

Youth protection delivers annual report

By Gordon Lambie

Johanne Fleurant, Director of Youth Protective Services (DPJ) for the Estrie administrative region presented her annual update this past week, indicating that the regional office received 9,216 reports of possible need for their services in 2021-22, an increase of 15.8 per cent from the previous year.

"These are situations where we received a call and a decision was made about whether the situation was receivable by youth protection," Fleurant said, stressing the fact that the DPJ takes all reports seriously while also pointing out that some of the increase can be attributed to the fact that there was less reporting during the pandemic.

The director explained that the DPJ relies on community partners such as daycare centres and schools to help serve as eyes and ears for the network in the community. The simple fact that the 2021-22 school year featured less time on distance learning than the year before meant that there were more opportunities for professionals in the system to make reports.

Fleurant also pointed out that although the overall number of reports made increased, the number retained by the network went down. This year only 29.1 per cent of reports made were considered to fit with the work of the DPJ, compared to 35 per cent the year before.

"The intervention of the DPJ in a child's life should be a last resort," she said, repeating the sentiment expressed in past years that the department of

CONT'D ON PAGE 3

A ride to remember



COURTESY

The full contingent of cyclists participating in a 10-day relay at the marker announcing the southernmost point of N.A.

By Nick Fonda

The bicycle ride from Key West, Florida (the southernmost point of North America) to Windsor, Quebec was an exhilarating challenge but not necessarily one to be repeated, at least for Marie-Thérèse Bernard, one

of 15 cyclists who completed the 10-day relay earlier this month.

"It was a challenge on a couple of different levels," says the Cleveland resident, an avid and experienced cyclist. "For some of us it was physically demanding to pedal six to eight hours a day, and it also required

some adaptability to suddenly find yourself living in very close quarters with people you'd just met."

The ride, a fundraising event for 16 schools in Val St-François and organized and sponsored by Caisse Desjardins, would have taken place in 2020 if not

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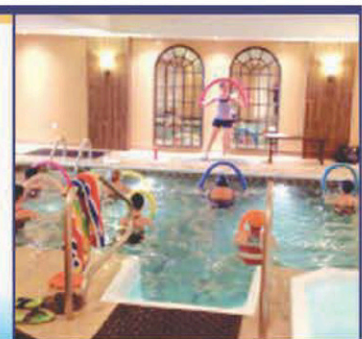


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TODAY:
SUNNY

HIGH OF 20
LOW OF 5



TUESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 22
LOW OF 12



WEDNESDAY:
CLOUDY

HIGH OF 21
LOW OF 12



THURSDAY:
SHOWERS

HIGH OF 21
LOW OF 12



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF 27
LOW OF 14

Missisquoi North Volunteer Centre (CABMN) holds its annual general meeting



THE SCOOP
MABLE HASTINGS

On Thursday evening, June 16 the Missisquoi North Volunteer Centre (CABMN) held its Annual General Meeting at 6:30 p.m. in the Feather in the Wind Senior Centre located at 309 Principale in Mansonville. With 40 people in attendance the meeting including wine and cheese refreshments as well as the presentation of the non-profit's financial, activity and program reports that included statistics and information was presented.

The CABMN is celebrating its 40th anniversary (1982-2022) and has been offering services for seniors, youth, the intellectually and physically challenged as well as accompanied transportation service, an emergency food bank, medical equipment lending, income tax service, volunteer coordination, help with government forms and phone calls, support to caregivers and more...

The AGM also saw the election of two new Board Members: Hilary Head and Hartland Paterson who will join: Brenda Clark, Cathy Riendeau, Madeleine Langlois, Danielle Cousineau, James Eby, Ron Jones, David Sterling and Robert Gagnon leaving one potential seat that can be filled. The bylaws state that the BOD must be made up of no fewer than 7 and no more than 11 members.

At the start of the meeting, volunteer receptionist Mary Lachance read a poem she had written to commemorate the AGM and this was the perfect start to set a positive tone for the evening. In her poem Mary emphasized the contributions of the board, committees, staff and the extraordinary volunteers

who, together make the CABMN work.

Many of the CABMN staff were present at the meeting and the activity report was shared through a printed AGM booklet, a power point presentation and a verbal sharing of activities, upcoming projects and plans as well as dreams for the future in serving the communities and bettering the services for clientele living in Potton, Bolton-Est, Saint-Etienne-de-Bolton, Eastman and Stukely Sud.

Renovation plans to improve the Senior Centre (La Plume au Vent); situated in the hall portion of the former Mansonville St.Paul Anglican Church that was purchased by the CABMN in the spring of this year were shared. The need to maintain and assure upkeep at the Youth Centre building of the CABMN (a building that houses programming for both youth and persons with disabilities) was also emphasized. The hope to increase staffing at the CABMN Main Office to provide more animation in the services provided to seniors as well as increased staff in the office where programs like the food bank, accompanied transport, medical equipment lending and more are offered and it was stated as a priority. Increased demands for



volunteer support also necessitate the need for another office staff member as well.

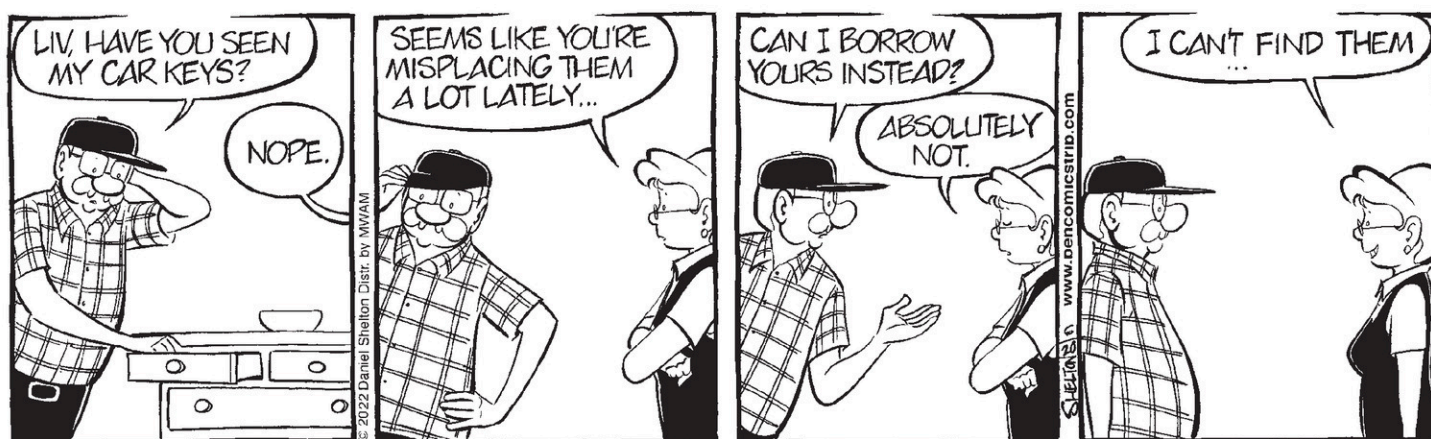
During the question period, thoughtful comments were made and pertinent questions asked. The smiles on the faces as the meeting came to an end were the best indication that all had partaken in an enjoyable evening of learning and celebration.

With 240 registered volunteers the CABMN is always open to more people getting involved. The latest AGM report can be found on the CABMN website at www.cabmn.org and anyone who would like to volunteer can call the main office at 450-292-3114 for information.



