



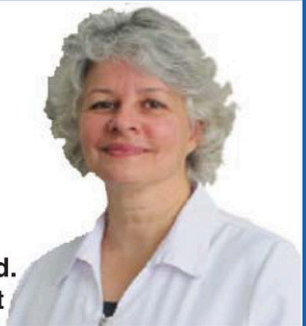
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## Farnham Elementary boys' club

Page 3

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Ghosts & Other Doohickeys

Page 4

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MONDAY, JUNE 6, 2022

## Covid numbers approaching lowest level in 2022

Record Staff

There were 1,067 people in hospital with COVID-19 across Quebec as of Friday's update from public health. That marked a decrease of 38 compared to Thursday's information. The number of people in intensive care with the virus increased by four, meanwhile, climbing to 28. Despite the small increase, that number remains among the lowest in almost a year. To date, the lowest number of Covid hospitalizations recorded across Quebec in 2022 was 989, recorded in mid-March.

As of Friday 36 per cent of overall hospitalizations and 54 per cent of ICU patients were considered to have been admitted primarily because of COVID-19.

The Province reported two new deaths linked to Covid at the end of last week, increasing the total to 15,435 since the start of the pandemic.

In the Eastern Townships the overall number of hospitalizations linked to Covid went down by nine on Friday to 81. The number of people in intensive care with the virus remained unchanged at two. The region reported no new Covid-related deaths, keeping the local total since the start of the pandemic at 619. Recall that the total was readjusted down by the INSPQ at the end of last week.

## “What was our weakness has become our strength”

Phenix dragonboat team celebrates 20 years of fighting cancer



GORDON LAMBIE

Members of the Phenix dragonboat team getting ready for a practice in Sherbrooke last week

By Gordon Lambie

The Phenix dragonboat team, associated with breast cancer support organization La Rose des Vents, celebrated its twentieth anniversary this past weekend with a special gathering at Sherbrooke's Lucien-Blanchard Park.

“It's a chance to share what we do and say thank you to the population that we come to so often with fundraisers,” said team member Line Hamel, explaining that past members and a couple of local VIPs were invited, as well as the general public.

The team currently has 27 paddlers,

all of whom are either breast cancer survivors or are currently in treatment, and nine “Phenix du Coeur,” members who do not get into the 20-person boats for a variety of different reasons.

“There is a big solidarity between us,” Hamel said. “What was our weakness has become our strength.”

CONT'D ON PAGE 5



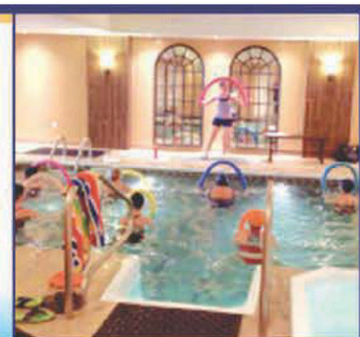
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SHOWE

HIGH OF 22  
LOW OF 15



WEDNESDAY:  
CLOUDY WITH  
SHOWERS

HIGH OF 23  
LOW OF 14



THURSDAY:  
RAIN

HIGH OF 20  
LOW OF 13



FRIDAY:  
LIGHT RAIN

HIGH OF 20  
LOW OF 13

# The sweet sounds of spring fill the air in Potton

## “Le chœur des chouettes” holds its first spring concert



### THE SCOOP

### MABLE HASTINGS

On Sunday, May 29 at 3:00pm, the Mansonville St. Paul’s Anglican Church (now owned by the Missisquoi North Volunteer Centre CABMN) was filled with the joyous sounds of the angelic voices of the “Choeur Des Chouettes” choir that held its first spring concert in the community. Directed by Marie Lyne Phare and featuring the combined vocal talents of: Lise Cameron, Marie-Michele Cusson, Pierrette Denis, Chantal Ethier, Huguette Hall, Francine Hamelin Lucie Letourneau and Edith Smeesters (Sopranos), Cindy Gagnon, Louise Morel, Jacqueline Robitaille (altos) and accompanied by Pianist Nicole Beaudry and Carolyn Bovi as well as violinist, Francoise Turcotte, the show was attended by over 130 persons!

The “Choeur des Chouettes” is a choir of women founded in 2020 with the objective of gathering those with a love for music and the desire to sing; aiming to be an accessible activity in



the heard of the community. The goal of this year’s choir is to recruit new members for the next season that will begin in the autumn of 2022. Those who are interested are encouraged to contact Lise at 819-570-6658.

