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TUESDAY, JUNE 14, 2016

Sherbrooke Memory clinic to offer free testing

By Gordon Lambie

Alzheimer's disease represents one of the greatest concerns of the modern world. Though medicine continues to lengthen the human lifespan, there has yet to be any clear answer to how to stop the disease that is most well known for stealing peoples' memories and personalities.

This coming Thursday the Sherbrooke Memory Clinic, part of the Sherbrooke Centre for Research on Aging, will be offering a series of short seminars on Alzheimer's to help clarify what current research says and doesn't say about the disease. Thursday will also mark the first of four days during which the clinic will offer free memory evaluations to the public in order to help those who worry they may be at risk of developing the disease.

"This is a fairly extraordinary situation in medicine," said Doctor Guy Lacombe, one of the centre's researchers, explaining that the symposium was inspired by the results of a research commission assembled by the Lancet medical journal. Over the last five years, Lacombe said, there have been so many changes and developments in the field of Alzheimer's research that it is important to get everyone on the same page. While the disease remains just as incurable as ever, the researcher highlighted the fact that the world of diagnosis and prevention has made major steps forward.

"Awareness of biological markers completely changes our perception of the disease" Lacombe said. "It used to be the case that we encountered people with major deficits and recognized the

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Wales Home spreading its wings



MATTHEW MCCULLY

By Matthew McCully

The oldest seniors' residence in Quebec is about to undergo a 13,000 square-foot expansion to improve services for the residents and increase efficiency.

According to executive director Bren-

dalee Piironen, the expansion was a topic of discussion at the board level for some time; a buildings and grounds committee was formed and the first serious meeting regarding the project was held in December, 2015.

The project, with a \$2.5 to \$3 million price tag, will include new resident and

staff lounges, therapy facilities, a day program centre, an aquatics facility, and a new handicapped accessible main entrance. The parking lot in front of the building will also be expanded.

Work is scheduled to begin in September of this year and is hoped to be completed by July, 2017.

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## Weather



TODAY:  
MAINLY  
CLOUDY

HIGH OF 20  
LOW OF 9



WEDNESDAY:  
SUNNY

HIGH OF 24  
LOW OF 10



THURSDAY:  
SUNNY

HIGH OF 23  
LOW OF 7



FRIDAY:  
SUNNY

HIGH OF 23  
LOW OF 6



SATURDAY:  
SUNNY

HIGH OF 27  
LOW OF 11



## DISHPAN HANDS

SHEILA QUINN

The weather behaved itself the day of the annual Lions Club benefit garage sale, behind Knowlton's Depanneur Rouge. Articles were spread outside, through the back entrance into the room reserved for receptions, but it was under the eaves of the huge white tent, on the table of twenty-five cent drinking glasses that I made "the find".

We have to go back thirty-five years to explain the significance.

On June 26th, 1981, Jim Henson put out his second full-length film featuring *The Muppets*. After *The Muppet Movie*, that saw *The Muppets* come together, this film found Kermit and Fozzie sent to London, England, as newspaper reporters. Their task: To interview wealthy fashion designer Lady Holiday, played by the beautiful Diana Riggs. When her priceless diamond necklace is stolen, her secretary is framed - one voluptuous, blue-eyed pig with hair worthy of a Jhirmack commercial - the one, and only, Miss Piggy.

It would be a while before we would get to see that film, but the merchandise was everywhere. That summer, while on vacation, what we did have the great childhood golden fortune to experience was the coveted trip to McDonald's. We went to McDonald's even less frequently than the movies, but I remember that trip vividly.

As we stood in line, three small children with their parents, the bright suspended menu shone down like the golden gates of El Dorado. Amidst the pricing and options was promotional material for that very Muppet film I referred to - *The Great Muppet Caper*. We were big fans of the show, and the movie was sure to be a hit.

What was revealed within the menu was that each week, McDonald's featured a different character on a drinking glass. They were actually made of glass, tall, with a high-quality wrap-around image of a scene from the movie on them. The glasses came free with

purchase of a medium-sized drink.

Needless to say, I'm certain the begging took place. I know my brothers likely had high hopes for the glass-of-the-week - Fozzie and Kermit as reporters, the Happiness Hotel double-decker bus, Kermit riding a bike...but there was really one that stood out for me.

There she was - in all her porcine glory, in that famous pose, dressed up in a fabulous one-piece show outfit and riding a motorcycle.

According to several reputable online sources, and even featured by Google itself, in episode 106 of *The Muppet Show*, Miss Piggy was referred to by her full name - "Piggy Lee"....AND, if that wasn't earth-shattering enough, in episode 116, Piggy told guest Avery Schreiber (easily recognizable with his huge curved mustache and dark mop-top, who acted in everything from *Love, American Style*, *Fantasy Island*, *The Doris Day Show*, *Get Smart* and *The Dukes of Hazzard* to *Robin Hood: Men in Tights*) that Piggy is short for "Pigathius" which is "From the Greek, meaning 'river of passion'."

I think I prayed.

I was seven years old. I had another seven years to go before both brothers caught up to me in height. I was gangly and goofy and I was praying that the glass of the week was the daring, brave, vulnerable and reactionary Pigathius Lee.

I can only guess that the moment was comparable to Indiana Jones choosing the Holy Grail correctly.

The glass of the week was Miss Piggy. The math here is heavy. That was probably the one visit to McDonald's that year, maybe even in a several-year span (no complaining, we were entertained and well-fed on real food at home), but it was that special treat - we always knew that it was a special event, a special expense. We were on our one family trip of the year, and the free glasses coming home with us, three of them, were Miss Piggy glasses, much to my brothers' chagrin.

There was a strict, one-glass-only per week rule enforced at the time, it would seem.

When fall came, I was beginning grade two, and my pencil case set was a Miss Piggy one - grey and pink, with all the trimmings (case, pencil, sharpener, eraser, the works). That set lasted the year, but we had a Miss Piggy glass in the cupboard for probably fifteen years before the last one broke.

The tall, white, kitchen cupboards showcased their contents well, Miss Piggy included - usually on the second

shelf because they were tall and would mean that we drained the juice containers more quickly - they were perfect for milkshakes and other fancier situations, which is probably why had at least one for that long.

On June 4th, 2016, behind Knowlton's Depanneur Rouge, at the annual Lions Club garage sale, I found not one, but two mint condition Miss Piggy glasses at a quarter a pop. They look smaller than I remember, as is often the way with distortion in childhood memories, as our minds grasp for details.

We had done well to arrive early - there were still so many high quality finds. Waiting at the table, while my glassware purchases (other standard drinking glasses and a few other fragile items) were painstakingly wrapped - I missed out on a retro kitchen set at \$25.00 and a few other lovely bigger items, but *The Find* was well worth it.

Pigathius Lee and I are reunited, and with any luck, and keeping them in a separate cupboard from the usual drinking glasses, so as to limit their use to "moi", we'll have a decade or so together.



SHEILA QUINN

## Ben by Daniel Shelton



YOU KNOW, ONE THING ABOUT LYING HERE ALL DAY WITH A SORE BACK...

IT'S GIVEN ME A LOT OF TIME TO THINK ABOUT THINGS AND FIGURE STUFF OUT.

WHAT HAVE YOU FIGURED OUT?

THAT I DON'T LIKE TO THINK ABOUT THINGS.

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SHEILA QUINN

# LOCAL NEWS

*In terms of the Lennoxville club, opinions are apparently divided between older members and those more recent*

## A new curling club for Sherbrooke, Lennoxville

Record Staff  
SHERBROOKE

the new Grandes-Fourches Bridge. Plans for the future bridge will infringe on the Sherbrooke Curling Club's parking lot at the end of the Abenaki St., across from Place Nikitotek.

In one of the envisaged scenarios, the Sherbrooke club would be expropriated and is still under consideration. The paper cites two separate sources, both of whom have requested anonymity due to the sensitive nature of discussions.

According to these sources, the building housing the Sherbrooke Curling Club - founded in 1914 - would be demolished or sold after expropriation. A company located on Abenaki St. has already indicated interest, the paper says.

Another scenario has the club simply continuing on its current site, despite the loss of parking, a prospect that is not greeted with unanimity among the club's 200 members who see it as limiting their ability to recruit new members.

In terms of the Lennoxville club, opinions are apparently divided between older members and those more recent. Despite its age, older members argue that the club also serves as an informal community center. Younger members, meanwhile, see a merger with Sherbrooke as beneficial as it would allow for the game to be played under optimal conditions. The suggested location of new club would also allow easy access

from Lennoxville via Highway 410.

The Sherbrooke club has three rinks, while that of Lennoxville has two. Should the merger of the two clubs take place, the paper says, the new facility would count five rinks, which would enable Sherbrooke to host major tournaments. Should the merger with Lennoxville fall through, another proposal considered is to build a four-rink complex.