TERRY STOTT

Ben by Daniel Shelton



Local News

The Sherbrooke celebration was born in 2019 when CAS contacted Actions interculturelles to ask if the two organizations could work together on the project.

National Indigenous Peoples Day on Tuesday

By Cassie MacDonell
Local Journalism Initiative

“(National Indigenous Peoples Day) is important for many Indigenous peoples, both culturally and spiritually, and has been for thousands of years,” said Communauté autochtone de Sherbrooke-081 KITNÉ (CAS) President Michel Fontaine.

CAS and Actions interculturelles will commemorate the national day with a free event in Sherbrooke on Tuesday, June 21, their first since 2019. “It is a day for Sherbrooke residents, Eastern Townships residents, and all Quebecers and Canadians to remember the history, humanism, achievements and richness of Indigenous cultures and the contribution of Indigenous people to Quebec and Canadian society,” said Fontaine. Fontaine listed dances, music, songs, crafts, sacred fires, exchange circles, exhibitions, tales, and herbal teas as a few things to expect from the event.

The Sherbrooke celebration was born in 2019 when CAS contacted Actions interculturelles to ask if the two organizations could work together on the project. “It’s really thanks to the First Nations community of Sherbrooke. (Actions interculturelles) has a certain structure and know-how when it comes to multicultural activities, but they know about the traditions and what we must include in a celebration like this,” said Jacqueline Belleau, Directrice

régionale de Actions interculturelles pour l’Estrie et le Québec.

Everyone is welcome to attend—including families. Belleau highlighted the projection of Voyage musical-à la croisée des cultures by La Boite interculturelle in particular, which is an audiovisual presentation about the power of music to unite through culture. “We think that for families for kids between 6 and 11, this will be very interesting,” she said. The group will also present the audiovisual presentation of First Nations folk tale Chompipa, which Belleau described as very touching. After the performance, the crowd will break into discussion circles, with each group having a member of the First Nations community in it. “These are great opportunities to celebrate, but they are also great opportunities to educate,” she said.

The two aforementioned events will be in French, but English subtitles will be provided. Belleau added that she plans to do her best to ensure English is not forgotten during the celebration.

To start the event, there will be an acknowledgement ceremony of the non-ceded territories and Indigenous hymns. Following the opening, there will be a purification ceremony, dance show by Les femmes aux tambours de Wendake, a sacred fire and moment of remembrance, and a performance by Indigenous flutist Patrick Therrien. The full schedule, available in English, can be seen on the Facebook page of Communauté Autochtone de



COURTESY OF COMMUNAUTÉ AUTOCHTONE DE SHERBROOKE-081 KITNÉ

Crowds gathered for the National Indigenous Peoples Day 2019 event in Sherbrooke, hosted by Communauté autochtone de Sherbrooke-081 KITNÉ and Actions interculturelles.

Sherbrooke-081 KITNÉ. “The whole idea is to celebrate the history of different First Nations cultures and their really unique role in the past, the present, and the future of the country,” she said.

After 8:30 p.m., attendees can taste the traditional bread Bannock, drink Indigenous herbal tea, browse the Indigenous artefacts exhibit, browse an Indigenous crafts exhibit, and more.

Belleau explained that the event could not have been possible without support from the Canadian

government’s Canadian Heritage department, as well as support from Deputée de Sherbrooke Christine Labrie. “We are happy to once again organize an activity as part of National Indigenous Peoples Day with the Sherbrooke First Nations Community-081 Kitné and other partners,” finished Mohamed Soulami, Executive Director of Actions interculturelles.

The event will be held at Parc Belvédère (500 rue Thibault, Sherbrooke) from 5:30 p.m. to 10:30 p.m. on Tuesday, June 21.

Sherbrooke police investigating ‘suspicious’ death

Record Staff

Sherbrooke police responded Saturday morning to what they are calling a ‘suspicious death’ near the intersection of Dunant and Belvédère Streets in the Des Nations borough.

According to a press release issued by the Police, a citizen called around

8:40 a.m. to say there was a man who appeared to be unconscious lying on the ground in the parking lot at 1300 Dunant Street. The responding officers confirmed that the man in question was unconscious and attempted lifesaving measures. Care was transferred to paramedics and first responders as these other teams arrived on the scene, but interventions

proved unsuccessful and the victim was declared dead on-site. Since the victim, judged to be in his 30s, had visible injuries, an investigation has been opened to establish the causes and circumstances of death. For the moment, all possibilities are being considered by the investigators.

The young man was not someone known to police.

Youth protection

CONT'D FROM PAGE 1

youth protection is like the intensive care ward for the wellbeing of children and youths in the region, in that it is important for critical cases, but is not the first place people should turn.

Annie Boisvert, Director of Youth Programs with the DPJ, shared that a case not being retained by youth protection isn’t just dropped. In many cases, she said, efforts are made to match the issue in question to intermediate resources designed to help with a variety of concerns. She compared the two options to the 811 and 911 phone lines, pointing out that people with a non emergency concern can call 811 and still receive

help and support, while people in a crisis situation should go directly to emergency services.

Looking at the situation in the Eastern Townships, Fleurant said that cases of negligence or serious risk of negligence remain the largest areas of concern in the region. After having topped the local list in 2020-21, 48.8 per cent of all children whose files were taken up by the DPJ this past year once again fell into one of these two categories.

“What is important to recognize is that negligence is not always the result of bad intentions on the part of the parents,” Boisvert said, pointing

out that the work of the DPJ is not just protecting children from abuse, but also looking out for their wellbeing in more general terms. She offered the example of a single parent struggling to make ends meet who can’t always pack a full lunch for school or who might not always send their child out in clean clothes. These things might get flagged as possible neglect, but are not an indication that a parent doesn’t care for their child.

The youth programs director highlighted the fact that a growing number of services have been developed in the area to try to address these kinds of situations as quickly as possible, and

added that a family doesn’t need to be labelled “vulnerable” to need a helping hand.

“For the last several years we at the CIUSSS de l’Estrie - CHUS have taken concrete steps with our partners and the population to demonstrate our concern for the wellbeing of children,” Fleurant said, describing the work as a group effort. “I think we, in the Estrie, can be proud that all of our partners and communities are untied around the table, now more than ever.”

An English list of the resources available to families in the region is available online at santeestrie.qc.ca/family.

Correction

In the article published on Friday, *Let me tell you a Stanstead story*, Marguerite Dunlop was erroneously identified as archivist of the Colby-Curtis Museum.

In fact, the museum’s archivist is Kathy Curtis. The exhibition discussed in the article, *Let Me Tell You A Story*, was developed by Curtis and Dunlop working together. Dunlop, a long-time teacher, volunteered her time to record the histories of community elders.

The Record regrets this error and any confusion it may have caused.

ETRC ARCHIVES

Belvidere Women's Institute: a story of community

First organized as the Belvidere Homemakers' Club in 1916, the first founders established the club as a way to contribute to the war effort during World War I. During the war years, the Club focused on making and collecting linens, knitted items, and food to the Red Cross and YMCA, which was then distributed to soldiers overseas. While Belvidere as a neighbourhood has disappeared off the maps, it's notable that the Belvidere group was the second Women's Institute founded in Sherbrooke County.

First things first: where WAS Belvidere, anyway? If you guessed that it has something to do with Belvédère Street, you are correct. The neighbourhood of Belvidere was located in the area of the present-day Felton Street in Sherbrooke. At the time, however, what would become Dunant Street was called Upper Belvidere Road and the present Belvédère Street was called Lower Belvidere Road, the upper and lower originating from where Belvidere split off as it made

its way out of Sherbrooke. Also worth noting is that Upper Belvidere Road turned at Felton Street and did not continue straight the way Dunant does today.