Sunday’s concert was supported by the Municipality of Potton, the Missisquoi North Volunteer Centre (CABMN) and the “Ecole Primaire le Baluchon.” Sponsors included: Appalaches Torrefacteur Roaster, Les Bleuets Marquis, Jewett’s General Store, Euro-Deli du Village, Station O’Kataventure, Rona (Daniel Giroux), FamiliPrix Pharmacy, Owl’s Bread Bakery, ProprioDirect (Stephane Gauthier), Marche Richelieu, La Bouffee d’Air, Garage J.F. Giroux and the Resto Bolton Restaurant.

The concert achieved a gentle flow with each season being welcomed with a poem read by a choir member. Spring was followed by three musical selections and then summer with four numbers that included, Scarborough Fair. The final five numbers were songs known in the hearts of most and included the up tempo “La Cumparsita” that was so appreciated it was requested as the

encore number at the end of the show.

At performance end, the crowd gathered outside and members of the choir, the musicians and the director, Marie Lyne went around to greet all in attendance. Attendees who gave the performers a standing ovation at the end of the show were delighted with the efforts and inspired by the talent shared by the women in entertaining neighbours, friends and potential future participants!

For Marie Lyne Phare who directed the choir, her pride in the performers was obvious throughout the show. She addressed the audience with ease and humour while encouraging even the youngest attendee to sing-a-long. To lead any kind of worthwhile and fun community initiative you need to enjoy people and love what you do. It was obvious that these traits are at the heart of Marie Lyne’s efforts.

The contribution made by the musicians who accompanied and complimented the performers must be noted. The talent of the pianists and the impeccable violin performance of Francoise Turcotte were highlights for me personally.

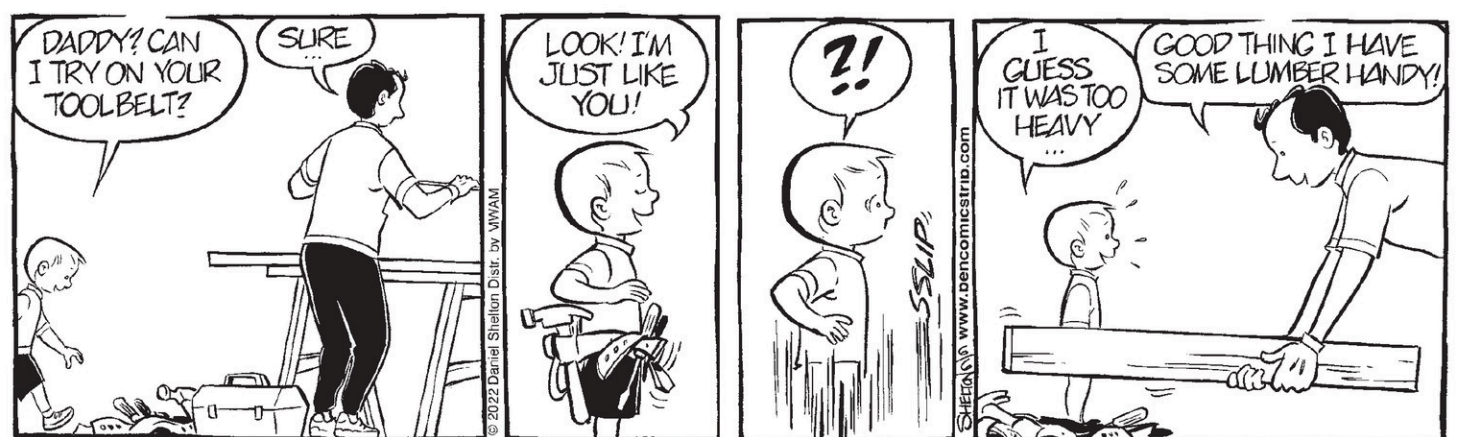
As we exited the church and looked around the village it was noted that the flowers seemed to be blooming a little more colorfully, the breeze danced through the air inspired and the people on the sidewalks had obviously stood a little longer listening to the choir as it performed in the church. Success! Spring and Summer were officially welcomed to Potton and all smiles were a little brighter because of it!

For more information about the Choeur des Chouettes contact Lise at the number above or visit their facebook page at [choeurdeschouettes](http://choeurdeschouettes.com).



COURTESY OF JEAN-MARC BOURGEOIS

## Ben by Daniel Shelton



## Local News

*"It's a time for them to have undivided attention, to learn a new skill, and the thing is everything they're doing the kids find cool."* - Farnham Elementary Principal Cathy Canzani

## Boys' club teaches Farnham Elementary students life lessons

By Michael Boriero

While students learn about plenty of subjects in the classroom, there are important life lessons lying right outside in the real world, and Farnham Elementary is trying to share these experiences through its boys' club pilot project.