No final decision as to the future of the Sherbrooke Curling Club will be made until plans for the Grandes-Fourches Bridge are finalized.

The reconfiguration of the Grandes-Fourches Bridge and a potential merger between the Lennoxville and Sherbrooke curling clubs could lead to the construction of a new curling club on property belonging to the Université de Sherbrooke, La Tribune is reporting.

Citing a number of unnamed sources, the paper reports that the creation of a new club is one of "three or four scenarios" the City of Sherbrooke, the University, and representatives of the two clubs have been looking at for several months in preparation for the construction of

## Community sentence for threatening parents

Record Staff  
SHERBROOKE

five months under house arrest and another five months under a strict curfew for violent offences on the road and against his own parents.

Michaluk was sentenced by Quebec Court Judge Conrad Chapdelaine on charges of assault with a weapon against his parents, uttering death threats, and

dangerous driving.

In June 2015, Michaluk chased his father with a shovel on the family's Fitch Bay property, threatening to kill him if he didn't help find his dog. Frightened, his parents called police. The accused then began harassing the parents on the telephone.

Following this event, he was detained, referred to a psychiatrist, and sent to a rehab to treat substance abuse issues.

Michaluk has also been ordered to take his medication and is banned from driving for a year.

A Fitch Bay man has been sentenced to 150 hours of community service after a series of violent incidents and threats against his parents.

Nelson Michaluk will spend the next

## City flies rainbow flag

Record Staff  
SHERBROOKE

"We can't remain silent before the atrocity of such an act," said Sherbrooke Mayor Bernard Sévigny. "On behalf of City Council and the people of Sherbrooke, I wish to express our total indignation and our complete solidarity with the entire LGBT community."

The City of Sherbrooke has joined several Quebec municipalities in deciding to fly the rainbow flag to protest the murder of nearly fifty people early Sunday morning in a gay bar in Orlando, Florida.

## Coaticook Relay for Life surpasses target again

Record Staff  
SHERBROOKE

"Since its first edition in Quebec in 2001, Relay For Life has raised more than \$ 27 million, said honorary president Jacques Madore. "No one is immune to cancer, but collectively we can overcome it. Thanks to everyone for their generosity and commitment."

Coaticook's 14th Canadian Cancer Society Relay for Life raised \$101,890 thanks to the organizing committee, volunteers, financial partners and donors, 175 participants, 80 survivors and their caregivers who all contributed to this suc-



COURTESY

Coaticook's relay for Life once again surpassed its \$100,000 objective thanks to the efforts of organizers, sponsors, volunteers, and the many participants and cancer survivors.

### Do you have old fair photos and stories to share?

Just in time for this year's fair season, THE RECORD will publish a COMMEMORATIVE BOOK of photos and information from COUNTY FAIRS for more than a century.

If you have photos or anecdotes from early fairs you'd like to share, please send them to Sharon McCully at outletjournal@sympatico.ca



If your photos or stories are selected for publication, you will be given a free copy of the book.

Anyone wishing to advertise in the commemorative magazine to show appreciation to the farm community that has kept this tradition alive since the mid-1800s, can contact Jo-Ann Hovey at jhovey22@gmail.com or 819-571-0325

# Wales Home expansion project

CONT'D FROM PAGE 1

"Phase one is preparing for the future," Piironen said, explaining that the expansion is just the first in a series of plans to increase services for the facility's residents, and prepare for the next generation.

"We know the baby boomers are coming, and we know they will want more services," she said.

The theme for the expansion and reimagining of the spaces in the building is all about wellness, according to Piironen.

The new square footage will, in addition to offering new services, allow the Wales Home to centralize the administration offices and waste management and storage, previously spread out in different parts of the building.

"We just want to be as efficient as possible," she said, referring to the new construction, as well as how the staff flows through the space by re-designing where locker rooms and staff areas are in the building. "We

want to use the space as best we can."

"This is the residents' home; our workplace is their home, we want to respect that," Piironen said, keeping them in mind when developing the strategic plan for the expansion.

The shipping and receiving area, previously at the back of the building, will be moved away from a seating area the residents enjoy outside.

"The trucks come in really fast," she said, explaining that residents sometimes cross through the parking lot to get to the pond and gazebo in the rear of the property.

The new shipping and receiving area will be on the side of the building, far removed from pedestrian traffic, Piironen said.

Currently, the dining area includes a portion of space meant for staff; the expansion will allow more than enough space for the residents, and reclaim space to make a proper break room for employees, Piironen said.

There will also be a billiard room and a screening room to watch movies and sports events.

And yes, Piironen confirmed, there will be a pool. In some cases, an aquatic centre in actuality is more like an oversized bath tub. In this case, Piironen said it will be an actual pool in the 15 by 30-foot range, complete with changing rooms.

The expansion will also include a glassed elevator. Piironen explained that they chose glass so that if a resident ever became trapped, staff could keep an eye and reassure them that help is on the way.

Piironen added that composting will be incorporated into the waste management program following the expansion, and the new construction will include triple-glazed windows, radiant floor heating, sensory lights, and other high efficiency and green energy elements.

"We want to offer high standards of care and services," Piironen said, explaining that the expansion will benefit the full range of the 186 Wales Home residents, from those who are active to those with reduced mobility.

"It's always motivating when you

have something that's new and exciting," Piironen said, adding that the staff are looking forward to the upcoming changes to the facility.

When asked about the state of the original building, built in 1921 and if it were wise to add to it rather than start fresh, Piironen said that engineers were consulted and a feasibility study was done.

"Back then things were made to last," she insisted.

Once the expansion is complete, Piironen said Phase 2 will look at increasing the number of beds available for long term care.

"We can't meet the demand now," she said, adding that the board would also like to create a courtyard and minimize traffic behind the building.

The final phase of the Wales Home strategic plan would be to add new structures with one and two-bedroom apartments, Piironen said.

"It's because of community support that we're able to do things like this," Piironen said, grateful to Wales Home Foundation supporters.

# Sherbrooke Memory clinic

CONT'D FROM PAGE 1

disease. Now we know the disease so we know, biologically, what changes and we can measure that as a way of judging progression."

Without a significant form of treatment to counteract the disease, the researcher said it does not make sense at this point to test for biological markers on a large scale. The test does exist, however, can be used to tell a person not just if they are likely to develop

Alzheimers, but also how the disease might progress for them over the course of up to 30 years.

"We are moving more and more towards a very specialized diagnostic," Lacombe continued. "People want to know more about what will happen to them one day and are getting involved in the cohort that will be monitored to help define this disease."

Doctor Christian-Alexandre Castellano called the research process a team effort and said that public participation is vital to moving forward.

"The battle against Alzheimers could not take place without the support of the population," Castellano said. "Every day, through my work, I have the opportunity to meet motivated research participants and their reasons for being involved are many. Some are worried for themselves or their family members, where others are simply curious about the research process."

The researcher said that having an engaged population fosters a positive research environment, all of which helps move scientific discovery forward.

Marilyn Tousignant, Coordinator of Sher-

brooke's Research Centre on Aging, explained that the conference on Thursday will consist of eight plain-language presentations on modern understandings of Alzheimer's followed by a discussion-based question and answer period. The eight minute presentations being offered will be given in French, although Tousignant said that it was possible some of the presenters might be open to answering questions in English.

"This meeting will bring together doctors, researchers and experts from the Sherbrooke Memory Clinic for the benefit of the general population," Tousignant said adding that, "it is important, for the memory tests, that people make an appointment."

The research centre coordinator said that testing teams would certainly be able to give the tests in English if informed when making an appointment.

The memory clinic's conferences will take place Thursday, June 16, starting at 1:30pm at 1036 Belvedere South in Sherbrooke. Entry to talks and parking are both free, and snacks are being provided. The free memory tests will take place on Thursday from 4pm-5pm and then on June 17, 20 and 21 from 2pm to 7pm. Appointments for these must be made by calling 819-780-2220, extension 46254.



## Operation Backpack: *Equipped to Learn*

### BECOME A SPONSOR

Operation Backpack is an initiative of **The Record** in conjunction with the **Lennoxville & District Women's Centre** and volunteers whose goal is to ensure every child in need starts the school year with a new backpack filled with school supplies.

The committee is seeking sponsors to purchase a backpack and supplies, estimated at \$75.

The goal is to equip 85 children for the coming school year. To become a sponsor, contact Sharon McCully at [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

### IT TAKES A COMMUNITY

While donations of school supplies form the foundation of our program, financial donations will allow the committee to purchase additional supplies. We are enlisting the support of the business community to become

**Bronze Sponsor: \$150**  
**Silver Sponsor: \$375**  
**Gold Sponsor: \$750**

Cheques can be made payable to the LDWC, 257 Queen Street, Sherbrooke, QC, J1M 1K7, indicating it is for School Supplies.