The street, as well as the neighbourhood, draws its name from an early 19th century property owner, William Bowman Felton, who had built a grand home in that area, which he named "Belvedere" from the Italian words for "beautiful view." The women of the Belvidere W.I. continued acknowledge Felton's contribution to the neighbourhood more than century later when they celebrated Sherbrooke's "centenary" with a tea and the placement of a commemorative plaque at the old Felton property in 1937.

Although the Club organized activities in the spirit of other Women's Institutes from the beginning, the Club was officially renamed the Belvidere Women's Institute in 1921. Beyond fundraisers and other charitable work, Women's Institutes across Canada

played an important role in the movement towards more resources for "adult education," which saw a heightened emphasis on providing practical classes for adults to expand their knowledge. Belvidere was no exception to this; the 1918 topics included canning, dressmaking, school libraries, and hygiene.

Through the years, the members of the Belvidere W.I. pursued many activities aimed at improving their surrounding communities but they also knew how to have some fun at the same time, including social activities, friendly contests, and creative parade floats. After 76 years of camaraderie and community service, the Belvidere Women's Institute disbanded in 1992.

After such great success in our last few articles, we are launching another request for readers' help! Do you recognize any of the women in the hat contest or picnic photographs? If so, please let us know: etrc2@ubishops.ca or 819-822-9600, ext. 2261.



Members of the Belvidere W.I. in 1924, including Ada (née Reed) Cilles, Annie (née Reed) Ellis, Isabella (née Woods Kell) Ellis, and Mrs. Walter Matthews. (P003 Belvidere Women's Institute fonds)



Belvidere W.I. hat contest using kitchen utensils, ca. 1965 (P003 Belvidere Women's Institute fonds)



Belvidere W.I. picnic, 1971 (P003 Belvidere Women's Institute fonds)

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Ayer's Cliff Rodeo

By Aiden Wilson
Special to The Record

Ayer's Cliff Rodeo held its sixth ever showing this past weekend, offering three rodeos with more than 350 competitors from all over the world!

The event also contained dozens of other sights and sounds with food trucks, two music stages, dancing, motocross sports and so much more.

At center stage is the rodeo. According to Rodeo general coordinator Melanie Prézeau, there was almost always something going on in the ring.

Time trials, Bronc riding, bull jumping and others were performed by cowboys for the crowd of cheering onlookers; with the Duchess or winning cowboy standing to win a wide assortment of fun prizes from cash to weekend passes.

Early birds could catch the

morning's breakfast and head on over to the dance floor for country, line and Zumba dances throughout the day.

Freestyle motocross performer Ben Milot also made appearances throughout the weekend.

Having performed in the X-Games among many others he came to wow crowds with his daring stunts and afterwards held the Milot Land Academy for children from 4 to 8 years old to learn how to ride themselves.

Prézeau also pointed out the variety of other activities on site, including a mini-farm, bouncy castles, kiosks, artisan booths, clothes and horseshoeing.

The whole community gets involved, she added, with fire trucks and army vehicles coming down for kids to see and explore.

Elementary school classes also got the chance to visit, offering a fun opportunity to get out of the classroom before the summer break.



AIDEN WILSON

Ayer's Cliff Rodeo opening ceremony on Friday

A ride to remember

CONT'D FROM PAGE 1

for the Covid pandemic. Nor was that postponement the only hurdle faced by the group.

"The most serious setback was that Joé Robert, who was supposed to be one of our three guides, had a medical emergency and had to withdraw. Then, just a few days before our departure on May 27, one of our drivers also had to withdraw. Fortunately, Patrick Redburn was able to step in as our fourth driver," says Marcel Couture.

Things sometimes come in threes, and a third setback occurred on the drive south when one of the vehicles developed mechanical problems. It had to go into a garage and was lost to the group for four days.

Besides the four drivers, the cyclists were also accompanied by a photographer who documented the trip with photos and videos. They travelled in four RVs, of which three were able to sleep six while the fourth—the one that broke down—was a slightly smaller support vehicle.

"We met with the usual hazards of cycling," continues Marie-Thérèse, "the occasional flat tire, a more serious sprocket problem, a couple of spills that resulted in scraped knees and elbows, and sore ribs, but fortunately these were all minor incidents."

Dogs and drivers were also occasional problems.

"We experienced a wide range of drivers," says Marcel. "In Florida, and through the more northerly states we found the drivers were courteous and careful. On a scale of ten, they'd score a nine. But in the two Carolinas, it was just the opposite. At times you'd suspect the dogs had been set on you by their owners. There were drivers who brushed by us much too closely. There were others who rolled down their windows and yelled obscenities as they passed or gunned their engines as if to leave us in a cloud of exhaust gases."

The ride was a relay with each group cycling about a third of every day's trip,

on average a little over 350 kms. Their route—very thoroughly planned—kept them on secondary roads, indicated by two-digit numbers, and tertiary roads, indicated by a single digit. Rarely they rode a short stretch on a 4-lane highway. They pedaled through towns, villages, and the suburbs of larger cities as the flat expanse of Florida turned into more demanding uphill climbs of the Appalachians.

Days started early.

"We were always up by 5:30 or earlier," says Marcel. "Breakfast would be oatmeal which is more substantial than dry cereal, fruit, and toast. We always had maple syrup and honey for extra energy. By 7:00 we would be on the road. One group would start the day cycling, meanwhile the other two groups would drive ahead to their starting points, about one and two hundred kilometers ahead respectively. When a group got to its designated finish for the day, everyone would board the RV and proceed to the campsite that had been selected for that night."

"The campsites all had showers as well as washing machines and dryers," continues Marie-Thérèse. "We always looked forward to a shower. It was very hot, especially the first few days when the temperatures were hovering around 40 C and it felt even hotter. We sweat that much more on the days that we had to pedal into north-easterly winds. After we got to the campsite, we divided the housekeeping tasks. Some were in charge of washing and drying our cycling suits. We all had two changes of matching green, white and black cycling suits that we kept alternating. Others looked after preparing the evening meal. We avoided fat foods and beef that are harder to digest. We ate quite a bit of chicken, fresh vegetables and fruit, legumes, nuts. It was important to eat well and to drink a lot of water to avoid cramps. Lights were normally out by

10:00."

Only on one day did the cyclists—ten men and five women ranging in age from 37 to 62 and all from different municipalities in Val St-François—face bad weather.

"We had the occasional cloudburst or light shower during the first eight days, but on Day 9 we ran into really bad weather," says Marie-Thérèse. "It was our second-to-last day, and we were heading for the border at Venise-en-Quebec on Lake Champlain. It was pouring rain, unseasonably cold, and we were fighting the wind. It was the only day that some of us took a bit of a break and rode in the RV for a short part of the way."

The last leg of the trip—a relatively short 150 km dash—was under cool but sunny skies. The peloton made slight detours to pass through schoolyards in several municipalities: St. Anne de Larochelle, Bonsecours, Lawrenceville, Valcourt, Racine, Richmond, and Windsor.

"Caisse Desjardins invited schools to submit programs designed to encourage healthy living," explains Marcel. "Several of the schools that made successful submissions were on our route. They were advised of our passage and a surprising number of people—students, teachers, parents—came out to cheer as we rode by."

