute. It's a two-lane grocery store and there are others who would like to be able to get by without having to resort to tactics best reserved for parking at the Bell Centre.

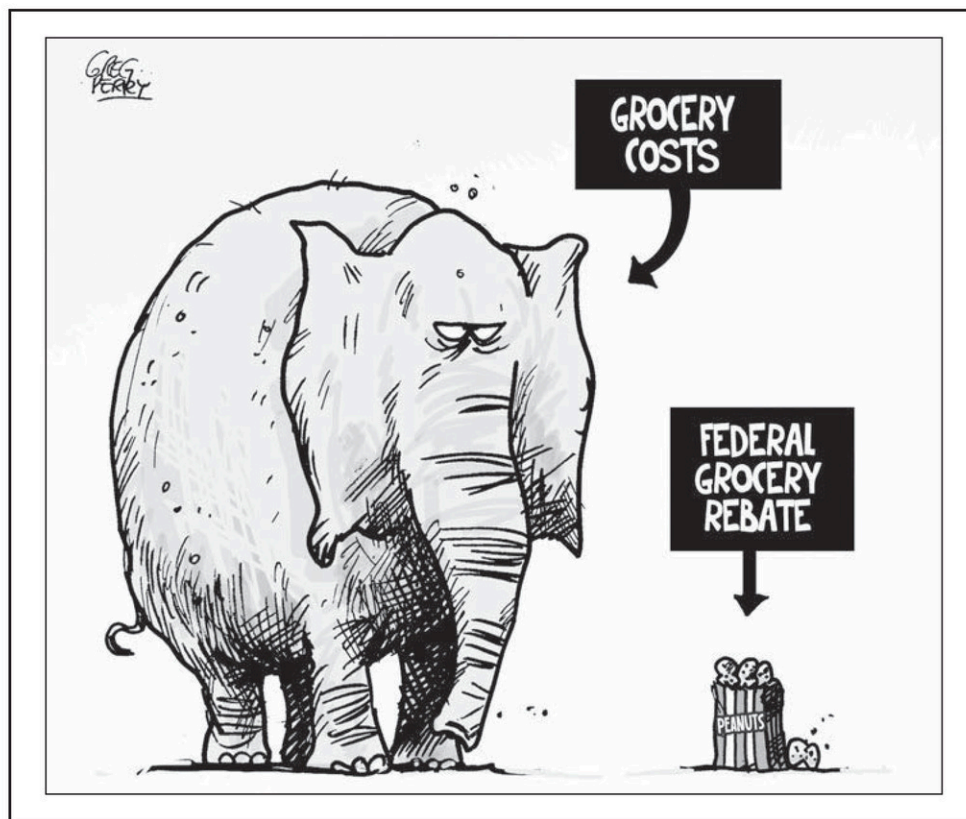
Last, but far from least, when you finally get to the check-out and there's someone being served, don't start throwing your purchases on the counter unless there is one of those dividers available. Don't try to move

Where are you Emily Post now that we need you? The author of the famous guide to good manners in just about every situation is sorely missed. It's not just the lack of consideration for others that the smart phone, selfie-taking, music playing era has brought us but it's behaviour in ordinary situations that has suffered.

I was thinking about this earlier this week when I found myself doing my early morning grocery shopping and ended up in line at the cash register. Two customers ahead was a gentleman of a certain age with a full cart of items. When he noticed the young lady behind him had just two purchases to be made he turned to her and told her to go first. She was momentarily startled by this simple kindness but thanking him she paid and was gone in a flash. It cost him, and me, an extra minute at most.

Now, I'd like to think it didn't matter that she was young and attractive with a smile that was in danger of melting the pound of butter in his cart and I'm positive he would have done the same thing if she had been middle-aged, and grumpy, but it was nice thing to do; and rare.

Grocery stores have become a



things faster by bumping into the cart ahead of you and don't grimace, sigh loudly or make faces if the person ahead of you is a little slow to access the debit machine. As Emily Post knew, a little common sense and a pleasant attitude go a long way.

Quebec joins feds in suspending ads on Facebook, Instagram as Meta vows to block news

The Canadian Press

News Act.

Quebec Premier Francois Legault says the province is suspending advertising on Facebook and Instagram until Meta resumes talks about the implementation of the federal Online News Act.

In a tweet this afternoon, Legault said the Quebec government is standing in solidarity with the media and that no company is above the law.