The boys' club, also referred to as the gentlemen's club by the school, teaches male students about baking, cooking, cleaning, using a grill and most recently, how to change a tire. The club kicked off just before March break, according to project lead volunteer Nicholas Roberts.

"Basically, once a week I go over to the school after work to teach the boys how to do certain things. The idea behind it was to teach them things that are not traditionally seen as boy things to do, like cooking, so it started off with some desserts, we made a few meals," he said.

Roberts, a security guard and husband to a teacher at Farnham, is a father to three young girls. He is also a school alumni, and former governing board member. When he was asked to helm the pilot project, and break down gender norms, he didn't hesitate to accept the opportunity.

The boys' club is held every Monday between 3 and 4 p.m., he continued, adding it works perfectly with his work schedule, and the students are also home at a reasonable time.

The expectations aren't high, either, Roberts encourages the kids to experiment with food.

"I think they enjoy learning how to cook. I can see that they're ready to take on these challenges. I'm not feeling any reluctance. Maybe a bit for the dishes there, but not so much for the activities. I think there's this willingness to learn, to implicate themselves," said Roberts.

The students, in grades five and six, also feel a sense of pride when they complete an assignment, he explained, because they were able to do it with their own hands. Roberts recalled one student made breakfast for his parents and family over the weekend.

Roberts has taught the students how to make burgers, eggs, and they even went to a pizzeria to get a first-hand pizza-making experience. And in late May, the club visited a mechanic to learn about changing tires, something Roberts had never learned when he was a child.

However, he hasn't had a chance to really dive into teaching the club about gender norms. The project came together fairly quickly, and there wasn't much time to get everything in place. For now, he tries to explain it in subtle ways, but next year he plans to make it more clear.

"There's a subtlety to it and I feel like it allows it to be a little more enjoyable for the students to not constantly have life lessons. Let's learn the skills, you know how to do it, without necessarily



showing life lessons down their throats," Roberts said.

The boys' club now has a major challenge ahead as they're preparing for the upcoming school BBQ on June 23. The students have been tasked with prepping the burgers and hot dogs, as well as cooking food for the end-of-year event. They'll be working on it all month, he said.

Farnham Elementary Principal Cathy Canzani told The Record that the club had existed at the school before Roberts took over. However, it was on pause when the volunteer teacher who was running the club left for another job. Canzani was thrilled when she found Roberts.

"It's a time for them to have undivided attention, to learn a new skill, and the thing is everything they're doing the kids find cool. It's not academic, it's hands-on and so many of our boys want to be doing hands-on things, so it's really different from

sitting in a classroom," Canzani said.

The school is also trying to find ways to create a girls' club, but Canzani noted they'll need to find a volunteer first. She said there used to be a weekly meet-up with the Avante Women's Centre in Bedford, but that only ran for roughly six weeks, she explained on Thursday.

Canzani told The Record that the next step for the boys' club is giving back to the community. And she has every intention of bringing Roberts back next year. The whole concept is beneficial to every student involved, she noted, and nearly every boy has signed up.

"We just feel like those are skills that kids really need and will help them in their development so it's really exciting to get to develop that part of them and after learning the physical skills, they're learning about manners, talking to adults, kindness, and teamwork," she said.



PHOTOS COURTESY OF FARNHAM ELEMENTARY

## Quebec Premier confirms another sovereigntist candidate for fall election

The Canadian Press

Quebec Premier Francois Legault has named another sovereigntist who will carry his party's banner in the fall election.

Legault confirmed today the nomination of Caroline St-Hilaire, former Bloc Quebecois MP and mayor of Longueuil, Que., as a candidate

in the Sherbrooke riding, one of the province's biggest cities.

St-Hilaire, who was Bloc MP for Longueuil and Longueuil-Pierre-Boucher from 1997 to 2008 before being mayor of Longueuil from 2009 to 2017, is known to be a prominent sovereigntist and has repeatedly criticized Legault's government's priorities in the past.

The news comes two days after the Coalition Avenir Quebec revealed Bernard Drainville, a former minister with the sovereigntist Party Quebecois, will announce his own candidacy next week.

The provincial Liberal party suggests the influx of sovereigntist candidates is a sign the CAQ is not-so-secretly interested in campaigning for

Quebec's independence.

The CAQ, however, has responded to concerns by saying it's a national party that doesn't promote sovereignty.

Sherbrooke is currently represented by Quebec Solidaire's Christine Labrie, who won in 2018 with 34 per cent of the vote and is now running for re-election.