"The biggest crowd was at Plein Coeur in Richmond," adds Marie-Thérèse. "One of our cyclists was Maude Samson, who teaches at the school and who took a two-week, unpaid leave of absence to participate in the ride. There were people on both sides of the street. It was quite moving for all of us."

Both St. Francis Elementary and Richmond Regional are among the schools that will share the \$203,000 that the event raised.

"This was the fourth such ride organized by Joel Bernier and sponsored by the Caisse Populaire," notes Marcel,



COURTESY

Marcel Couture and Marie Therese Bernard

"and everything was done very professionally. You can only applaud the Caisse for its social commitment."

For the participants the trip was an enriching experience, but also a sobering one. They cycled through some spectacular countryside. They caught glimpses of extreme wealth, but also of gut-wrenching poverty. Some images may remain indelible, like that of a young man strutting shirtless with two handguns jammed into the waistband of his jeans.

Were the participants glad to be back?

"It's very strange," says Marie-Thérèse. "We've been back four days now and I still feel as if I'm in a dream-like state. Memories of different occurrences and incidents flash in my mind and I find myself a little disoriented."

"Still," she continues, "I don't know if I'd take up this challenge again. The ride was for a cause that I believe in and that I wanted to support. I rode as much with my heart as with my legs. It's good to be home."

EDITORIAL

As readers may have seen or heard in the news, a dispute over who owns the island that simmered for nearly 50 years has now been settled, with the classic Solomonian solution of splitting it more or less in half.

Border dispute with Danes simple compared to Quebec-Labrador feud



PETER BLACK

What a relief! Thanks to the work of Global Affairs diplomats - those who were not toasting Russia Day at the Ukraine-destroyer's embassy last week - Canada has averted war with the Kingdom of Denmark over a 321-acre speck of Arctic rock.

That rock - Hans Island in English, Ile Hans in French, simply Hans in Danish and Tartupaluk in Inuktitut - lies almost exactly between Canada's Ellesmere Island and Denmark's independent territory of Greenland.

As readers may have seen or heard in the news, a dispute over who owns the island that simmered for nearly 50 years has now been settled, with the classic Solomonian solution of splitting it more or less in half.

While not on the scale of the threat of nuclear annihilation of the Cuban missile crisis - ironically, the island is in the Kennedy Passage between the giant islands - the dispute, according to people who exaggerate these things, had the potential for significant unpleasantness.

Whereas, claims of hegemony by both parties to the dispute were expressed almost playfully with planted flags and booze bottles - it was called the Whisky War - in 2002, the Danes escalated the

dispute by deploying a gunboat and landing troops to lay unsubtle claim to the barren rock.

Canada responded with an air "invasion" in 2005 with then defence minister Bill Graham and some military personnel symbolically peeing off the territory for Canada, so to speak.

The stand-off persisted until recently when the increased threat of non-communist Russian military aggression brought the two potential combatants to the negotiating table.

Quoth Foreign Affairs Minister Mélanie Joly: "As global security is being threatened, it's more important than ever for democracies like Canada and the Kingdom of Denmark to work together alongside Indigenous peoples, to resolve our differences." She and her Danish counterpart swapped bottles of booze, Joly offering Quebec maple whisky.

As University of Calgary politics professor Rob Huebert noted in a National Post think piece, "it is becoming clear to many observers that it is necessary (for Canada) to include Greenland, and hence Denmark, in any effort to properly defend against new Russian weapons systems, such as hypersonic missiles."

Yikes, what were we saying about a missile crisis?

So, the Tartupaluk Tango tamed, should Canada turn its attention to another border squabble, one entirely on its own soil?

We speak of the Quebec-Labrador Border dispute, which has devilled both politicians and mapmakers for 120 years. If you have a look at that borderline, almost all of it in untracked, unsurveyed wilderness, you'll note how much of its 3,500 km length seems as randomly drawn as a child's doodling.

All this forest, too silent to be real, to quote Gordon Lightfoot, produced a



hue and cry in 1902 when the Colony of Newfoundland issued a timber licence along the Churchill River. The government of Quebec was outraged and asked the federal government to intervene.

Newfoundland being a somewhat independent colony of Great Britain at the time, was a foreign entity so Ottawa was compelled to file the case before the Judicial Committee of the Privy Council (JCPC). Incredibly, it wasn't until 1927 that the august lords rendered a ruling on what they believed to be the one true border line.

The JCPC came down in favour of Newfoundland's claim that Labrador's territory is delineated as the height of land and watershed as described in historical agreements, versus Ottawa's contention that Labrador consists of a one-mile-wide inland coast, basically a

rocky beach.

Naturally there was a massive burst of outrage in Quebec that a bunch of British twits had surrendered some 300,000 square km of territory to foreigners. To make matters worse, when Newfoundland joined Confederation in 1949, the boundary as determined by the JCPC was confirmed.

Quebec has never officially accepted the decision, but has not mounted any legal challenges to the boundary. Although, there being more and more interest in the vast resources of the remote territory, the temptation might be there.

For now, though, Quebec's claim to swaths of Labrador is expressed in an official government map where there are two border lines marked, one indicated as "Tracé de 1927 du Conseil Privé (non-définitif)."

Letters

DEAR EDITOR,

My Dad, Ashley Trussler, enlisted in the Sherbrooke Fusiliers Regiment as a truck driver at the beginning of World War Two. When one of the two mechanics was shipped overseas the remaining one was swamped with work. Dad began doing his own repairs on his truck. He was observed by one of his superior officers who informed him that he was going to take a course. This is how Dad became a qualified tank mechanic. Dad didn't talk much about the war, but I remember him mentioning crossing the English Channel on June 6, 1944, which was my parent's tenth wedding anniversary. Unfortunately, we will never know if Dad actually worked on The Bomb but it remains a possibility.

Thank you Mr. Martin for providing this very interesting piece of history.

BARBARA MORGAN
WATERLOO, QUEBEC

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

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Local Sports

The Phoenix were one of the best teams in the Quebec Major Junior Hockey League (QMJHL), despite coming off a disappointing season in the previous year. Julien was the mastermind behind the bench.

Phoenix head coach tabbed by Hockey Canada to helm under-18 team

By Michael Boriero

Sherbrooke Phoenix head coach Stéphane Julien has been selected to lead Hockey Canada's men's under-18 team at the Hlinka Gretzky Cup, an annual international tournament, in July.

Julien had applied for the position back in December, along with roughly 30 other candidates across the country. Hockey Canada's Chief Executive Officer Tom Renney, who recently announced his retirement effective in July, gave him the good news back in April.

"I was super happy, and super excited. For people who don't know, it's one of the biggest international tournaments for that age and for me it was a bit of a surprise, but at the same time I'm happy to be a head coach, it's a great opportunity for me," said Julien.

Sherbrooke shocked most hockey analysts this season. The Phoenix were one of the best teams in the Quebec Major Junior Hockey League (QMJHL), despite coming off a disappointing season in the previous year. Julien was the mastermind behind the bench.

The Phoenix also recently concluded their longest playoff run in franchise history. They lost to the Charlottetown Islanders in the semi-finals, who eventually lost in the President Cup Final to the Shawinigan Cataractes. Julien will need to brush off that loss quickly heading into July.

Hockey Canada will be welcoming players in Calgary for a four-day selection camp starting July 20. The tournament, which is being held in Red Deer, Alberta, will run from July 31 to Aug. 6. Julien is aware that time is a factor. He needs to pick a team that can quickly gel on the ice.