Rodriguez blasted Meta for choosing not to negotiate with the federal government and instead blocking content for some users as part of a test.

Heritage Minister Pablo Rodriguez also announced earlier today that the federal government will pull ads off the platforms.

The decision from both governments comes after Meta promised to block Canadian news content on its Facebook and Instagram platforms in response to Canada's recently passed Online

Google has also promised to start blocking Canadian news when the bill comes into force in six months, but Rodriguez says the government is in talks with the company and believes its concerns will be managed by the regulations that will come to implement the bill.

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

KNOWLTON OFFICE
 5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
 TEL: (450) 242-1188

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	119.59	5.98	11.93	\$137.50
	1 MONTH	10.76	0.54	1.07	\$12.37

Rates for out of Quebec and for other services available on request.
 The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
 ABC, CARD, CNA, QCNA

Local Sports | *"It's a disappointment, but not a surprise that the NHL announced the formation of a players inclusion coalition," the HDA's statement reads.*

Hockey Diversity Alliance feels betrayed, says NHL 'late to party' in launching inclusion coalition

By John Wawrow
The Associated Press
Hockey Writer Stephen Whyno
contributed

Akim Aliu and his fellow members of the Hockey Diversity Alliance say they feel betrayed and confused by the NHL's decision to launch—or as far as the HDA is concerned, re-launch—an inclusion committee to diversify the sport and make hockey more welcoming.

Whatever happened, Aliu wondered, to the league announcing a partnership with the HDA to address the same issues three years ago? And why, the HDA wondered in releasing a scathing statement Wednesday, is the NHL essentially duplicating what they've been doing by funneling millions into programs at the grassroots level and introducing hockey to at-risk youths in underserved communities of color?

"As the NHL has done so many times, they're late to the party, and they still want to show that they want to be involved in the dance," Aliu, a veteran who played in a handful of NHL games, told The Associated Press. "This is their way of showing

NHL's players coalition's mission statement does not echo the HDA's goals so much as cynically attempt to appropriate them."

The NHL and NHL Players' Association announced the formation of a 20-player committee of current and former players, and earmarked \$1 million to support grassroots organizations, player-perspective storytelling and other special projects. Chaired by former NHL players Anson Carter and P.K. Subban, the NHL notes the coalition being formed in 2020, without mentioning the HDA, which was specifically referenced in a similar announcement made in September of that year.

NHL spokesman Brad Klein said the league would have no comment on the HDA statement. NHLPA spokesman Andrew Wolfe said the union also declined comment.

In accusing the NHL of having little to show for what its council has done since 2020, the HDA pointed to the inroads it has made by partnering with corporate sponsors to establish ball hockey and ice hockey programs in the Toronto area last year.

"Fundamentally, I think we have a very, very strong structure and a foundation in place," HDA founder and Calgary Flames center Nazem Kadri told AP. "We did that without the league. I don't think they necessarily would've expected us to get to this trajectory by ourselves, but when you have a group of guys that are really passionate and really care about the cause, not necessarily just the media attention it's going to get, you can get to the next level and we can really impact the minority communities."

Aliu anticipated those programs—in which equipment, coaching, transportation and meals are provided free of charge—will soon expand across Canada and eventually into the U.S.

"Next year, we're going to be supporting over a thousand kids playing between ice hockey and ball hockey. We're a multi-million operation and we don't benefit one cent from any of the work we do," Aliu said.

Aliu, the HDA's chairman, was born in Nigeria and spent part of his childhood in Ukraine before eventually relocating to Toronto with his family.

He's a former journeyman minor league player who appeared in seven NHL games, and in November 2019 revealed then-Flames coach Bill Peters bullied and directed racist slurs at

him when the two were in the minors a decade earlier. Peters resigned days later, and Aliu's revelations led to the NHL instituting a personal conduct policy in a bid to eradicate racism in what's traditionally been a white-dominated sport.

Aliu, the HDA's chairman, was born in Nigeria and spent part of his childhood in Ukraine before eventually relocating to Toronto with his family.

Aliu believes the rift between the HDA and NHL stems from HDA members being unafraid to speak out and challenge the league to action. Kadri expressed disappointment in the NHL and HDA not being able to work together but added he and his fellow current and former players

remain committed to advancing their cause.