Tax receipts will be issued.



GORDON LAMBIE

Marilyn Tousignant, Coordinator of Sherbrooke's Research Centre on Aging, and Alzheimer's researcher Doctor Guy Lacombe

# Vieux Forgeron Art Gallery opening

June 16 marks the opening of the Vieux Forgeron (Ye Olde Blacksmith) Art Gallery in Stanstead with 'Response to the Land', an exhibition of floral art and painting by husband/wife duo Linda and Charles Peacock from Fitch Bay, Quebec, and 'Response of Humans: Greece, Refugees, and Love', a documentary installation of voices from Greece put together by Jackie Heim. The vernissage is on Friday, June 17 from 5-7.

Inspired by the natural fauna of the West coast of British Columbia, Australia, New Zealand, and her native Quebec, Fitch Bay resident Linda Peacock has always been drawn to collecting materials found in nature and creating something from them. With a background in interior and floral design, Linda uses common botanicals from her immediate surroundings as well as exotics and arranges them into sculpted art, contrasting texture, color and form to highlight the distinctive quality of each element. The result is often stunning, such as the rose pink color of dried seaweed from the ocean against witch hazel and dried lotus pod stems or bauhinia seed pods mounted on a royal pond frond. Each piece is completely unique from the other but their commonality is their gracefulness.

Charles Peacock was born in England and brought up on a farm on the Suffolk/Essex borders, reminiscent of the landscape here in the Townships. Inspired by his surroundings, Charles started painting at a young age. In later years he moved to Lennoxville, Qc. to take up a teaching contract, continuing his career in Victoria, BC but it was in 2010 when he and Linda decided to return to this part of the world where the landscape has stayed so close to his heart and reminds him still, of England where he was raised. Throughout the years,

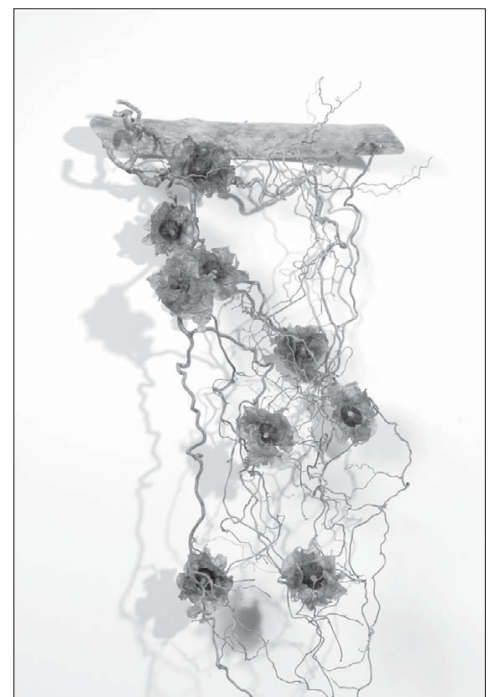
wherever he lived, he took inspiration for his painting from the landscape around him.

What is the story behind the individual who risks their life crossing a sea in small flimsy rubber boats made for 12 but packed with more than 45 people? What are they living now and how do they feel? This past year Greece has seen over 1 million migrants land on its shores, people escaping war, brutality, and discrimination in search of a safe place to live.

Individuals from around the world responded to assist the Greek locals in welcoming and meeting the needs of the refugees on these islands. We heard their stories and our hearts broke open. For those fleeing for safety, landing in Greece was often the first experience of kindness and love they had felt along their arduous journey.

It was during my second time working in solidarity in Greece that I recorded and interviewed refugees, volunteers, and local Greeks. 'Response of Humans: Greece, Refugees, and Love' is a collection of the testimonies I collected. Hearing the stories born of this crisis and putting a human face to them reminds us of our humanity and has the ability to deepen our compassion and understanding. Listening to the voice of the individual is an attempt to bridge the divide that is the result of vastly different daily realities. This gathering of voices is another 'drop in the ocean' towards creating a world where our actions reflect our belief that everyone matter.

This exhibition runs from June 16th - July 3 with a vernissage on Friday June 17th., from 5-7. Gallery hours are Thurs-Sun, 11-6 pm. [www.levieuxforgeron.com](http://www.levieuxforgeron.com)



## Summer Solstice At Stone Circle in Stanstead

The Summer at the Stanstead Stone Circle in Stanstead, Quebec, will take place on Sunday, June 19 at 2:00 pm with Dances for Universal Peace with Heather Webster and Munira Avinger, followed by Sacred Circle Dancing with Daisy McCoy. No experience is necessary as both of these simple dance forms are taught on the spot. Bring Dad

to celebrate fathers day and the family and enjoy a picnic in an extraordinarily beautiful location where kids of all ages can fly a kite, play in the willow huts at Saule Village, make bubbles, chase butterflies, take a peaceful stroll on the nature path along the banks of the Tomifobia River or simply relax and enjoy the festivities.

Dances for Universal Peace are very simple dance steps combined with the chanting of short mantras. Based on religions from around the world, these dances are done as moving prayers for peace. The woven combination of movement and song while holding intentions for a better world is an incredible and deeply personal experience.

Sacred Circle Dancing also incorporates very simple dance steps set to music but without the chanting. It too has roots in various cultures from around the world, sometimes based on folk dancing or ethnic customs or ritu-

als. While they too can be quiet and introspective at times, many sacred Circle Dances are lively and invigorating and can leave you laughing, gasping and wanting more!

Bring your own water, picnic and lawn chairs. Consult [www.stanstead-stonecircle.org](http://www.stanstead-stonecircle.org) for directions to the circle, last minutes details and rain location should the weather be poor. A suggested donation of \$10 per adult to offset expenses is gratefully accepted.

For more information contact Kim Prangley 819 876 7492.



COURTESY

## Canton d'Orford fire remains mysterious

Record Staff  
SHERBROOKE

Memphremagog Police are asking the public for help in clarifying the circumstances surrounding a fire in Canton d'Orford Friday around 6:40 p.m.

An abandoned building on the Ch. de la Sucrierie was destroyed in the fire.

"No criminal or suspicious items were found on the scene or reported by area residents," said Paul Tear of the Memphremagog Police, "The origin is still unknown."

Police are asking anyone who might have additional information regarding this fire to contact them at 819-843-3334.

# EDITORIAL

Pacific salmon, crucial to West Coast ecosystems, are especially in need of protection, but their numbers continue to decline

## SCIENCE MATTERS

# Oceans of reasons to protect what we love

By David Suzuki

June 8 marks World Oceans Day, but what if we celebrated oceans every day? Covering more than 70 per cent of Earth's surface, oceans, more than anything, define our small blue planet. We should celebrate their complex and vibrant ecosystems, life-sustaining services, calming effects and unimaginable diversity, much of which we have not yet even discovered.

Summer is an especially rich time for ocean life. As days grow longer here in the northern hemisphere, abundance builds from the microscopic level as photosynthesis triggers phytoplankton to bloom, providing food for zooplankton such as krill. Krill then feed small fish like herring and sand lance, which in turn feed larger fish, dolphins and whales. This marine food web relies on a scale of unfathomable interconnectedness — yet it's easily disrupted.

Climate change, overfishing, pollution, industrial activity, shipping and events like El Niño are putting oceans under stress like never before. Sea levels are rising, fish migrating, oceans acidifying, coral reefs bleaching and phytoplankton disappearing, and populations of iconic marine mammals like killer whales are plummeting.

The news for oceans hasn't been good lately, and that worries Canadians. It's not just coastal communities that are defined and affected by oceans. Canada has the longest coastline in the world, and people throughout Canada want the seas, and all the marine life they support, to be healthy.