"Right now, to be honest with you, we're scouting the players and we're not set on the kind of team we want to build, but they're all talented players, so is there going to be a top six with a lot of talent and then a bottom six with hard workers [...] we'll see at training camp," he said.

Julien has international experience,

both as a coach and a player. He has played in the Deutschland Cup and Spengler Cup, donning the maple leaves several times in the 2000s. He moved in as Canada's assistant coach at the under-18 World Junior Championship in 2017.

And last year, Julien was appointed as head coach for the under-17 Canada Black squad at the World Hockey Challenge, which was shortened due to the pandemic. He is familiar with Hockey Canada, and he already has scouting reports on the 44 players heading to Calgary.

He will need to trim the group down to 22 players by the time the tournament begins at the end of July. With many talented hockey players at his disposal, Julien will need to figure out his team's structure. He understands that his position comes with a certain amount of weight.

"There's pressure, without any doubt. I played for Hockey Canada in Europe [...] and you don't go there just to wear your jersey, you go there to win all the time. My main goal when I start to meet the players is we want to win the gold," Julien told The Record in a phone interview.

A new face behind the bench

While Julien dives in and wrestles with putting together a competitive team at the Hlinka Gretzky Cup, the Phoenix recently announced the hiring of M18 AAA Magog Cantonniers head coach Stéphane Robidas. He will be joining Julien's staff as an assistant coach next season.

"Well I have known him for probably 25 years, close to 30 years. We work out at the same gym. We play against each other. So, for me, his experience as a development coach, he's going to bring a lot of knowledge to our team and for our young guys," Julien explained on Friday.

According to the Phoenix head coach, Sherbrooke had been in contact with Robidas following Magog's loss in the finals of the Telus Cup. However, the M18 AAA coach needed time to assess his future and whether he wanted to look for a role in the National Hockey League.



VINCENT L. ROUSSEAU

Stéphane Julien

Julien said it took about two weeks, Robidas went on a vacation, but he eventually came around and accepted a position with the Phoenix. Robidas and Julien faced off against each other in the QMJHL during the early 1990s. Robidas played for the Shawinigan Cataractes.

Julien noted Robidas will bring a calming presence to the locker room and behind the bench. He also brings a lot of knowledge as a

former professional ice hockey player. However, it's Robidas' communication and leadership skills that have impressed Julien and the Phoenix.

"It's not only hockey, but the way that you communicate with those guys and Stéphane has that. He's a good communicator. He's a good teacher. And he's very motivated to learn every day, and he's also open-minded. All said, he's a perfect fit for our organization," said Julien.



VINCENT L. ROUSSEAU



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Death

Death

Datebook



Preston "Bud" Staples 1923-2020

We announce the passing of Preston Clark (Bud) Staples, who died peacefully in Knowlton, QC on May 14, 2020, at the age of 97.

He was predeceased in 2015 by his wife of nearly 70 years, Marilyn Rankin, his sister Rosamond and her son Ross. He is lovingly remembered by his daughter, Patricia Staples and her son, Daniel Roberts; his son, Brian Staples (Jane) their daughter Emma Enright (Matt), and their children Henry, Arthur, Norah; their son, Graeme Staples (Lindsay), and their son Coen; his son, Tony Staples (Liliana) their son, Dominic; and Tony's first wife Trudy Chandler-Kinchen, and their son, Morgan Staples (Karla Gandiaga); and their daughter, Aubrey Staples and her son, Enzo. Fondly remembered by nieces and nephews Jackie, Peter, and also Wendy, Jill, Penny, Jay and their mother Mary Rankin.

We are forever grateful for the compassionate care and support provided by Barb and her team and the staff at the Manoir Lac Brome.

Friends are invited to join the family on Saturday, July 2nd for the celebration of Bud's life at St. Paul's Anglican Church, 24 St. Paul's Road, Knowlton Quebec at 1:30 p.m. There will be a reception after the service at the Knowlton Golf Club at 3:00 p.m. In lieu of flowers, donations to a charity of your choice would be appreciated by the family.

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MONDAY, JUNE 20, 2022

(1989-), actor.

Today is the 171st day of 2022 and the 93rd day of spring.

TODAY'S HISTORY: In 1863, West Virginia was admitted as the 35th U.S. state.

In 1893, Lizzie Borden was acquitted of the murders of her father and stepmother.

In 1900, the Boxer Rebellion began in China, as the Imperial Chinese Army began a 55-day siege of the Legation Quarter in Beijing.

In 1963, the Soviet Union and the United States established the Moscow-Washington hotline.

TODAY'S BIRTHDAYS: Lillian Hellman (1905-1984), playwright; Errol Flynn (1909-1959), actor; Chet Atkins (1924-2001), singer-songwriter; Audie Murphy (1925-1971), war hero/actor; Martin Landau (1928-2017), actor; Brian Wilson (1942-), musician/singer-songwriter; Anne Murray (1945-), singer; Bob Vila (1946-), handyman/TV personality; Lionel Richie (1949-), singer-songwriter; John Goodman (1952-), actor; Nicole Kidman (1967-), actress; Robert Rodriguez (1968-), filmmaker; Christopher Mintz-Plasse

TODAY'S FACT: Western Argentina is home to Aconcagua Mountain, the highest peak in the Western Hemisphere, with an altitude of 22,834 feet.

TODAY'S SPORTS: In 1967, boxer Muhammad Ali was convicted of violating Selective Service laws by refusing to be inducted into the armed forces. The Supreme Court overturned Ali's conviction in 1971.

TODAY'S QUOTE: "It's a sad day when you find out that it's not accident or time or fortune, but just yourself that kept things from you." - Lillian Hellman

TODAY'S NUMBER: 2 - Grammy Award wins for the Beach Boys. The group, which formed in 1961 and was inducted into the Rock and Roll Hall of Fame in 1988, won the Lifetime Achievement Award in 2001 and the Best Historical Album award in 2013 for its "The Smile Sessions" boxed set.

TODAY'S MOON: Last quarter moon (June 20).

Ask the Doctors



ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctors: As I move into my 80s, I often pass gas in public. It happens unexpectedly, and it's something I cannot control. I know about gas-causing foods, but this seems different. I do eat grains as part of my healthy diet, and I think that may be part of it. Why else might this be happening?

Dear Reader: Whether it emerges as a burp or flatulence, passing gas is

a normal part of human digestion. Estimates for how often a healthy person rids themselves of gas range from five to 15 or more times per day.

Gas gets introduced into the gastrointestinal tract in two ways. The first is through the mouth, which occurs while eating, drinking, speaking and in the course of swallowing saliva. This gas, which accumulates in the esophagus, is typically released the same way it entered - via the mouth.

The second source of gas, which is released through the anus, is the microorganisms that break down food that has passed from the stomach to the bowel. They do this through fermentation, a process that creates gas as a byproduct. The result is flatulence, which is more commonly (and some say crudely) referred to as "farting."

It is estimated that the average healthy adult expels up to two liters of different types of gas - including methane, nitrogen and carbon dioxide - each day. How much varies from person to person. It depends on variables such as diet, the specific composition of the individual's gut

microbiome and their general health.

Anecdotal evidence links older age to increased gas production. This has been attributed to the metabolic changes that take place at this time of life. These include a general slowing of the metabolism, a decrease in muscle tone and less-effective digestion.