"We thought that would've been a great partnership and we would've helped each other and taken this to the next level with something that we really cared about," Kadri said. "It would've been nice to kind of have their support. At the end of the day, we didn't need it."

The HDA statement took aim at the NHL choosing autonomy over partnering with the HDA: "Metaphorically, owners first instinct is to own rather than be part of a team."

Aliu said the HDA's criticism is directed at the league and not toward inclusion coalition members.

"I truly hope they do good work this time around, but I am tired of hearing empty announcements and photo ops to check a box instead of actually doing the hard work," Aliu said. "My only message is don't allow yourselves to be used by the league because that's really what's going to stall our movement."

NHL spokesman Brad Klein said the league would have no comment on the HDA statement. NHLPA spokesman Andrew Wolfe said the union also declined comment.

that this is their bigger and better thing. But I think everyone that's on the inside of hockey knows what's really going on and really knows that this is just another facade."

Aliu's comments mirror the statement he, seven current and former NHL players and the HDA's support staff and sponsors signed off on after holding lengthy discussions since the league unveiled its inclusion committee last week. The HDA's membership includes Matt Dumba, Anthony Duclair and Wayne Simmonds.

"It's a disappointment, but not a surprise that the NHL announced the formation of a players inclusion coalition," the HDA's statement reads.

"Laudable on its face, laughable in full context of the work we have been doing for three years without the league's support," it states. "The



OPERATION BACKPACK

Equipped to Learn

Operation Backpack is serving children at Lennoxville Elementary, Alexander Galt and Grade 6 students from our community schools attending Galt for the first time with a new backpack and school supplies.

**To contribute, please send a cheque payable to indicating "Operation Backpack" on cheque
Lennoxville United Church
6 Church St., Sherbrooke, QC J1M 1S9**

Charitable receipts will be issued for donations of \$10 or more

Do just one thing

Date Book

THURSDAY, JULY 6, 2023

Today is the 187th day of 2023 and the 16th day of summer.

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

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

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

In 1892, 16 people were killed during fighting between guards and striking steelworkers at a Carnegie Steel Co. plant in Homestead, Pennsylvania.

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

TODAY'S BIRTHDAYS: Frida Kahlo (1907-1954), painter; Nancy Reagan (1921-2016), actress/first lady; Merv Griffin (1925-2007), TV personality; Janet Leigh (1927-2004), actress; Tenzin Gyatso (1935-), 14th Dalai Lama; Ned Beatty (1937-2021), actor; George W. Bush (1946-), 43rd U.S. president; Sylvester Stallone (1946-), actor/filmmaker; Geoffrey Rush (1951-), actor; Brian Posehn (1966-), actor/comedian; 50 Cent (1975-), rapper; Kevin Hart (1979-), actor/comedian; Pau Gasol (1980-), basketball player; Eva Green (1980-), actress; Manny Machado (1992-), baseball player.

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

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

TODAY'S QUOTE: "Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light." - Frida Kahlo

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

TODAY'S MOON: Between full moon (July 3) and last quarter moon (July 9).

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.



1-800-268-7582 www.mssociety.ca



by Danny Seo

Has your child outgrown their love of building things with Lego-brand building blocks? While technically they are recyclable, it can be hard to find a recycler that takes them. But why recycle when you can make cash from them? The website Decluttr (decluttr.com) will purchase bags of Legos from you. Just fill a bag and weigh it; enter the weight on the site to find out how much Decluttr will pay you for your Legos. The site also takes old CDs, DVDs, video games and even printed books for cash.

Take matters into your own hands

1 877 369-7845
(514) 369-7845

www.osteoporose.qc.ca

Cheat days can stall progress on diet



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

Dear Doctors: I'm starting a low-carb diet to lose weight, and I plan to incorporate cheat days to help me stick with it. I don't see anything wrong with that, but my sister says cheat days are bad for your health, and that they teach you bad habits. Is that true? What is considered a cheat day?

Dear Reader: While the term "cheat day" doesn't have a formal definition, the meaning is clearly implied. It's a temporary break from whatever dietary plan someone is following on a regular basis. For many people, a cheat day includes stepping away from the caloric restrictions that go along with a weight-loss strategy. But when it comes to specifics, those depend on each individual.