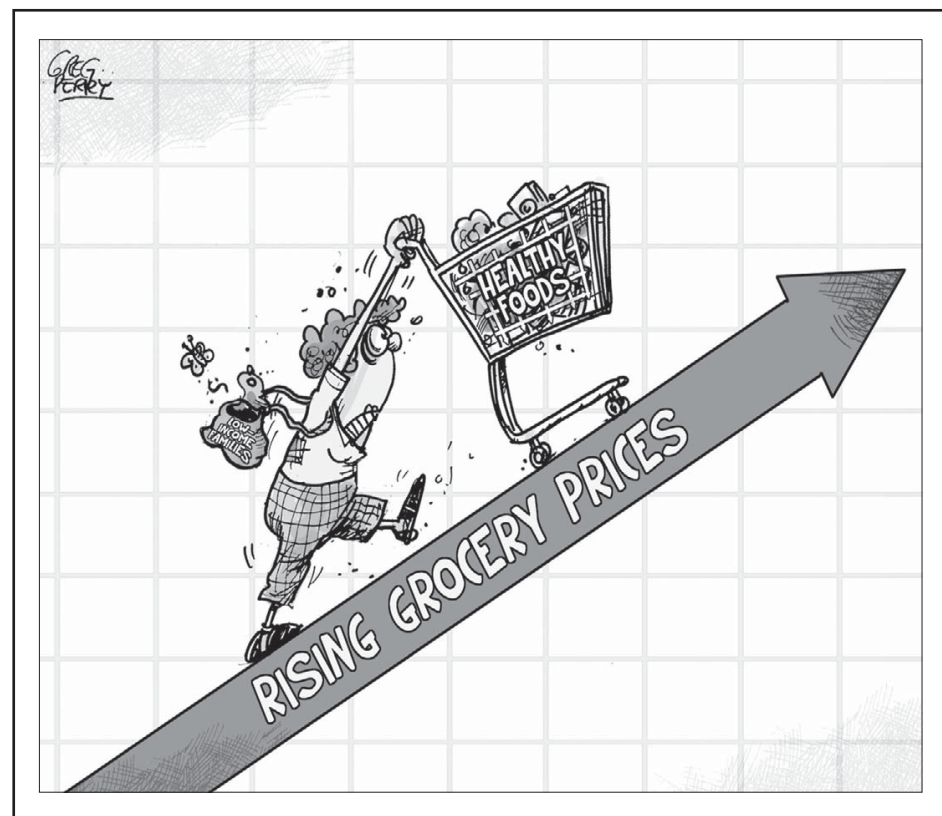
Fortunately, solutions to many ocean

woes are within our grasp, although governments have been frustratingly slow to act over the past decade. Canada could protect marine areas, restore protective laws, conserve wild salmon and control open net-pen fish farms.

Our country's commitment to protect 10 per cent of its marine environment by 2020 is a good start, but if we followed countries like Australia and the U.S, we'd aim higher. Canada could act to transform its reputation from laggard to leader on marine protection, plan for ocean management with an understanding of how ecosystems work and incorporate traditional Indigenous knowledge to give wildlife a chance to thrive.

Pacific salmon, crucial to West Coast ecosystems, are especially in need of protection, but their numbers continue to decline. Few natural events are as dramatic and moving as millions of salmon returning from the oceans to spawn in streams, rivers and lakes. Driven by the imperative to reach spawning beds before their genetically programmed deaths, salmon fight past predators, hooks, nets and pollution, retaining the power to leap river barriers shortly before their lives end. Bears, eagles and other wildlife feed on the salmon, leaving their nitrogen-rich wastes to fertilize the magnificent coastal rainforests.

For almost 40 years, Canadian laws protected fish such as salmon and the water bodies where they live and spawn. The Fisheries Act was one legal tool to protect lakes and rivers, which offer benefits such as clean drinking water to nearby communities. But the federal government removed habitat protec-



tions from the act in 2012. Fish that aren't part of a defined, often commercial, fishery will remain vulnerable until protection is reinstated.

We still have much to learn about wild salmon, but we can take some practical steps to support them. A lot of time and money, about \$37 million, was spent on one of the most comprehensive reviews of Pacific salmon management ever undertaken. It's been four years since B.C. Supreme Court Justice Bruce Cohen completed his Inquiry into the Decline of Sockeye Salmon in the Fraser River, yet few of his recommendations have been implemented. Fish biologists say that Canada's Wild Salmon Policy, adopted in 2005, also offers good management measures, but it isn't being followed either.

Salmon face other threats. Concerns over disease spread from salmon farms to wild salmon were heightened recently

with the discovery of a new pathogen in farmed salmon. The virus connected to this disease plagues Norway's farmed salmon and is now common in penned Atlantic salmon and wild fish near B.C. fish farms.

Salmon are often indicators of the overall health of the ecosystems in which they live. When marine ecosystems are healthy, they provide food, jobs, recreation and culture. They are foundational life forces for whales, bears, eagles, forests and humans. We should celebrate their life-giving capacity by treating them with respect — not just on World Oceans Day, but every day!

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation senior communications specialist Theresa Beer.

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

# Gordie Howe: Mr. Hockey honoured in Saskatchewan legislature

The Canadian Press

sign autographs.

There was a tribute in the Saskatchewan legislature Monday for the man known as Mr. Hockey.

Howe, who was raised in Saskatoon, died Friday at the age of 88.

Government house leader Ken Cheveldayoff told the assembly that Gordie Howe was known as a humble man, but when the puck dropped, he was a fierce competitor.

Flags in Saskatoon and at the Saskatchewan legislature were lowered to half-mast in his honour and will stay that way until his funeral in Detroit on Wednesday.

Cheveldayoff joked that hockey fans everywhere know what a Gordie Howe hat trick is — a goal, an assist and a fight in the same game.

In February 2005, Saskatoon named the street in front of the city's largest arena Mr. Hockey Gordie Howe Lane.

Cheveldayoff also noted that Howe always made a point to talk to fans and

In June 2010, Mr. Hockey became Dr. Hockey when he received an honorary law degree from the University of Saskatchewan in Saskatoon.

## THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7  
FAX: 819-821-3179

E-MAIL: [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com)  
WEBSITE: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)

SHARON McCULLY PUBLISHER ..... (819) 569-9511  
STEPHEN BLAKE CORRESP. EDITOR ..... (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN ..... (819) 569-9931

DEPARTMENTS  
ACCOUNTING ..... (819) 569-9511  
ADVERTISING ..... (819) 569-9525  
CIRCULATION ..... (819) 569-9528  
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# Local Sports

*Fleury kept the Penguins afloat early in the season, then played the role of dutiful mentor to Murray after a concussion suffered on March 31...*

## Cup winners again, Penguins have shot at lengthy run at top

By Will Graves  
THE ASSOCIATED PRESS

When the Pittsburgh Penguins won the Stanley Cup in 2009, a dynasty appeared to be in the offing. It didn't quite work out that way. Injuries and inconsistent post-season play sent the franchise into a full-fledged identity crisis.

The long, seemingly interminable wait for Sidney Crosby and Evgeni Malkin to bookend the championship the helped capture seven years ago came to a blissful, euphoric end on Sunday night in San Jose. Their six-game triumph over the Sharks in the final capped a meteoric six-month sprint under Mike Sullivan, whose arrival in mid-December provided the wake-up call the talented but erratic roster desperately needed.

"It's not an easy win in this league," Malkin said. "Every team in the league deserves to win. We play against San Jose and they haven't won in 25 years. It's not easy."

Maybe, but for the Penguins the path might be smoother than most. The group that poured over the boards and onto the ice when the horn sounded at the end of a 100-game plus marathon that spanned from September to June appears to be well-appointed for the future thanks to a series of moves by gen-

eral manager Jim Rutherford to build around his two stars.

Odds makers made Pittsburgh an early favourite to win it all again next year, heady territory considering there hasn't been a repeat champion in nearly two decades. Then again, there's reason to be optimistic the run at the top that seemed a near certainty in 2009 could still come to fruition, if later than expected.

The core of Crosby, Malkin, forward Phil Kessel and defencemen Kris Letang and Olli Maatta are all 30 or under and all signed through at least 2022. Goaltender Matt Murray — whose 15 wins in the playoffs tied an NHL rookie record — turned 22 last month. Young forwards Bryan Rust, Conor Sheary and Tom Kuhnhackl are in their mid-20s. Carl Hagelin, Nick Bonino and Patric Hornqvist will be back.

So will Sullivan, who began the season moulding prospects for Pittsburgh's American Hockey League affiliate in Wilkes-Barre/Scranton. He ended it posing at centre ice with his sport's biggest trophy as the centerpiece after taking the pieces given to him by Rutherford and creating a relentless, swarming team that often tilted the ice for long stretches.

"We felt as though, if we were a team that could play fast in every aspect of the

game, it could be our competitive advantage on some of our opponents," Sullivan said. "I thought Jim Rutherford did a tremendous job in acquiring some guys along the way that enhanced that speed for us."

The only real questions heading into the off-season surround goaltender Marc-Andre Fleury and forward Matt Cullen.

Fleury kept the Penguins afloat early in the season, then played the role of dutiful mentor to Murray after a concussion suffered on March 31 limited him to one playoff appearance, an overtime loss to Tampa Bay in Game 5 of the Eastern Conference finals. Fleury has three years left on a deal with an average cap hit of \$5.75 million, a high price to pay for a player who just watched his backup backstop the team to its fourth title.

Rutherford insists Fleury remains a part of the team's future, though Fleury acknowledged at times during the playoffs he wasn't sure what the future will hold. Ditto the 39-year-old Cullen, who pledged that this season would be his last. It's hard to imagine finding a sweeter way to go out than skating around with the Cup. Yet he also looked and played like a guy a decade younger, and he didn't miss a game in the regular season or playoffs.