Age-related changes to the digestive process, which include a decrease in the production of stomach acid, can cause familiar foods to gradually become problematic. Motility, which is the rate at which food moves through the digestive tract, slows as well. This can lead to a buildup of gases in the bowel and put additional pressure on the anal sphincters. These are the rings of muscle at the opening of the anus. The anal sphincters can become thinner and weaker as we age and may no longer be able to prevent gas from spontaneously escaping. Some medications can also contribute to flatulence.

The whole grains you're eating can indeed be a source of flatulence. To learn if they are the culprit, you may want to consider an elimination diet.

This entails temporarily cutting out the suspect foods, then noting the results as you gradually add them back to your diet.

Although flatulence is part of daily life, changes to the amount of gas we are passing can be indicators of changes in our bodies and to our health. When passing gas is accompanied by bloating, pain, diarrhea, weight loss and changes to appetite, it can be signs of underlying disease. This can include celiac disease, small intestinal bacterial overgrowth, irritable bowel syndrome or inflammatory bowel disease. If you experience these symptoms, you should check with your health care provider.

(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.)

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Becoming a father

Dear Annie

MONDAY, JUNE 20, 2022

Dear Annie: When my wife was pregnant with our first child, I was worried that once the baby came, I would have tremendous difficulty sacrificing my time for him.

I was worried that when I wanted to watch the game, I'd be dragged onto the floor to play dinosaurs. I was worried that I would be bored endlessly reading children's book after children's book. I had never changed a diaper in my life and was worried that I would be grossed out daily.

Then I met my son, and none of that happened.

Today, no playoff game is more important to me than playing with my kids. Today, I buy more books than my house can hold and have read myself hoarse. Today, easing my kids' discomfort (including changing their diapers) is my daily goal.

Being a parent is the highlight of my life, and as I sang to my first born to help him fall asleep to the tune of "Hush Little Baby": "You're the best boy in the world. / You'll make friends with boys and girls. / I love you more than words can say. / My love grows each and every day. / You're my guy and I'm your man. / You'll do more than you think you can. / You'll make mistakes along the way. / Sometimes your dad won't know what to say. / You'll be smart, and you'll be kind. / You'll use your heart, and you'll use your mind. / I love you more than you'll ever know. / I can't wait to see how far you'll go." - New Dad

Dear New Dad: Thank you for your letter. Your children sound very fortunate to have a father as present and selfless as you.

Dear Annie: "Ready to Give Up" was lamenting his bad luck with dating and social awkwardness. My brother-in-law was the same way his whole life. He got very sick and moved in with us. Once I got to spend some time with him, I observed that his approach to life was very different from my own and from most people's. We decided to have him tested, and, at age 46, he was diagnosed with Asperger's.

Although he was resistant to accept his diagnosis early on, he has finally accepted that it's not him; it's just that his brain is wired differently. Those "crossed wires" cause "glitches" in the way he interprets data and handles life.

With a care team, counselor, and supports and services, he is now living his best life and is almost comfortable enough to begin dating again. - Better Understanding

Dear Understanding: It is great that you were able to help your brother-in-law find out the correct diagnosis and then come up with a treatment plan so he is getting the help that he needs. What a gift for all of you to know what is happening, and what a tribute to your caring and love for him - and keen observations. Good luck on his future dating, and congrats on being proactive to help your brother-in-law to live his best life.

Dear Annie: I've been seeing this man for eight years. It seemed to be going great in the beginning and then started slowing down. We still go out to concerts, dinner and shopping. But

lately, within the last three weeks to a month, I'd say, I found out that he messaged one of my friends. When I questioned him about it, he said he was trying to start getting stuff together for a surprise birthday party for me.

I explained to him she was not the one to go to for information about friends or family, and he said OK, apologized to me, and supposedly apologized to her for writing to her. He had said he didn't have Facebook, but then I found out he has two pages and that's how he contacted her through Messenger. I discovered from her that he's been writing to her nonstop, constantly saying how much he likes her, that he wants to take her out for lunch or dinner, and that out of all the millions of people in our state, he's infatuated with somebody in her state, aka her, because she's in a totally different place.

I tried to confront him, but it seems like he fell asleep or ignored my message because he said yes, we can meet and talk, but I haven't heard from him since. I printed the evidence, the little bit that my friend sent me, and I wrote him a letter about how I feel. My question is, do you think I would ever be able to trust him again? And should I give him another chance if he apologizes, says he will never write to her again and I see for myself that he's written to her, apologizing for messaging her all that? - Skeptical

Dear Skeptical: No, you can't trust him again. This man lacks personal integrity and respect for you. As if having feelings for and pursuing another woman isn't bad enough, he is also lying to you about it.

An Irish proverb says, "When mistrust comes in, love goes out." If your relationship doesn't have a foundation of trust, especially after eight years, you have nothing more to build upon. Your beau has shown you his true colors, and you should take them at face value.

Dear Annie: What do you do when a woman claims to love and miss you, but you never seem to get together? She has a very busy schedule but doesn't seem to ever have time for me. I have explained to her exactly how I feel about it, but I feel as though my sentiments are falling on deaf ears. It seems like the only option I have is to let the relationship go. What do you think? - Cut From the Calendar

Dear Cut From: If this is a newer relationship, perhaps it's just a matter of you and your love interest finding your groove. Between work, family, friends and other responsibilities, it can take time for two people to figure out how to blend their lives together.

Look at your schedule and propose a few firm dates to meet up with this woman. Would morning coffee or lunch closer to her job work better than dinner on the town?

If your efforts still go unreciprocated after trying to put concrete plans on the books, then maybe you're right and this isn't the relationship for you. We all make time for the things that matter to us, and if she wants to do so, she will. No one deserves to be at the bottom of someone else's priority list.

Send your questions for Annie Lane to dearannie@creators.com.

NEA Crossword Puzzle

- ACROSS**
- 1 Hgt.
 - 4 Consumer org.
 - 7 Tug
 - 11 Oom- — band
 - 12 Caller's code
 - 13 Big continent
 - 14 Vowels from Volvo
 - 16 Lipstick shades
 - 17 Midnight —
 - 18 Pubs
 - 19 Consumed
 - 20 Zany
 - 21 Deli crepes
 - 24 Facade
 - 27 Checkout ID
 - 28 — Pet
 - 30 Grind to a halt
 - 32 Uppity one
 - 34 Not fooled
 - 36 Collar
 - 37 Mocks
 - 39 Haunted house noises
 - 41 KOA visitors
 - 42 Uncomfortable bench
 - 43 "Pretty Woman" lead
 - 45 Radius companions
 - 48 Jai —
 - 49 Left
 - 52 Scent finder
 - 53 Necessary thing
 - 54 Game or season opener
 - 55 Dazzles
 - 56 Sporty truck
 - 57 Dry, as champagne
- DOWN**
- 1 Military addr.
 - 2 Flees
 - 3 Slender
 - 4 Out of cash
 - 5 Big —
 - 6 College degrees
 - 7 Mardi Gras highlights

Answer to Previous Puzzle

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

- 8 Employer
- 9 Covers
- 10 — Vegas
- 12 — Circle
- 15 "Misery" co-star
- 18 Prohibit
- 20 Protein source
- 21 Train alternative
- 22 Hosp. workers
- 23 Mouse target?
- 24 French wines
- 25 Sicilian volcano
- 26 Horse color
- 29 — d'oeuvre
- 31 "Mystery!" channel
- 33 Holly features
- 35 Diner favorite
- 38 Night before
- 40 Possesses
- 42 Bag or tote
- 43 Look happy
- 44 Pave the way
- 46 Venomous snakes
- 47 Bone-dry
- 48 Santa — winds
- 49 Down Under bird
- 50 Belly
- 51 Solstice mo.