Let's focus on the low-carb diet you are planning to follow. In that case, a cheat day suggests an increase in carbohydrate-rich foods. And that leads to an important question: What kind of carbs? It might mean indulging in unlimited complex carbs, such as fruit, vegetables and leafy greens. People following low-carb diets often talk about craving a crisp apple, a juicy peach or an abundant and colorful salad. But for many people on this type of diet plan, a cheat day opens the door to the world of simple carbs. That means snack foods, bread products and sweets such as candy, ice cream and baked goods.

The sudden addition of complex carbs on a cheat day may lead to a bit of gas and bloating. However, the

fiber these foods contain will help with blood sugar control, which is an important factor when it comes to carbs.

A free-for-all of simple carbs, by contrast, will cause blood sugar levels to spike and, as the body responds with insulin, to quickly fall. This stresses the body and often leads to fatigue, irritability, headache and decreased alertness. Depending on caloric intake and frequency, cheat days can slow, impede and even reverse your progress.

When you think about it, a diet has two goals. One is to reach a healthful weight. The other, equally important and notoriously tricky, is to maintain that healthful weight long-term. We suggest that, with a bit of planning, the cheat days you have scheduled into your diet can be a great opportunity. Instead of giving in to cravings, use these days as a platform to practice post-diet eating. And, yes, that includes having treats and sweets.

Over the years of our practices, we have found an 80/20 rule regarding nutrition to be highly effective. That is, 80% of the time, eat balanced meals high in complex carbs, lean proteins and healthful fats. That leaves a 20% window for indulgences when dining out, on vacations and during holidays.

You can tweak this a bit by limiting simple carbs to 20% of your cheat day food. It will satisfy cravings and still treat your body kindly. It will also lay the groundwork for a new lifelong habit, one that will serve you well once you've reached your healthy weight and left the diet behind.

(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.)

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

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.

TOWNSHIPS' CRIER

Boyfriend is bringing me down with him

Dear Annie

THURSDAY, JULY 6, 2023

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

Summer Art Exhibits at Uplands. Visit Uplands, located at 9 Speid Street, Sherbrooke (Lennoxville), and discover the latest works by artists Darren Millington (paintings) and Marko Savard (ceramics). The exhibit will be on display until August 20, 2023. The art gallery is open Tuesday to Sunday from 10:00 a.m. to 4:30 p.m., and admission is free. For nature lovers, come and see the outdoor exhibit showcasing stunning photographs of the Townships landscape by François Lafrance. This exhibit is accessible anytime.

WATERVILLE

The Waterville United Church, 460 Principale South, will hold an Ice Cream Social on Thursday, July 6 from 5:30 p.m. to 7 p.m. Rain or shine.

BROOKBURY

Card party at Centre Communautaire de Brookbury Community Center, 571 Brookbury Road (formerly Route 255), on Tuesday, July 11 at 1:30 pm. Cards and lunch, \$8 per person. Info: Brenda Bailey 819-884-5984.

Dear Annie: I've been with my boyfriend for 22 years. It's been up and down, and I've learned to keep quiet about things that upset me. He's never reacted well to me mentioning things or asking for help with chores. If I do have to say something because I am out of patience, I'm always carefully crafting the way I say it and trying to be as polite as possible to avoid conflict.

Sometimes I feel like a "mommy girlfriend," and he doesn't understand why this bothers me. Oftentimes his know-it-all attitude ruins things, and I cannot get through to him. He snaps at everything; for example, the other day he snapped at me at Wawa because my hands were full and he was trying to hand me coffee. I had to put something down to take it, and it made him mad to wait. Little things like that are adding up, and I'm losing my mind.

I'm unfortunately stuck financially and cannot just walk away for my own sanity. I feel like he's wasted my good years, and I cannot be my true self when he's around.

Lately, he's been obsessing over some TikTok-ers who post satire videos of what it's like to have ADHD. He's now convinced that he has ADHD and that's his excuse for his terrible behavior. After 22 years, some social media posts have him convinced.

I told him you cannot believe everything you hear and see from influencers because people are paying them to make funny and entertaining videos. Then he flips it back on me and says that I am heartless for not acknowledging he is neurodivergent. He has also started making a public show about being neurodivergent whenever he makes a mistake at work or even at the grocery store. It's getting really embarrassing.

I tell him if he thinks this is his issue, he should talk to a professional. But again, I am heartless and I don't understand. He has other health issues, too, and I have done my best to care for him, but he's never grateful and never sees a doctor. He just believes everything he reads on the internet. Now he showers once a week and claims it's better for his skin. I have had times where I politely suggested he should shower before work or getting into bed (without directly saying he smells bad), and this never goes over well.