For now, the chance to savour a tri-

umph few saw coming when Sullivan took over is enough

"It's pretty amazing," Cullen said. "We went through an awful lot this year and we really became a close knit group. It was pretty cool how everybody seemed to play a special part as we went through the end of the year and into the playoffs. Everybody shares a big piece of it. It's truly a team win."

As if to emphasize the point, the first Penguins outside of Crosby to lift the Cup on Sunday night were those who played a vital role in the run but didn't play a minute during the final, going from injured defenceman Trevor Daley to retired forward Pascal Dupuis to Fleury.

"It took everybody to get this," Crosby said, who earned the Conn Smythe as the playoff MVP.

And it will almost certainly take everybody to get back. The Penguins are optimistic but also pragmatic. They know 2009 was supposed to be the first of many, which is maybe why they didn't cherish it as much as they should have. They have no plans to make the same mistake this time around.

"It's a great year," said Malkin, who welcomed a son last month. "I have lots of emotion, I'm glad the season is over like this. It's going to be a great summer."

## Canadian golfer Brooke Henderson gaining momentum, confidence after major win

The Canadian Press

Brooke Henderson is riding a whirlwind of congratulatory messages and travel in the wake of winning her first major.

The 18-year-old golfer from Smiths Falls, Ont., hopes the momentum and confidence she gained by winning the KPMG Women's PGA Championship in a playoff Sunday propels her to more victories and top spot in the world rankings.

Henderson, now the No. 2 player in the world, told reporters on a conference call she has her eyes on No. 1.

Her busy schedule includes three more majors in addition to representing Canada at the Olympic Games in Rio.

The teen headed immediately to Portland, Ore., after her win in Seattle to promote the Cambia Classic, which Henderson claimed a year ago for her first LPGA victory.

She'll compete in the Meijer Classic in Michigan starting Thursday

*Pictured on the right is Brooke Henderson of Canada after being prompted by organizers, she planted a kiss on the championship trophy after winning the Women's PGA Championship golf tournament at Sahalee Country Club on Sunday, June 12, 2016, in Sammamish, Wash.*



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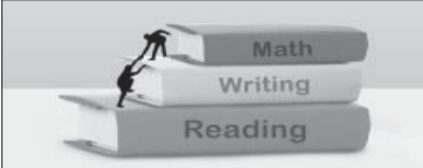
## Card of Thanks

**SMITH, Andrew (1944-2016)** - We would like to extend our deepest thanks to everyone who showed us so much compassion and caring when we lost Andrew.

Special thanks to those who attended the memorial at the Legion, who donated and helped in the kitchen, and who sent cards, expressions of sympathy and donations.

Thanks also to Frank Wilson and the staff at Cass Funeral Home for their help.

Gail Smith and Family



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## Birth

## Ode to Olyvia

*When I look at you,  
I think of the sea.  
That's the blue  
Your eyes seem to be.*

*I love my wee one,  
It's hard to express.  
You bring out the sun  
And cause happiness.*

*I love to see you  
Come when you can.  
I'll be glad, it's true  
'Cause I am your Gran.*

By Kathleen Lynch

Olyvia Hope Comeau was born December 30, 2015. She is the daughter of Shayne Comeau and Amy Patrick. Granddaughter of Kenneth Comeau and Lynda Lynch and Danny Patrick and France Lefebvre. Great granddaughter of Kathleen Lynch (late Danny) and Pauline Lefebvre (late Marie Louis).

## Datebook

TUESDAY, JUNE 14, 2016

Today is the 166th day of 2016 and the 87th day of spring.

**TODAY'S HISTORY:** In 1775, the U.S. Army was established.

In 1777, the Continental Congress adopted the Stars and Stripes as the national flag.

In 1900, Hawaii became a territory of the United States.

In 1982, Argentine troops surrendered their last stronghold in the Falkland Islands to the British, ending the Falklands War.

In 2007, Palestine's Fatah-Hamas unity government was dissolved after Hamas took control of the Gaza Strip.

**TODAY'S BIRTHDAYS:** Harriet Beecher Stowe (1811-1896), author; Alois Alzheimer (1864-1915), physician; Burl Ives (1909-1995), singer/actor; Ernesto "Che" Guevara (1928-1967), revolutionary leader; Donald Trump (1946- ), businessman; Pat Summitt (1952- ), basketball coach; Boy George (1961- ), singer-songwriter; Steffi Graf (1969- ), tennis player;

Diablo Cody (1978- ), screenwriter; Kevin McHale (1988- ), singer/actor.

**TODAY'S FACT:** The highest rank in the Army, General of the Armies, was created for John Pershing in 1911. The rank was awarded posthumously to George Washington in 1976.

**TODAY'S SPORTS:** In 1987, the Los Angeles Lakers defeated the Boston Celtics in Game 6 of the NBA Finals, earning the franchise's 10th NBA Championship.

**TODAY'S QUOTE:** "Sublime is the dominion of the mind over the body, that, for a time, can make flesh and nerve impregnable, and string the sinews like steel, so that the weak become so mighty." — Harriet Beecher Stowe, "Uncle Tom's Cabin"

**TODAY'S NUMBER:** 1,810 — billionaires in the world, according to a Forbes report from March 2016. The billionaires on the list have a combined net worth of \$6.5 trillion.

**TODAY'S MOON:** Between first quarter moon (June 12) and full moon (June 20).

## Coaticook Area Senior Citizen's Club

Our last meeting of the season was May 24, at the Elie Carrier Center. A good group of people were present. Debbie Bishop of the Townshippers' came also and talked with a few of our members. Our president, Shirley Desruisseaux read a few stories.

Shirley gave out flowers to the Kitchen staff, the Committee members and a few other members who help us during the meetings through the year. This was a thoughtful gesture to thank everyone who makes the senior's monthly day a success.

The winners of the door prizes were

Robert Shepherd, Joan Baldwin, Betty Haskell, Dorothy Woodman, Ernestine Whipple, Joe Cutler, Claude Beaudin. The drawings were won by Janet Shepherd and Pat Bryant. We all sang for the members present whose birthday was this month.

Karine Demers from the Sherbrooke University talked to us about the 'Project on the social participation of senior men and women in the Coaticook MRC'. This is a joint project with le Centre de santé et de services sociaux de la MRC-de-Coaticook, MRC de Coaticook, Table de Concertation des Aînés and the CSSC-

IUGS Centre de recherche sur le vieillissement. Everyone is welcomed to the next meeting on June 14 (1:30 to 3:30 p.m.) in the community room of the Coaticook City Hall (in the basement).

Ellen Bailey and Suzanne Martin brought a few examples of crafts for a small show and tell.

All the members joined in thanking Shirley for what she does as our President but since this is the last meeting of the season I wish to join the Committee in also thanking Shirley for her dedication and hard work to make sure we do have a meeting, conference people and

the general organization of the event every month. The Committee members will have a meeting in August and we will get back to all the members to let you know if we CAN KEEP GOING OR NOT because of the attendance being lower than required to make the Elie Carrier Center our base of operation.

Thank you everyone for participating in our monthly meeting/lunch.

Submitted by  
Shirley Desruisseaux, President  
Suzanne Martin, Secretary

## Bulwer Golden Age

May 31, 2016, 81 members gathered at the community center for our last session until the fall (September 6, 2016) for an afternoon of cards, skip bo, carpet bowling and cribbage.

Eight tables of 500 were played with Irene Humphrey having high score for the ladies of 3600 with 5 games played. For the men, Gordon Humphrey had the high score of 2850 for the men with 5 games played. Low scores for the women was Louise Peasley and for the men was Stan Brown. Violet Lister and Ann Crawford were the winners at skip bo. Jean Naylor, Mary Lou Burns, Ron MacDonald and Warren Heath, of the Red team, beat the Black team of Bev Cairns, Doris Coates, Helen Matthews and Colleen Heath by a score of 13 to 4.

The second game saw the Red team defeat the Black team by a score of 11 to 5. Cribbage: we had 3 tables. Table 1 was Colleen and John defeated Beulah and Fred by a score of 815 to 786 for a total of 29 points. Table 2 Susan and Cheryl defeated Ed and Lynda by a score of 1168 to 1091 for a total of 77 points. Table 3 Ann and Trudy defeated Holly, Gail and Doreen 929 to 876 for a total of 53 points.

Games ended and card tables were put away and supper tables brought out and chairs placed. Grace was said by Warren Heath. The meal consisted of a salad supper with potato salad, cold meats (turkey and beef) 3 bean salad, marinated carrots, lemon jellied salad, coleslaw, rolls, tea and coffee and 4

kinds of pies: pumpkin, coconut cream, pecan and raisin.