# Ghosts & Other Doohickeys coming to the Townships

Aiden Wilson  
Special to The Record

**G**hosts & Other Doohickeys: A Townships Trail Mystery just started preparations for the play's grand unveiling coming next month with suave outfits and set pieces setting the stage for a paranormal puzzle.

The play was written by William S. Messier and originally debuted in French some years prior but with a full English translation, will now be making its way all around the area this summer in collaboration with the Townships Trail.

Mary Harvey, who is in charge of staging, described the play as an interactive mystery featuring the ghost of one Queen Liz, based on real people and places during the era of prohibition in the local area.

The performance features not only a good time but plenty of history as well, Harvey said, with artifacts like tea sets and old hammers that visitors are welcome to touch for themselves.

"It's all outside and the kids don't have to be still. They're actually encouraged to interact and touch the stuff," she mentioned, adding a little improv goes a long way towards making

it a fun time!

With Harvey to talk about the play were Bishop's students Suzie Klemmer and Orion Gokiert, The actress playing Queen Liz, and the Stage Manager respectively.

Klemmer said she got the role from Harvey who was her teacher at Bishop's and is excited to be playing in her first external production.

Costume manager Guylaine Carrier, with her pouch of pins and bandaids, fitted Klemmer to her period-appropriate dress, which was once used for the French airing of the production.

Meanwhile, Gokiert found the job after inquiring about a tech position, but when they came to him about working on lights and stage he said it sounded like a fun opportunity.

"I run the sounds, get everyone into place, move props, all sorts of things," he said, with all the prep work needing to accommodate an outside or indoor performance, depending on the weather.

The other two actors yet to arrive, Pierre Luc Pépin and Mary Francis Kobert, are also from the area, with all of the actors sharing their ties to Bishop's University.

Harvey said the team is working hard to make the family friendly play



AIDEN WILSON

Orion Gokiert, Suzie Klemmer, Mary Harvey, Guylaine Carrier

as fun a time as possible, and bring the wonderful performance of our history to everyone as the group tours places like Lac-Brome, Potton, Way's Mills, Sherbrooke, Cookshire-Eaton, Sutton, Danville, Stansted, Bolton-Est, Waterville, Richmond, and Waterloo.

Audience members are encouraged to get up and interact with the play as well with scenes like patrons shifting

ides in a bar along the country border, mimicking real events during the time of prohibition.

The first performance is planned for Lac-Brome on July 2 and the events are free.

For showtimes and more information check out their website at: chemindescantons.qc.ca/en/reguines-et-fantomes.

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# Blight-resistant potatoes project launches at the BU Educational Farm

By Cassie MacDonell  
Local Journalism Initiative

Bishop's University's Department of Environment and Geography, in collaboration with Dr. Helen Jensen of SeedChange, has launched a research project that aims to develop potato varieties resistant to potato blight. Should the research project succeed, it could result in being able to grow organic potatoes that require less fertilizers and pesticides.

"The goal of this project is to develop, in the long run, a potato that will be resistant to blight and grow completely organically, without synthetic pesticides and fertilizers. Blight is a problem for potatoes," said Dr. Darren Bardati, from Bishop's University Environment and Geography Department, in an interview. The project includes planting over 1,000 tubers of different varieties on the Bishop's University Educational Farm, to study which ones might be most promising in resisting *Phytophthora Infestans* fungi – also known as potato blight – while being attractive to consumers.

"Our research will use molecular markers to identify breeding lines that show resistance to disease. We'll harvest in the fall and keep some of the tubers to be replanted in 2023," explained Bardati, identified as principal investigator of the research

project, in a press release. "We'll be observing the size of the plants and their characteristics, such as presence of disease, and we'll also examine the tubers for their shape and appearance and other aspects. We're planting different varieties of potatoes; some are quite colourful."

The potatoes need to respond to consumer needs. "Consumers are looking for small coloured potatoes, but on the market these ones don't grow as well. So the yield is lower in organic. These kind of nice, good-looking potatoes have splits and cracks and they don't look really good. So the idea is to improve their overall quality," said Quebec SeedChange Coordinator Hugo Martorell in an interview. SeedChange is an organization that develops projects to help farmers improve their incomes, defend their rights, and grow food that benefits society.

In addition to SeedChange, the project is funded by the Ministère de l'Agriculture, des pêches et de l'alimentation du Québec (MAPAQ), in collaboration with the Consortium de recherche sur la pomme de terre du Québec (CRPTQ), and the Centre d'expertise et de transfert en agriculture de proximité (CETAB+). SeedChange recently received a \$750,000 grant from Agriculture and Agri-Food Canada to launch a dozen demonstration sites across



CASSIE MACDONELL

*Gabrielle Bourbeau, intern, plants tubers at the Bishop's University Educational Farm*

Canada, including three in Quebec. The project is the third potato breeding initiative that SeedChange has started, but the first one in which they are working with Quebec-based researchers.