I cannot leave because I cannot afford it. I just don't make enough money. I have no family, we share a pet, and we have too many mutual friends. (I thank the stars we don't have kids.) It would just be ugly if I tried. I'm in my 40s, and I am still trying to figure out my own life and career, and every day with him not doing anything for himself is a setback and interference of me achieving my goals. We are barely physically intimate, and now I prefer it that way. Please help. - Getting Old and

Going in Circles

Dear Getting Old: The first step is getting your boyfriend to see a doctor. That is the only way to find out if he has ADHD or any other mental or physical illness. The fact that he refuses to shower or seek professional help is extremely concerning.

Unless and until he is willing to get help, he will continue to drag you down with him. You say you "cannot leave," but there are always alternatives. Find a good therapist for yourself, if at all possible. Apply to some new jobs so

that you are not financially dependent on this person, and then start building the life you deserve. It's not too late.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - 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.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

7/3

© 2023 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

HOW TO PLAY:

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

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"

Children's Wish Foundation

20 years 10,000 Wishes

1-800-267-WISH
www.childrenswish.ca
The Children's Wish Foundation of Canada

CELEBRITY CIPHER

by Luis Campos

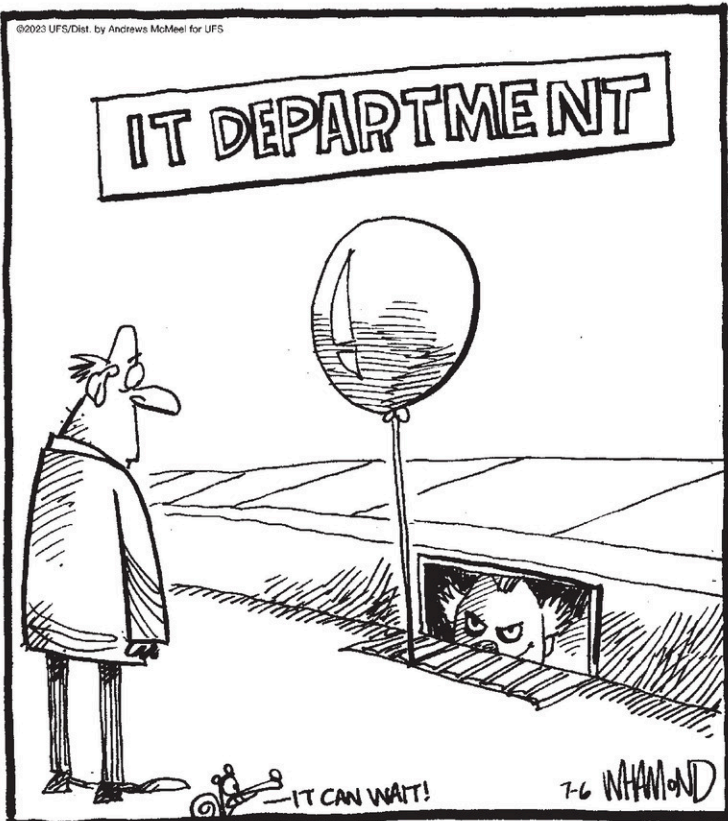
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ OCS BWIZWOM YV OCS EXOWNO RWSN
WZ CWN BFOM YV PSSTWZI EGEPS OCS
NSZNS YV GYZBSX WZ OCS GXRB.”
— DEXA ACEIERR

Previous Solution: “Whether it’s in the right way or sometimes the wrong way, you learn about life and its lessons.” — Tennis player Amelie Mauresmo

TODAY’S CLUE: *o sjenba v*

REALITY CHECK



HERMAN



“Hand over the french fries, you dirty rat.”