A number was put on a knife at each table and whoever had the lucky number got a pie or rolls. The winners were Glenda Huff (Raisin) Edward Digby (Coconut) Caroline Marion (Coconut) Doreen Lancaster (Rolls) Helen Cox (Rolls) Richard Coates (Pumpkin) George Martel (Pecan) Fred Williams (Rolls) Door prizes were won by Isabel Nelson, George Martel, Darlene Rogers, Susan Flanders, Norma Gill, Louise Peasley and James Andrews. Peggy's Goodies were won by Glenda Huff, Marion Annesley, Doreen Lancaster, Richard Coates and Fred Williams.

We were glad to have Madelyn Betts and Marion Annesley back to join us.

Tables were cleaned off and washed and put away after floors were swept. Big thank you to all who helped with clean up and washing and putting dishes away. Big thank you to our cook and helpers as without them we could not make this event happen. Big thank you to The Record for publishing our write ups every two weeks.

We will resume our Golden Age in Bulwer on September 6, 2016 at 2:00 p.m.

We please need new members from Haut St. Francois area only, as we do not have enough members from the area to balance out.

Submitted by  
Al Doherty

## RATES and DEADLINES: ANNOUNCEMENTS &amp; 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: [clas-sad@sherbrookerecord.com](mailto:clas-sad@sherbrookerecord.com) - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

## NORTH HATLEY

THE MASSAWIPPI MUSIC FESTIVAL presents cellist ERICH KORY in recital with pianist TRISTAN LONGVAL-GAGNÉ on Saturday, June 18 at 8 p.m. in North Hatley's St. Elizabeth's Church (3115 Capelton Road). These two incredibly talented rising stars from the Eastern Townships will take us on a chronological tour of musical masterpieces by Bach, Beethoven, Debussy, Rachmaninoff and more. Tickets: Pauline Farrugia 819-842-1072 / estria@cgocable.ca.

## LENNOXVILLE

The UCW of Lennoxville United Church invites you to its annual Strawberry social from 4:00 p.m. to 6:30 p.m. on Thursday,

June 23, 2016 in the Lower Scott Hall, 6 Church Street, Lennoxville. Menu: hot-dogs, strawberry shortcakes, strawberries and ice cream, choice of homemade cakes and ice cream, hot and cold beverages. Each item priced individually.

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesdays, June 14 and July 12, at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

## NORTH HATLEY

Father's Day Barbecue, chicken and ribs, at the North Hatley Legion, 95 Jackson Heights, on Saturday, June 18 at 6 p.m. Reservations please, 819-842-2933.

## STANSTEAD

Annual general meeting of members, June 18, 2016 from 10 a.m. to 10:45 a.m., afterwards at 11 a.m. is the lecture/luncheon by Barbara Barclay on Orson Wheeler the sculptor at the Colby-Curtis Museum, 535 Dufferin Road, Stanstead. RSVP for lecture/luncheon before June 15, 819-876-7322, info@colbycurtis.ca

## RICHMOND

The Canadian Legion, Branch #15, 235 College St. N., Richmond will be holding their Legion "Father's Day" Brunch on Sunday, June 19, from 9 a.m. until noon. Admission charged and half price for chil-

dren under 12 years.

## RICHMOND

The Canadian Legion, Branch #15, 235 College St. N., Richmond will be holding a BBQ on Thursday, June 16 at 5 p.m. Hot Dogs, hamburgers and salads will be served. Music with Sam and Gilles beginning at 4 p.m. Everyone welcome!

## MILBY

St. Barnabas Church, Milby. We invite you to join us for our first service of the season, including a baptism, on June 19 at 2 p.m. Your support will be greatly appreciated.

## LENNOXVILLE

Sherbrooke Women's Connection. "Pack your own care kit." Come and hear Janet Lacroix as she brings us laughter and stress relief and shares her faith journey. Enjoy the music of Mirielle Pruneau. June 21 at 9:30 a.m. at the ANAF #318 (The Hut), 300 St. Francis St., Sherbrooke. Entrance fee. For information, call 819-563-8061.

## MINTON

Waterville/North Hatley United church will hold their first summer service at Minton on June 19, 2016 at 2 p.m. with Rev. Mead Baldwin. Everyone welcome.

## GEORGEVILLE

Strawberry Social at Murray Memorial Hall, July 1, 7 p.m. to 9 p.m. Strawberries,

homemade biscuits, ice cream and cupcakes. Sponsored by Georgeville United Church. Admission charged.

## LENNOXVILLE

1st Lennoxville Scouts Spaghetti Dinner Fundraiser in support of Fort McMurray. Saturday June 25, from 4:00 p.m. to 7:00 p.m. at the Lennoxville United Church, 6 Church St, Lennoxville. Admission charged, children under 3 free. Spaghetti, salad, rolls, tea, coffee & juice and homemade desserts. Donations accepted, for info contact Melissa (819) 562-4969 leave a message.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

# The use of hyphenated names seems to be becoming too commonplace

TUESDAY, JUNE 14, 2016

## Annie's Mailbox

**Dear Readers:** Today is Flag Day. We promised to print some of the patriotic poems that readers have been sending in for July 4, but we thought this one would be perfect for today. The author is Audrey Bashlor.

Honor our flag of red, white and blue, remembering our war heroes brought freedom to you.

Men and women of today and years past fought with valor so our freedoms would last. The colonials bravely fought the British redcoats; our warriors fought the Nazis and their U-boats. Many wars have been fought through the ages filling our history books with a great many pages. So very long ago our independence was declared; something for over 200 years we have all shared. Raise the flag, rejoice this day, strike up the band, people of many races enjoy freedom in this land. Remember our brave men and women who fought giving their lives to keep the freedoms we sought. Give thanks to those in our armed forces today Respect our flag and to them a "thank you" say.

**Dear Annie:** The use of hyphenated names seems to be becoming too commonplace. Once the domain of Britishers yearning for social distinction, is this what is happening in the States? What is the rationale for thus naming oneself?

Having both memory and hearing problems, it is often difficult for me to comprehend and repeat both names. Is it acceptable to select one name instead of using both? Is it possible for those who introduce others to actually say the word "hyphen"? For example, "This is Mr. Jones hyphen Smith." Not only would it help to select between the names, it would increase my awe of what surely must be a distinguished person. — Bryan, Texas

**Dear Bryan:** Had your fun, have you? The point of a hyphenated name in this country is neither to display one's elevated social status nor to become burdensome to others. It is to acknowledge that two people have joined their names, as well as themselves, in marriage, or to denote that two people produced a child. It used to be that only the man's surname counted. We agree that, sometimes, those hyphenates can be overly long or complicated. But people are entitled to be addressed by the name they prefer. Please do your best with it. Of course, if you fumble too much, the person is likely to say, "Please, just call me Tom."

**Dear Readers:** Today is Flag Day and the 37th Annual National Pause for the Pledge of Allegiance at 7 p.m. (Eastern time). For more information, log on to [americanflagfoundation.org](http://americanflagfoundation.org).

**Dear Annie:** Yesterday, a store clerk complimented my ear cuffs, then had the gall to ask whether anyone had told me that I was too old to wear them. I was floored! Too old for earrings, no matter what kind?

I'm over 60, in great shape and regularly pegged for younger. But even if I were covered in wrinkles, I would be shocked to be told that certain jewelry was inappropriate because it was "too young" for someone my age. These particular earrings are not showy. They are delicate gold with small diamonds and extend from the lobe upward to the midpoint of my ear.

I've never heard of someone being too old for a particular style of earring. What do you think? — Aging Gracefully Cookie

**Dear Cookie:** We think the store clerk was rude. There are styles that older women might choose not to wear because they highlight one's age (miniskirts, for example) and cause others to think they are trying too hard. But it usually applies to clothing, not jewelry. This type of ear cuff (also called a climber, because it climbs up the ear) is perfectly fine for any age. But there may be some younger folks who object to seeing something they consider "trendy" on someone over 40. The good news is, when you are 90, those same younger folks will think you are amazingly cool. We say, wear whatever jewelry you like and stop worrying about what other people think.

**Dear Annie:** "Not-So-Happy Birthday" complained that her husband's family continually asks whether they have changed their minds about not having children. And then the husband invited the entire family (including young kids) to his wife's 30th birthday party. The wife was upset that the relatives paid too much attention to their children while she was opening her gifts. I think she and her husband have made the right decision not to have kids. She's much too self-engrossed to be a good mother. Kids are demanding.

"Not" doesn't need to discuss having kids with her in-laws. Whenever the topic comes up, she should just tell them that the subject is closed and divert their attention to something else of interest. But I don't believe there is any reason for the in-laws to apologize for their behavior during her birthday party. This is what parents do — they

watch their kids, and everything else is secondary.

I have two children. The youngest had only one child by choice and the other, now 50, never expressed a desire for kids, though she loves her niece very much. I tried not to interfere in my children's choices regarding children, as I believe that is their personal business, not mine. — Contented Enough

**Dear Mother:** You sound like a wise woman. We happen to be quite fond of children, but the decision to be a parent is intensely personal, and solely between the spouses. People with kids assume childless-by-choice couples will regret their decision down the road, but that's often not the case. Regardless, no one is entitled to pressure them. (Unless you're royalty, in which case, having children comes with the job.)