Come fall, three researchers will visit the farm to observe each tuber and decide whether they qualify for the next round of selection. They will be stored over the winter and

replanted in the spring. "Then we're going to do the same process of discarding some tubers and keeping others, and once we have some potential candidates, we're going to trial them to see how they fare compared to existing varieties. Then, they're going to be registered at the Canadian Food Inspection Agency. A seed company will bring them to market," he explained.

## Phenix dragonboat

CONT'D FROM PAGE 1

The history of breast cancer dragon boat teams begins with Dr. Donald McKenzie, a professor at the University of British Columbia who signed up a team of 24 breast cancer survivors in a 6-month dragon boat paddling program to study the positive impacts of physical activity on recovery in the mid 90s.

By 2003, the idea had spread as far as Sherbrooke, where Martine Veilleux, then director of La Rose des Vents, decided to put a team together for the city's Fete de l'Eau. That first version of the team was a mix of men and women, survivors and volunteers, according to Hamel, but they all had a good time and the decision was made to do something more formal the following year.

The 2004 team was still mixed, but by 2006 it had taken on its all-woman format, and the following year every member was either a breast cancer survivor or in treatment for the first time.

Genevieve Soucy-Ouelette joined the team in 2006 and is still paddling today. She said that in addition to the opportunity for excellent physical activity, the team spirit is really what has kept her going.

She recalled going, early on, to an international competition of the International Breast Cancer Paddlers Commission with several other Phenix members.

"It was the trip of a lifetime" she said "Seeing something like 2,000 women in one place, all of them breast cancer survivors, competing together."

Although one might imagine that close to two decades of competitive paddling would make Soucy-Ouelette something of an expert, she said that the techniques have changed five or six times over the years, meaning that she has had to learn to be adaptable.

Marie-Josée Compagna, meanwhile, just finished her third week of paddling with the team.

"There is great support here," the young woman said, explaining that she is currently in treatment for cancer. "There are not many my age who get (breast cancer), so it can be hard to find peers who are living the same thing I am. Even if most of my teammates are older, I feel like I belong here and I'm welcomed."

Hamel shared that there are six new recruits to the team this year, several of whom fall below the average age. Despite that difference, however, she said that every effort is made to help made the team a positive experience for everyone.

"We have three competitions planned for this year, one in July, one in August, and one in September," she said, sharing that everyone is looking forward to making the most of this anniversary year.

**The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2022**

**The Record wants to honour the E.T.S.B. High School Graduates of 2022 with a special section on June 21.**

**We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – FREE OF CHARGE – to be published in this section.**

**Email your submission, with the graduate's name and high school, to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com) before June 14, 2022**

# EDITORIAL

We think, most notably, of the role Liberal David Peterson played in supporting Robert Bourassa in his quest to reaffirm Quebec's place in the federation through Brian Mulroney's doomed Meech Lake Accord adventure.

## Will Ontario's Ford weigh in on Quebec's latest power play?

**D**oug Ford and François Legault quaffed a beer together on a patio in Mississauga back in September 2020 - this was about mid-pandemic. That the two premiers should meet to share some suds was not that remarkable; the leaders of Canada's two most powerful provinces are expected to buddy up, after all.

What was notable about the elbow-bending, as the ever-vigilant media were quick to point out, is Doug and Frank were seated in a close proximity that seemed to be a breach of social distancing rules in place at the time.

"Our mouths stayed two metres apart," Legault explained somewhat creepily.

We don't know exactly what came out of those mouths at that meeting, or what has been the interpersonal dynamic between Ford and Legault in the various official jaws they've had since each demolished Liberal governments in 2018 to take power.

They may have swapped tips on how to stumble through a pandemic while thousands died perhaps needlessly in long term care homes, or using strong-arm tactics like curfews and enhanced police powers.

Whatever their relationship, it's clear Ford and Legault are one of the oddest couples to rule the two mightiest fiefdoms of the federation. With that in mind, as Legault, in pumped-up pre-election mode, orchestrates a showdown with the federal government over identity policies, will Ford, blessed with a huge new majority - based on 18 per cent of eligible voters - venture into the fraught theatre of national unity politics?

Not Ford's forte, Quebec politics, veteran Queen's Park watchers might say, and perhaps they are right, the premier projecting a stereotypical image of the "tête carrée" English-

Canadian some Quebecers love to lampoon.