ALLEY OOP



ARLO & JANIS



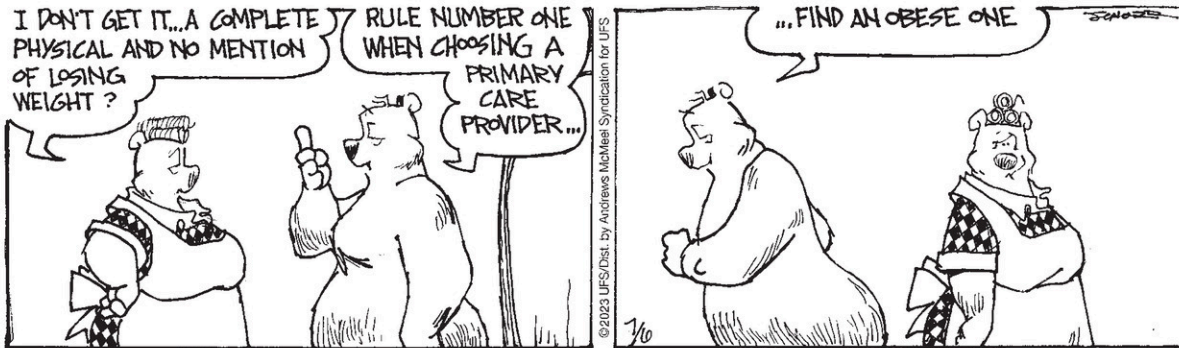
THE BORN LOSER



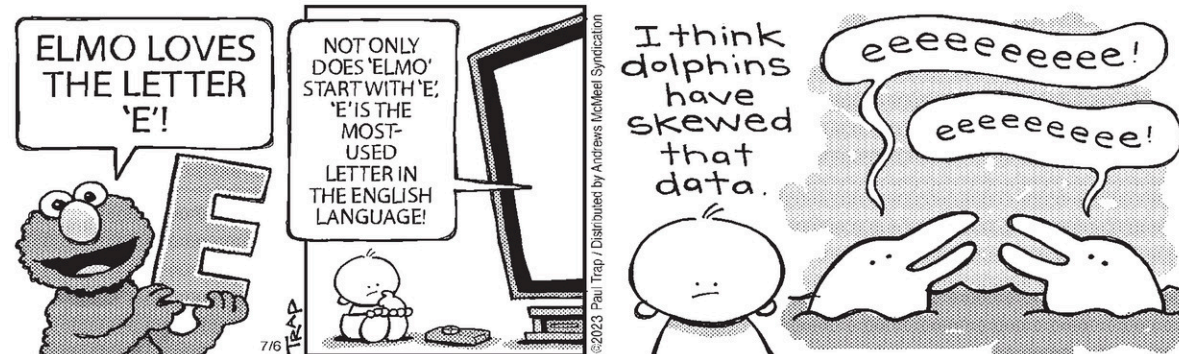
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians.
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
www.healthcheck.org **Check for Health Check™**

Diabetes The New EPIDEMIC
REACT NOW!
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

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

275 Antiques **275** Antiques **275** Antiques **275** Antiques

LICENSE PLATE COLLECTOR looking to buy Quebec license plates. Please send pics via text or call Daniel 450-278-0517.

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680..

SUDOKU

DIFFICULTY RATING: ★★★★★

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

7/6 © 2023 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

HOW TO PLAY:

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

THE RECORD

Brome County NEWS 

URGENT

CARRIER WANTED IN KNOWLTON

To deliver the The Record (Monday to Friday) as well as the Brome County News (every Tuesday).

If interested, please contact 819-569-9528 between 9 a.m. and 3 p.m. or email billing@sherbrookerecord.com

THE RECORD

Job Opportunity

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

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

Candidates must have access to a vehicle.

Salary plus commission.

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

Interested applicants should send a cover letter and resume as soon as possible to **Sharon McCully, Publisher, The Record, outletjournal@sympatico.ca**

NEA Crossword Puzzle

Your Birthday

THURSDAY, JULY 6, 2023

SAGITTARIUS (Nov. 23-Dec. 21) – Take precautions, verify information and put yourself first. Boost your qualifications through educational pursuits. Consistency will be crucial when trying to advance.

CAPRICORN (Dec. 22-Jan. 19) – Don't feel pressured. Call the shots, stay in control and make things happen. A change at home will play in your favor and bring you closer to your desired lifestyle.

AQUARIUS (Jan. 20-Feb. 19) – Keep an open mind, but don't fill your head with nonsense. Don't risk damaging your reputation, good relationships or physical well-being for someone else's benefit or love.

PISCES (Feb. 20-March 20) – Organize your plans before you begin. Having a strong idea about how you want things to play out will help you be productive. Communication is vital. A romantic gesture will bring change.