**Dear Annie:** You printed a letter from "Wondering," who asked why older men smell bad, don't change their clothes and live in filthy homes. You mentioned it could be the lack of a female presence — someone who used to take care of these things.

My husband suddenly had this problem of a bad odor. He has impeccable hygiene, showering every day, sometimes twice a day. He wears clothing once before it goes into the laundry. We finally figured out that he was taking too much fish oil along with an antidepressant that had been increasing how much he would sweat. He still takes the fish oil, but at a much smaller dose, and the problem has gone away. My brother also had an odor problem, but I think it was due to smoking, poor dental care and forgetting that wool sweaters benefit from a trip to the dry cleaners every so often. He lived alone for 10 years after his divorce. His house was a total mess.

A gentle conversation with these men asking how they are doing, a suggestion to get checkups with their doctor to see if there is a physical reason and be screened for depression could help. Visiting the dentist may have been neglected. Say that you are telling them these things because you care about them. Offer to show them how to do laundry properly and say that they need to shower more. Take their things to the cleaners when you are going anyway. It can't hurt and it may be the first time these guys have had these gentle kindnesses done for them in a long time. Then invite them over for dinner, stink and all. Be a friend. — Wife with Sweat-Smelling Hubby

**Dear Wife:** Thank you for your compassionate and sensible response.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar.

### CELEBRITY CIPHER by Luis Campos

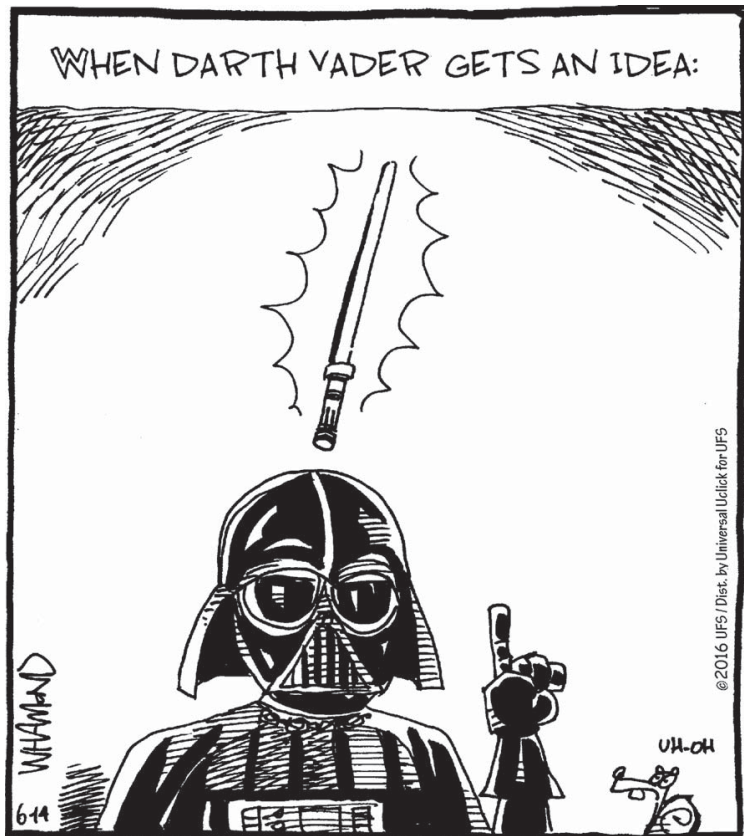
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"GCTXT FN IVMC IRXT GR STFJE  
P HPGXFRG P J L P MFGFYTJ GCPJ  
XTMFGFJE GCT HKTLET RX XPFNFJE P  
WKPE." — OTNNT ZTJGVXP

Previous Solution: "The clever cat eats cheese and breathes down rat holes with baited breath." — W.C. Fields

TODAY'S CLUE:  $Z \text{ equals } Y$

### REALITY CHECK



HERMAN



"Hold on! I've dropped a contact lens."

### ALLEY OOP



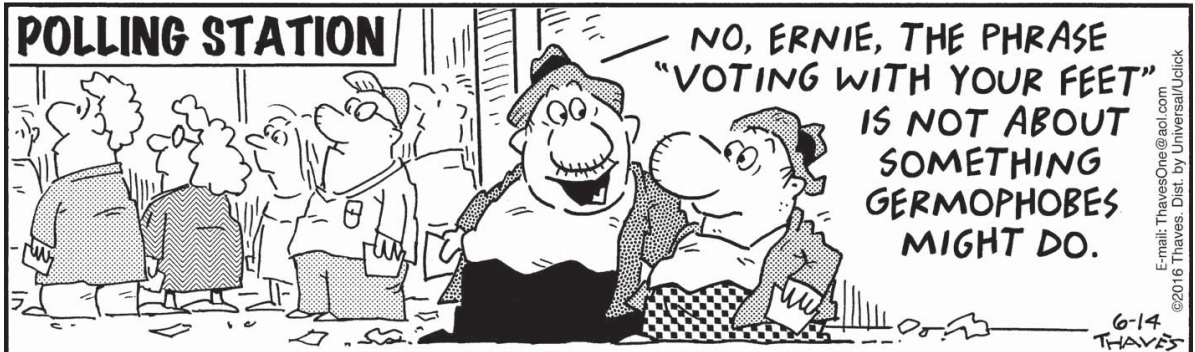
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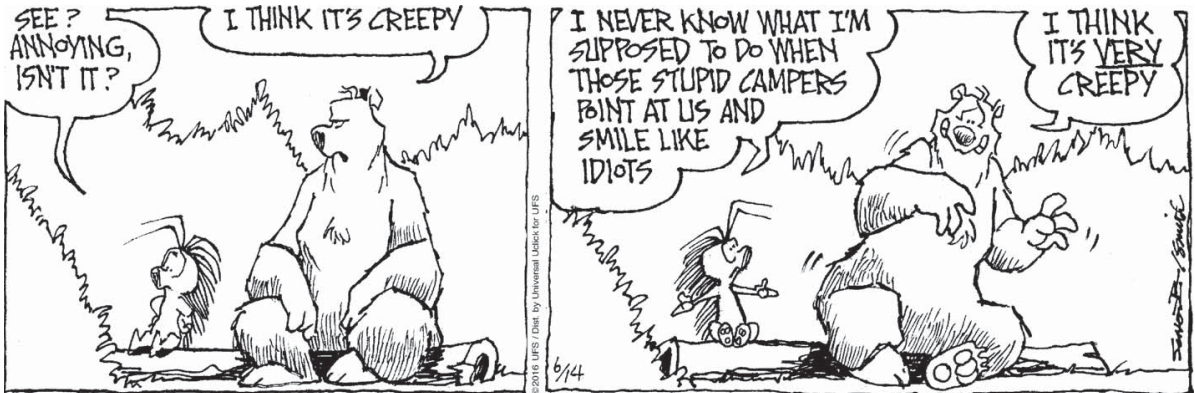
### THE BORN LOSER



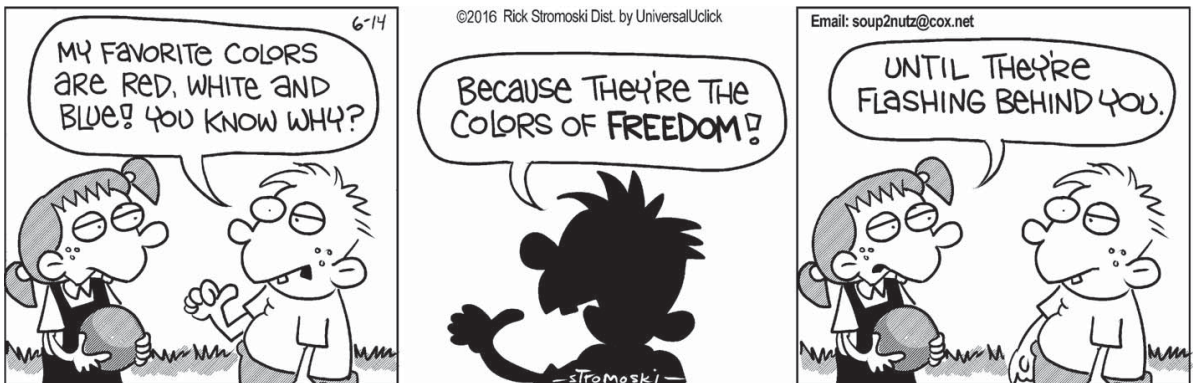
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## Centre Communautaire de Brookbury

On May 21st we had a wonderful potluck supper with 60 people in attendance. It was an enjoyable evening as folk visited with friends and neighbours. Thanks to each one who came and supported our little hall.