1	2	3		4	5	6		7	8	9	10
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CELEBRITY CIPHER

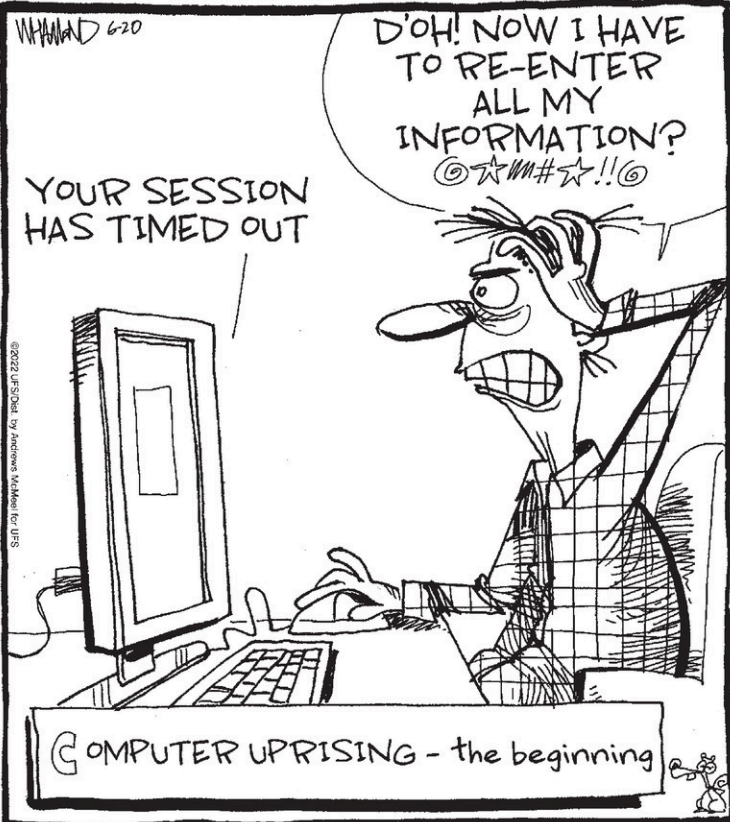
by Luis Campos

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

"HWAMWX DKM VHW MWYA DFNRX
 HTMSR RXXIEXYUXE MF RXXNF
 YNOX XLZXFNXWVXE, NW IA INWP,
 NEW'R H UXFA BMMP DFNRF."
 — FMTXFR FMPFNBSXC

Previous Solution: "What I love most about fatherhood is the opportunity to be part of the development process of a new life." — Seal
TODAY'S CLUE: X sjenbe 7

REALITY CHECK

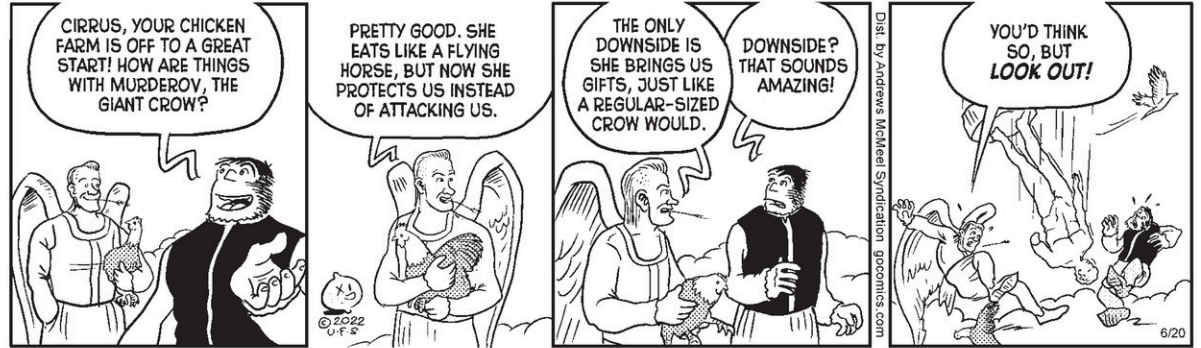


HERMAN



"This is our deluxe comfort model."

ALLEY OOP



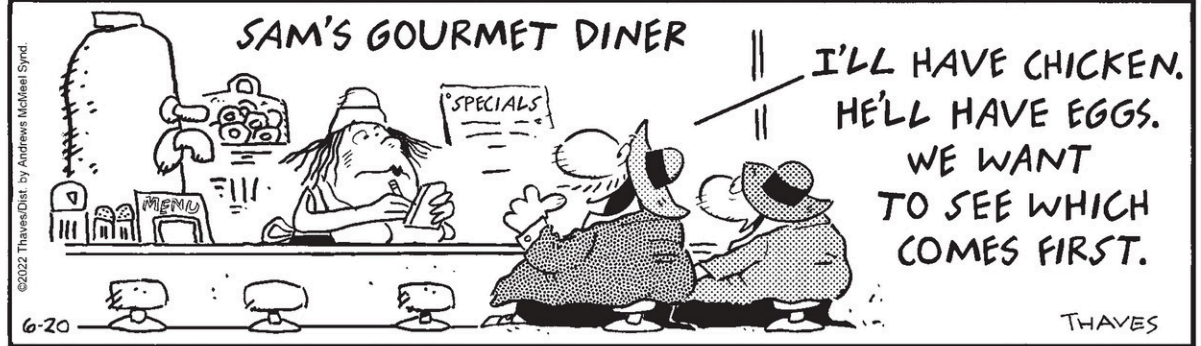
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NORTH HATLEY
 House Moving Garage Sale, 76 Hatley Acres Road (1 mile from North Hatley just past the Golf Course), Saturday June 25 (8:00 a.m.-4:00 p.m. No early or late visits please). Many items large and small: GMC Truck, Tempo double garage, new snowblower, fridge-freezer, household and outdoor furniture, cooking and food prep appliances, dishes, clothes, children's games and toys. Cash only. Bring truck or trailer for transport of large items. No storage on site after sale.

Experiment with scrambled eggs

Scrambled eggs are a versatile breakfast and brunch staple. Many ingredients can be added to scrambled eggs to give them a fresh taste every time. The following recipe for "Bacon and Tomato Scramble" from Norman Kolpas' "Buongiorno! Breakfast and Brunch, Italian Style" (Contemporary Books) makes for a beloved breakfast dish.



Bacon and Tomato Scramble Makes 4 to 6 servings

- 4 Roma (plum) tomatoes
- 6 strips good-quality lean smoked bacon, cut crosswise into 1/2-inch pieces
- 3 tablespoons unsalted butter
- 2 shallots, minced
- 12 extra-large eggs, beaten until slightly frothy
- Salt
- Freshly ground black pepper
- 2 tablespoons finely shredded fresh basil

With the tip of a small, sharp knife, cut out the cores of the tomatoes. Cut each tomato in half crosswise and, with a fingertip, scoop out and discard the seeds. Cut the tomatoes into rough 1/2-inch dice.

Scatter the bacon pieces evenly in a nonstick skillet and cook over medium-low heat until golden brown,

about 5 minutes. With a slotted spoon, remove the bacon from the pan and drain on paper towels. Pour off almost all of the fat from the skillet, leaving just a thin glistening.