ARIES (March 21-April 19) – Rely on the people who love you, not on someone filling your head with nonsense. Express yourself through actions and kindness, and you'll gain respect and gratitude. Change what you need to.

TAURUS (April 20-May 20) – Discuss your plans with someone close to you. Call on experts to ensure you haven't missed an important detail. Take a break from people you can't count on. Live by the rules.

GEMINI (May 21-June 20) – Rethink your strategy, verify information and stick to simple guidelines that lead to self-improvement and a better routine. Don't ignore a change in yourself or in someone close to you.

Discover all you need to know to reach your goal. Live with and learn from your mistakes, and find unique ways to do what you love most. Don't give up on the ones you love, but don't let them bring you down. Communication is the best way to ensure mental, emotional and financial security. Control your emotions, speak the truth and offer sound solutions.

CANCER (June 21-July 22) – Pay attention to what others do and figure out how to protect yourself from toxic people and situations. Take the road less traveled and align yourself with like-minded people.

LEO (July 23-Aug. 22) – Regulate your spending. Don't feel obligated to keep up with others when you need only to compete with yourself. Do whatever promotes peace of mind and opportunity. Put more energy into grooming yourself.

VIRGO (Aug. 23-Sept. 22) – Don't share too much information. Work behind the scenes and pay attention to detail, and you'll devise the perfect plan. A reunion will connect you to someone who can help you excel.

LIBRA (Sept. 23-Oct. 23) – Go where the action is and participate in something energizing. Do your part, and the returns will surprise you. Actions speak louder than words. Engage in some strenuous physical activity.

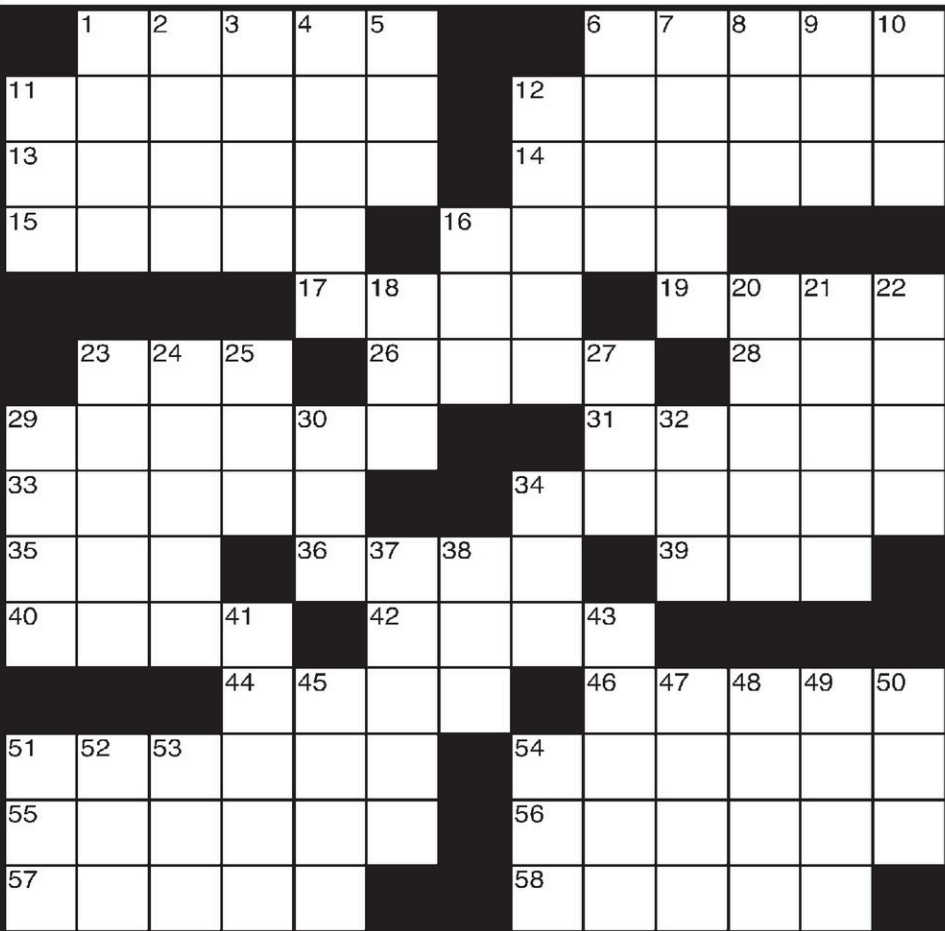
SCORPIO (Oct. 24-Nov. 22) – Make headway at home by digging in and handling your to-do list. You'll discover that finishing what you start leads to peace of mind and more fun. Practice makes perfect.