A little advance notice - we are planning a Fundraiser BBQ on June 24 at 5 p.m. We will have music by The "Late Bloomers."

We are also planning 3 card parties on the 5th, 12th and 19th of July. Also on the 17th of July our doors will be open to visitors from 2-4 p.m. There will be an afternoon tea and a bake sale table. Good opportunity to come and see the former Brookbury Hall.

This hall is available for rent from May until October for birthday parties, showers, wedding receptions, etc. We also still have some cook books available at \$5. each. They make a nice gift.

For information about renting the hall call Brenda at 819-884-5984.

Submitted by  
 Brenda Eryou-Bailey

## Compton Historical Society holds meeting

Members of the Compton Historical Society met June 4, at the Waterville Town hall, with an attendance of 11.

We enjoyed a "pot luck" lunch at noon, followed by the meeting.

The meeting opened with a prayer. Sue Nichols, secretary read the minutes of the previous meeting and they were approved as read.

The Treasurer, Ellie Bailey gave the financial report and it was approved as read.

One of the members might be presenting a bill to our society, for the supplies her family will need for the work they are doing at one of the cemeteries in the area.

Another member suggested a way to possibly get more people interested in joining the historical society.

Jim and Ellie Bailey plan to check on the condition of the Kinney Cemetery

Next meeting,

August 6, 2016

Submitted by  
 Sue Nichols

## SUDOKU

Difficulty: 3 (of 5)

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

6-14-16

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### PREVIOUS SOLUTION

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

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

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 Total cost for the 3 days is \$8.05.

Email your classifieds to  
[classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
 or call 819-569-9525.

Must be paid by visa or mastercard.  
**Deadline: June 22 at noon**

**THE RECORD**

Don't forget to pick up the paper on June 29 for our Canada Day Supplement!

(not applicable for commercial ads (rentals, property for sale, etc).)

# Your Birthday

TUESDAY, JUNE 14, 2016

The trick to getting ahead will involve getting along with people. If you socialize more, you'll open up doors that have been closed in the past. Greater involvement with children and older relatives is featured this year, as is the need to make an effort to improve your love life.

**GEMINI** (May 21-June 20) — Take a moment to size up your situation before you make a decision. A mistake will be costly and will put you in a precarious position with someone you care about.

**CANCER** (June 21-July 22) — Emotions will escalate if you get involved in a joint financial venture. Secrets will not be easy to keep. An unexpected encounter will put you on the spot.

**LEO** (July 23-Aug. 22) — If you help others, you will benefit as well. A change in the way you do things will be emotionally satisfying. A strong tie to someone special will lead to greater commitment.

**VIRGO** (Aug. 23-Sept. 22) — Too much of anything will set you back. You will need to keep your head if you don't want to be stuck with something you don't want and cannot use.

**LIBRA** (Sept. 23-Oct. 23) — It's a good day to travel. Discuss your ideas and learn from someone. You'll prosper if you are dedicated to reaching your goals. Personal improvements will be enlightening.

**SCORPIO** (Oct. 24-Nov. 22) — You can be nice without people taking advantage of

you. Set boundaries and carry on doing what you enjoy most. An investment will turn sour due to misinformation.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Look at all the possibilities before you make a move. Change is necessary, but your decision must be made for the right reason. A partnership looks promising.

**CAPRICORN** (Dec. 22-Jan. 19) — A change at home or to your lifestyle will not be ideal. Look for the positive in whatever situation you face in order to excel.

**AQUARIUS** (Jan. 20-Feb. 19) — Money matters are improving. A chance to make positive changes at home or elsewhere is apparent. Romance will brighten your day and lead to a joint venture.

**PISCES** (Feb. 20-March 20) — Think before you take action. Nothing will be as it appears. You'll be misled if you let someone else take care of your personal or professional affairs. Promise only what you know you can deliver.

**ARIES** (March 21-April 19) — Romance, travel, intrigue and a change in your financial situation are all prevalent. Embrace change, and share your thoughts and feelings with someone you love. A commitment can be made.

**TAURUS** (April 20-May 20) — Professional gains, partnership improvements and improvements to your lifestyle and reputation are all possible. Stay focused on what's important to you in order to get what you want and gain access to a new opportunity.

TUESDAY, JUNE 14, 2016

# The quandary about covering an honor

By Phillip Alder

Thomas Pickering, a former ambassador to the United Nations, said, "In archaeology, you uncover the unknown. In diplomacy, you cover the known."

In bridge, you sometimes cover the known card — the one led — and sometimes leave it uncovered. How can the defenders defeat two hearts in today's deal after West leads the club three?

When South rebid two diamonds (rather than one no-trump with two low clubs), North was right to give preference to hearts. He had a minimum, so couldn't bid above two spades. Also, he knew his side had at least seven hearts, but was sure of only six diamonds. South, with a minimum opening and no great fit, had an easy pass. (In a class once, half the Souths jumped to four hearts because, or so they thought, I never let them play in a partscore contract!)

The defenders should set their sights on these six tricks: two clubs, two spades and two hearts. East wins with his club ace and returns the two (low from three remaining cards). West takes that trick, cashes the spade ace, and continues with the spade eight (higher of two

North				06-14-16
♠	Q 7 6 4 3			
♥	10 2			
♦	Q J			
♣	Q J 10 9			
West		East		
♠	A 8 5	♠	K 10 9	
♥	Q 9 5	♥	K 6 4	
♦	8 7 5 4	♦	6 3 2	
♣	K 8 3	♣	A 7 5 2	
South				
♠	J 2			
♥	A J 8 7 3			
♦	A K 10 9			
♣	6 4			
Dealer: South				
Vulnerable: East-West				
South	West	North	East	
1♥	Pass	1♠	Pass	
2♦	Pass	2♥	All Pass	
Opening lead: ♣ 3				

remaining cards). East wins and returns his last spade. Let's assume declarer discards a diamond from his hand.

Now South leads the heart 10 from the board. To defeat the contract, East must cover with his king. As we learned yesterday, you cover the last of touching honors. (As there is only one honor, that makes it the last.) South wins the king with his ace, but West gets two trump tricks with his queen-nine over declarer's jack-eight.

# CROSSWORD

**Across**

- 1 Drink-cooling shapes
- 6 Family girl
- 9 Neighborhood
- 13 Seize
- 14 So very uncool
- 15 Mascara target
- 16 \*Where hockey transgressors cool their heels
- 18 Issue a ticket to
- 19 Shout of discovery
- 20 Draft classification
- 21 \*Future attorney's hurdle
- 25 Where sleeping dogs lie
- 27 "Give me a break!"
- 28 Decide one will
- 29 Sound confirming a locked car door
- 30 Oil-bearing rocks
- 33 Jimmy Fallon asset
- 36 Go wrong
- 37 June 14th observance ... and a hint to

the first word in the answers to starred clues

- 38 Sudoku section
- 39 Camping gear brand
- 40 Winner's wreath
- 41 Voice quality
- 42 Film snippets
- 44 TV's "Kate & \_\_\_"
- 45 "The ability to fully experience life," per Thoreau
- 47 \*Polite applause on the tee
- 50 "Money \_\_\_ object"
- 51 Sandy or Roberto of baseball
- 53 Catch sight of
- 54 \*Vessel for Captain Jack Sparrow
- 59 Fired, with "off"
- 60 Look carefully
- 61 Gravel unit
- 62 Colors, as hair
- 63 NFL gains
- 64 Cackling scavenger

21 Unloaded?

- 22 "At last!"
- 23 \*\*Drove my Chevy to the levee" Don McLean hit
- 24 Water source
- 26 Online crafts shop
- 28 Shoppe adjective
- 30 Silly to the extreme
- 31 Fräulein's abode
- 32 Farm sci.
- 34 Ancient Greek region
- 35 Follower on Twitter, informally
- 37 Fly like a moth

41 Affectionate attention, briefly

- 43 London insurance giant
- 44 From scratch
- 45 Exercise, as power
- 46 Thoreau work
- 47 Second family of the 1990s
- 48 "Rubáiyát" poet
- 49 Zero deg. at the equator, say
- 52 Told tall tales
- 55 Oinker's pen
- 56 Clod chopper
- 57 Ramada \_\_\_
- 58 Green soup base

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

**Down**

- 1 Many a sports trophy
- 2 Function
- 3 Hot dog holder
- 4 Notable time
- 5 Organ associated with ill temper
- 6 "Light" sci-fi weapon
- 7 "Don't worry about me"
- 8 Physical attractiveness
- 9 "Little Women" novelist
- 10 \*Colorful sushi creation
- 11 Perfumer Lauder
- 12 Down the road
- 14 Harp constellation
- 17 Shower stall alternative, if it fits

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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50						51	52							
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59						60					61			
62						63					64			