Whether or not Ford is tempted to step up on the national stage or prudently stays close to his own backyard, there are prominent examples of his predecessors taking a stand on periodic Quebec-driven national dramas.

We think, most notably, of the role Liberal David Peterson played in supporting Robert Bourassa in his quest to reaffirm Quebec's place in the federation through Brian Mulroney's doomed Meech Lake Accord adventure.

Peterson, in fact, was booted from office in 1990, largely because of his hard-core support for the Accord which would have granted Quebec certain extra powers in exchange for Bourassa's signature on the Constitution.

Peterson's offer to give up six Ontario seats in the Senate in a desperate effort to save the pact did not sit well with citizens of his province and they said as much when Peterson called an early election. Ontario voters were so angry with him, they accidentally elected a New Democratic Party government under Bob Rae, also an ardent proponent of Meech and a Bourassa ally.

As the post-Meech anger and frustration in Quebec built to referendum fever, whipped up by the mighty tandem of Parti Québécois premier Jacques Parizeau and Bloc Québécois leader Lucien Bouchard, Ontario found itself under the low-key leadership of Progressive Conservative premier Mike Harris.

Harris had his own upheaval on his hands with his Common Sense Revolution, and kept a safe distance from the explosive situation to the east. He surely must have breathed a deep sigh of relief when the federalist side eked out a win in the 1995 vote,



sparing him from having to deal with the consequences of a unilaterally declared sovereign Quebec.

What followed the storm of separatism of the 1990s, was the blissful 10-year political bro-mance between two Liberal premiers, Jean Charest and Dalton McGuinty, who were elected within seven months of each other in 2003.

The two were kind of genealogical mirror images: Charest the son of a francophone dad and Irish mother; McGuinty the son of an Irish father and franco mother. Both, of course, musically bilingual.

Leaping back in time, there was

Bill Davis, who died just last summer. Though he and New Brunswick's Richard Hatfield refused to join the so-called Gang of Eight provinces allied against Pierre Trudeau in the 1981 constitutional negotiations, he found it "the sad part" that René Lévesque had been left out of the last minute deal-making.

Davis, according to historians, also was instrumental in having Trudeau agree to having the notwithstanding clause inserted into the Constitution which was key to the pact. Turns out, the liberal use of that loop-hole is at least one thing Ford and Legault have in common - besides beer.

## Letters

DEAR EDITOR,

**M**r. Legault seems to be sadly misinformed. He calls Quebec a nation. Two referendums proved that Quebec is a province within a nation and must obey the laws of the land in which it sits!

So everyone is created equal! Some seem to be more equal than others around here. No matter how he double talks and appears to be appeasing people, he is actually oppressing them with his new bill. Actually, New Brunswick is the only legally designated bilingual province in Canada; and what a God forsaken province that is, in many parts. The best thing my totally bilingual mother ever did was get out of New Brunswick.

LOUISE EMANUEL WRIGHT  
BROME LAKE

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

Charlottetown's Xavier Simoneau played the part of hero in game three, though, as he delivered the go-ahead goal in the waning minutes of the game.

## Phoenix fall short against Charlottetown in QMJHL semi-finals

By Michael Boriero

A wave of disappointment rushed over the Sherbrooke Phoenix on Monday evening, after they suffered a 4-3 loss in game four of the Quebec Major Junior Hockey League (QMJHL) semi-finals, ending a stellar run in the playoffs and a shot at the elusive President Cup.

It was the team's longest playoff run in its short history playing out of Sherbrooke. And they left it all on the line against the Charlottetown Islanders, who will now go on to face the red hot Shawinigan Cataractes in the finals, after they defeated the top-seeded Quebec Remparts.

"It was not like a series where you can say we had no chances, we did have chances, and sometimes it makes it even worse and disappointing, but it is what it is and I can tell you the guys gave everything they had," said head coach Stéphane Julien in a phone interview.

The Phoenix were dealt a heavy blow going into Monday, as starting goaltender Jakob Robillard was placed in concussion protocol after a shot hit him in the head at the end of game three. Ivan Zhigalov was asked to step in having played only one game in the playoffs.

"First, it's not easy for Ivan to get into the playoffs like that. He had one in Charlottetown and that's all he got. I'm sure he was ready, but when you're not in the rhythm of the playoffs it's very hard. He gave us a chance to win, but in the end we came up short," said Julien.

After losing the first game of the series 7-2 in Charlottetown, the Phoenix settled in and pushed the Islanders to the edge. They forced Islanders' goaltender Francesco Lapenna to

stand on his hand on more than one occasion. And, unfortunately, he was able to answer the bell.