Answer to Previous Puzzle



- ACROSS**
- 1 Sign of spring
 - 6 Dough raiser
 - 11 Heifer
 - 12 Upholstery fabric
 - 13 Thin pancake
 - 14 "Me" devotee
 - 15 Papyrus, for one
 - 16 Sweeping, as a story
 - 17 Authorizes
 - 19 Coil of hair
 - 23 Rapper Tone —
 - 26 Claw or talon
 - 28 Shad's eggs
 - 29 Revved the engine
 - 31 Fuming
 - 33 Steed steerers
 - 34 Ski run
 - 35 Back when
 - 36 Lenient
 - 39 Film director Spike —
 - 40 "— Lisa"
 - 42 Warm-up
- DOWN**
- 44 Tubular pasta
 - 46 Be evasive
 - 51 Galvanize
 - 54 Cheery
 - 55 Simply awful
 - 56 Vim and vigor
 - 57 Inca territory
 - 58 Camp shelters
 - 1 Audition goal
 - 2 Exiled Roman poet
 - 3 Bob's road buddy
 - 4 Computer-chip maker
 - 5 Monsieur's nose
 - 6 Hindu mystic
 - 7 Period
 - 8 "Rope-a-dope" boxer
 - 9 Mom's girl
 - 10 Explosive letters
 - 11 Small shot

- 12 Coke rival
- 16 Depot info
- 18 Conclude
- 20 Bicker
- 21 Like Thor
- 22 West and Largo
- 23 "Hasta —!"
- 24 Pizza topping
- 25 Anderson Cooper's channel
- 27 Fond du —, Wis.
- 29 Chemist's weight
- 30 Winding curve
- 32 Black-hawks org.
- 34 Sault — Marie
- 37 Chose
- 38 Thurs. follower
- 41 Sky blue
- 43 Call
- 45 Osiris' beloved
- 47 Dead-locked
- 48 The skinny
- 49 Comedian's stock
- 50 Famous cathedral town
- 51 Gleeful cry
- 52 L. — Hubbard
- 53 California fort
- 54 Deep black



THURSDAY, JULY 6, 2023

Adjust the count from the auction

By Phillip Alder

We are looking at the Losing Trick Count and using it to judge how high to bid once a fit is uncovered.

Look at today's South hand. How many losers does it contain, assuming partner has three or four hearts?

Right - five: one spade, two hearts and two diamonds.

Now suppose in answer to your one-heart opening bid, partner responds four diamonds, a splinter bid showing four or more hearts, at least game-going values (at most seven losers) and a singleton (or void) in diamonds. What is your loser count now?

You had two diamond losers, but now you have none because you can ruff your low diamonds on the board. That gives the LTC equation $24 - (7 + 3) = 14!$ You should bid eight hearts!

Instead, you employ Blackwood. In answer to the second dose, West shouldn't show a singleton diamond king. (Yes, Roman Key Card Blackwood would be easier.)

How would you play in seven hearts after West leads the diamond king?

The only danger is a 4-0 trump split. If East has all four hearts, you are down. However, if West has them, you are safe as long as you start with your trump

		North	07-06-23
		♠ K 5 2	
		♥ A K 9 4	
		♦ 2	
		♣ J 10 8 7 3	
West		East	
♠ Q 8 3		♠ J 10 9 7 6	
♥ J 10 6 3		♥ —	
♦ K Q J 5		♦ 10 8 7 4 3	
♣ 6 4		♣ 9 5 2	
		South	
		♠ A 4	
		♥ Q 8 7 5 2	
		♦ A 9 6	
		♣ A K Q	
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♥	Pass	4♦	Pass
4NT	Pass	5♦	Pass
5NT	Pass	6♥	Pass
7♥	Pass	Pass	Pass
Opening lead: ♦ K			

queen, keeping the king and ace over West's 10 and jack. You continue with a second trump, winning West's 10 with the king. You return to hand with, say, a spade, finesse dummy's heart nine, draw West's last trump and claim. You take two spades, five hearts, one diamond and five clubs - as close as you can get to the 14 winners predicted by the LTC!