Return the skillet to medium-low heat and add the butter and shallots. Sauté until the butter has melted and the shallots begin to sizzle, about 2 minutes. Add the eggs and cook, stirring occasionally with a wooden spoon and scrape the bottom of the skillet, until the eggs form very moist, creamy curds. Stir in the tomato and bacon pieces, season to taste with salt and pepper, and continue cooking to your liking, taking care that the eggs remain on the soft and creamy side. Serve garnished with the basil.

(Metro Creative)

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

ROSES WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

- WORDS:
- ALBA
 - ANTIQUE
 - BLOOMS
 - BOURBON
 - CENTIFOLIA
 - CLIMBING
 - DAMASK
 - FLORIBUNDA
 - GALLICA
 - GRANDIFLORA
 - GROUND COVER
 - HISTORIC
 - HYBRID TEA
 - LANDSCAPE
 - MINIATURE
 - MODERN
 - OLD
 - PETITE
 - POLYANTHA
 - RAMBLING
 - ROSES
 - SHOWY
 - SHRUB
 - WILD

NEA Crossword Puzzle

Your Birthday

MONDAY, JUNE 20, 2022

have fun and express yourself without overspending. Follow a creative path that helps ease stress and offers a view of what's possible. A change of heart will entice you.

SAGITTARIUS (Nov. 23-Dec. 21) - Emotional situations will be challenging and confusing. Take your time, and don't let anyone pressure you into something you aren't ready to pursue. Keep an open mind and learn all you can.

CAPRICORN (Dec. 22-Jan. 19) - You'll gain perspective regarding finances. You can think big, but when risks are involved, do your research and leave nothing to chance. Trust your instincts and lower your living expenses.

AQUARIUS (Jan. 20-Feb. 19) - Put your energy into something concrete. Being a hard worker will get you further than will following someone. Don't be a lackey; take control and do whatever furthers your interests.

PISCES (Feb. 20-March 20) - Emotions will flare up over domestic issues. Choose your words wisely and take care of unfinished business before tackling something new. A change someone makes will be to your advantage.

ARIES (March 21-April 19) - A noncommittal attitude will stop you from being dragged into or blamed for something that isn't your responsibility. Observe what others do and protect your position and reputation.

TAURUS (April 20-May 20) - Keep your eye on situations without interfering. Knowing what others are up to will help you make better decisions for yourself. Be secretive regarding your intentions.

Take a wait-and-see approach. Listen to what others say, but question anything that doesn't sound accurate. Back your words with actions. Look at the big picture, but don't take on more than you can handle. Well-thought-out plans, balance and integrity will lead to a safe and prosperous journey. Trust your intelligence and intuition to guide you.

GEMINI (May 21-June 20) - Leave nothing unsaid or undone. Trust in what you know, and use your skills and experience to your financial benefit. Take nothing for granted. Keep your eye on what others do.

CANCER (June 21-July 22) - It's OK to be colorful and share your stories if you are truthful and mindful of others. Everyone won't appreciate a lifestyle or image change you make. Romance is favored.

LEO (July 23-Aug. 22) - Learn as you go. Refuse to be a victim of someone's mistake. Don't join something if you have doubts. Concentrate on what you know you can do, and be wise regarding commitments and compromises.

VIRGO (Aug. 23-Sept. 22) - You'll gravitate toward unusual people and proposals. Gather facts and figures before you participate in a joint venture. A business partnership could be problematic.

LIBRA (Sept. 23-Oct. 23) - An emotional incident will cause concern. Take responsibility and handle matters involving a friend, relative or peer. Discipline and patience will pay off, so don't rush into anything.

SCORPIO (Oct. 24-Nov. 22) - You can

Answer to Previous Puzzle

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

- ACROSS**
- 1 Prefix meaning "bad"
 - 4 Montana and Mahomes
 - 7 Put -- fight
 - 10 Boxing's greatest
 - 11 Recital offerings
 - 13 Slap the cuffs on
 - 14 Edible tuber
 - 15 Art class item
 - 16 Down with the flu
 - 17 Junk food
 - 19 Loosen
 - 21 Small guitar
 - 22 Period
 - 23 Gets along
 - 26 Current measures
 - 30 Superstar
 - 31 Silent
 - 32 El Dorado loot
 - 33 Block a broadcast
 - 34 Wanted poster abbr.
 - 35 Portuguese title
 - 36 Collisions
- DOWN**
- 39 Peripheral
 - 40 Quarry
 - 41 Sitcom planet
 - 42 Minor or major
 - 45 Broadly
 - 48 Zig's opposite
 - 49 Writer - Zola
 - 51 Facilitate
 - 53 Windhoek's cont.
 - 54 Less green
 - 55 Whirlpool locale
 - 56 Road map no.
 - 57 Checkers side
 - 58 Dress bottom
 - 1 Might
 - 2 Mournful cry
 - 3 Sketch
 - 4 Earth tremor
 - 5 Porgy's love
 - 6 Sault - Marie
 - 7 College credit
 - 8 Sanskrit dialect
 - 9 Having the skill

- 11 Packs of cards
- 12 Eat soup impolitely
- 18 Ayla's creator
- 20 Kilt-wearer's refusal
- 22 Ms. Thompson of films
- 23 Pacific island nation
- 24 Sandler or West
- 25 Frisk about
- 26 Puffin cousins
- 27 Tree anchor
- 28 Sea eagle
- 29 Rise abruptly
- 31 Damon or Dillon
- 35 Durham university
- 37 Aries mo.
- 38 Fruity drink
- 39 Decree
- 41 Lubricated
- 42 Despot
- 43 Knife handle
- 44 Hideous giant
- 45 Use a dust rag
- 46 Flog
- 47 "Holy cow!"
- 50 Cosmonaut's station
- 52 Water barrier

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	

MONDAY, JUNE 20, 2022

Moving one card diverts the defense

By Phillip Alder

One of the many reasons bridge has lived so long is that a small change to a deal can have a large impact on the play or defense.

In today's deal, South is in three hearts. How can the defenders come out on top? What would they have to do if West received a fourth heart from East and gave him a club in return?

It is not normally recommended to rebid a five-card suit, but those spades certainly look like a six-bagger. The rest of the auction was predictable.

After West leads the spade ace, East drops the nine, starting a high-low (echo) with a doubleton. West can now see four defensive winners: three spades and one heart. But where is the fifth trick?

Surely East cannot have a club honor. West's only real hope for success is his singleton diamond. At trick two (or three), he shifts to the diamond nine.

Declarer wins in hand with the queen and leads a low heart. West dashes in with his ace, cashes the spade king (if it is trick four, not five) and continues with the spade two (or jack). East should see what is needed. He will ruff the trick (assuming he started with two trumps!)*

		North	06-20-22
		♠	10 5 3
		♥	K Q 4
		♦	A K 4 3 2
		♣	8 5
West		East	
♠	A K Q J 2	♠	9 4
♥	A 9 8	♥	3 2
♦	9	♦	J 10 8 7 5
♣	Q 10 9 6	♣	J 7 4 3
		South	
		♠	8 7 6
		♥	J 10 7 6 5
		♦	Q 6
		♣	A K 2
		Dealer: South	
		Vulnerable: East-West	
South	West	North	East
Pass	1♠	2♦	Pass
2♥	2♠	3♥	All Pass
		Opening lead: ♠ A	

and return a diamond, allowing West to ruff and defeat the contract.

If West has four hearts, he knows that East has only one trump. East won't have an entry to give West a diamond ruff. In this case, West's best chance is to lead four rounds of spades. With luck, East will have the heart seven or 10. If South discards from the dummy, East will ruff with that critical trump, effecting an uppercut. West will get two heart tricks.