Besides their first semi-final encounter, every game between Charlottetown and Sherbrooke was decided by one goal. The Phoenix took game two in overtime thanks to a goal by the reliable Joshua Roy, after the Islanders had erased a three-goal deficit late in the third.

Charlottetown's Xavier Simoneau played the part of hero in game three, though, as he delivered the go-ahead goal in the waning minutes of the game. It was a crushing defeat, according to Julien, as the Phoenix outplayed the Islanders for most of the final frame.

"In the playoffs, it's the small details. I think if our power play was a bit better in the semi-finals, I think we would have had a better result. But on the power play and penalty kill they capitalized and we didn't," said Julien, adding they didn't do enough to stop Charlottetown.

The Phoenix dug themselves out of a 4-1 hole in the third period on Monday. They just didn't have any juice left in the tank to complete the comeback. And now the team is going to rest, at least for the next 11 weeks or so. The Phoenix rookie training camp will start in mid-August.

However, the loss also means it's the end of the road for the team's leadership core of Xavier Parent, Julien Anctil, and Maxime Blanchard. Julien told The Record that their presence will be sorely missed in the team's locker room. Everyone in the room looked up to them, he said.

"I know it's a loss, but at the same time, a lot of the players learned a lot from those guys. What they do everyday and it's something they're going to follow into the next year," said



Julien, noting he has not yet decided on his next leadership group, although there are several options.

Parent told The Record that it was hard to see his teammates' disappointed faces in the locker room following the loss to the Islanders. But, he added, it was a great series and a great playoff run, sharing that they made a major statement in the league, as they hung with the top teams.

"They're all my brothers, so it was hard to play my last game with them, but at the end it's just the end of a good chapter and I'm just so happy to have been able to finish it with those guys," said Parent, telling The Record that this will be an important lesson for every returning player.

According to the 21-year-old Laval, Que. native, who just had his best season in the QMJHL with 106 points in 65 regular season games, the plan right now is to evaluate his future, whether it's turning to professional hockey or

university. Anctil is in the same boat.

Anctil, another Laval native, said it was an emotional evening on Monday. He said that together with Parent and Blanchard, they gave an end-of-year speech to the entire team, and they took the younger players in one-by-one to discuss the season and the future of the franchise.

Anctil also had his best year in the QMJHL playing alongside Parent and Roy. He finished with 68 points in 67 games. And although his ice hockey future is currently up in the air, he said he will never forget battling every game with his teammates, and his dynamic line mates.

"It was truly a pleasure. It was very fun playing with those two guys. I mean, on and off the ice, we were just like brothers. We liked playing together all year. It was so fun and I'm very happy I had a chance to play with those two great hockey players and great guys," said Anctil.



PHOTOS COURTESY SHERBROOKE PHOENIX/VINCENT L-ROUSSEAU



Death

Death

Cemetery Meetings

# Datebook

**Patricia (nee Clifford) BARNES**  
1951 - 2022



Peacefully at her residence in Bolton Est, QC, on Thursday, March 10, 2022, in her 71st year, Patricia Clifford passed away, beloved wife of 50 years of Jerry Barnes.

She leaves to mourn her children Andrea, Martha (Eric), Scott (Anabelle), her grandchildren Brandon (Jessie), Bailey (Jaden), Brayden, Anthony, Amber, Émie, Amélie, her two great-grandchildren Dorian and Maverick, her brothers and sisters Danny, Sheila (Robert), Tommy (Doris), Michael, Ella (Jack), her brother-in-law Dale (Lynndel), many nephews and nieces, other relatives and friends.

The family will receive condolences on Saturday, June 11, 2022 at 9 a.m. at Désourdy Funeral Home, 318 ch. Knowlton, Knowlton, QC, J2K 0L3, 450-243-5568, www.desourdy.ca. A chapel service will take place at 11 a.m. at the funeral home. A private burial will follow. The family invites you to wear something yellow in celebration of Patricia's life.

In lieu of flowers, donations can be made to the Township Toddlers (Responsible: Ross Cote) or to the Canadian Cancer Society (www.cancer.ca) would be appreciated.

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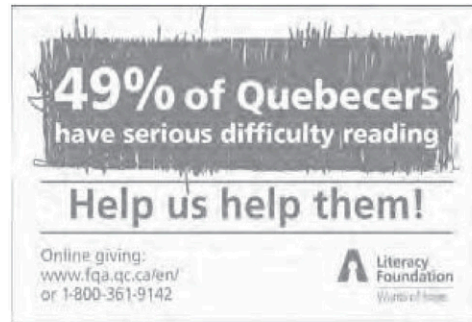
FAX: 450-263-9557  
info@desourdy.ca  
www.desourdy.ca

COOKSHIRE CEMETERY ASSOCIATION

The annual meeting of the Cookshire Cemetery Association will be held on Tuesday, June 14, 2022 at 7p.m. at the office of The Standish Brothers in Cookshire.

**MOUNT FOREST CEMETERY COMPANY**

The annual meeting of the Mount Forest Cemetery, Coaticook, QC., will be held at 7 p.m. on June 6 at St. Stephen's Anglican Church Hall, 20 Gerin-Lajoie St., Coaticook. All interested parties are welcome to attend. For further information, please contact Sharrell Matthews at 819-560-2276.



MONDAY, JUNE 6, 2022

Today is the 157th day of 2022 and the 79th day of spring.

**TODAY'S HISTORY:** In 1844, the Young Men's Christian Association (YMCA) was founded in London.

In 1889, a fire destroyed all of downtown Seattle, Washington.

In 1944, 155,000 Allied troops landed at Normandy, France, on D-Day as Operation Overlord, the invasion of Europe, began.

In 1982, Israel invaded Lebanon.

In 2002, President George W. Bush proposed consolidating 22 federal agencies under a single, Cabinet-level Department of Homeland Security.

**TODAY'S BIRTHDAYS:** Diego Velazquez (1599-1660), painter; Nathan Hale (1755-1776), soldier; John Trumbull (1756-1843), painter; Alexander Pushkin (1799-1837), poet; Karl Braun (1850-1918), physicist; Thomas Mann (1875-1955), author; V.C. Andrews (1923-1986), author; Robert Englund (1947- ), actor; Harvey Fierstein (1952- ), actor; Bjorn Borg (1956- ), tennis player; Jason Isaacs (1963- ), actor; Paul Giamatti (1967- ), actor; Natalie Morales (1972- ), TV journalist.

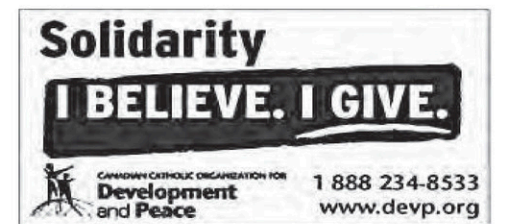
**TODAY'S FACT:** Basketball, racquetball and volleyball were all invented at YMCA facilities.

**TODAY'S SPORTS:** In 1946, the Basketball Association of America, which would later become the National Basketball Association, was founded in New York City.

**TODAY'S QUOTE:** "War is only a cowardly escape from the problems of peace." - Thomas Mann, "This I Believe"

**TODAY'S NUMBER:** 88 - seasons Shankweiler's Drive-In, the oldest drive-in movie theater in the United States, has been in operation since opening in Orefield, Pennsylvania, in 1934 (the theater reopened in 2021 after being closed during 2020 due to the COVID-19 pandemic). The first drive-in movie theater opened in Camden, New Jersey, on this day in 1933.

**TODAY'S MOON:** Between new moon (May 30) and first quarter moon (June 7).



# Lifestyle choices can help prevent fatty liver disease

**ASK THE DOCTORS**

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

**Dear Doctors:** My father passed away due to unexplained liver problems that we only now know was fatty liver disease. It's 20 years later, and a CT scan shows some fat in my own liver. My liver readings are normal, but I'm the same age as my father was when his issues began. Should I be concerned?

**Dear Reader:** The term fatty liver disease refers to a range of liver disorders that are not caused by alcohol consumption, autoimmune disease, drug use or virus. It's the most common liver disease in the U.S., and it is estimated to affect up to 30% of individuals. Once known as nonalcoholic fatty liver disease, the condition is now more accurately called metabolic-associated fatty liver disease, or MAFLD.

Your father's health problems arose when this type of fatty liver disease was in the early stages of being understood. Although alcohol-induced changes to the liver were first described in the 1840s, it wasn't until the 1980s that a metabolic cause for fatty liver disease began to

emerge. A series of studies conducted throughout the decade revealed that metabolic abnormalities unrelated to alcohol use can also cause fatty liver disease. All these years later, with a clearer understanding of MAFLD, you are in a better position to understand and monitor the health of your own liver.

Fatty liver disease is just as it sounds - an abnormal buildup of fat in the liver. While a healthy liver contains some fat, when the amount begins to exceed 5% to 10%, it is considered to be fatty liver disease. This excess fat triggers an inflammatory response that, over time, leads to liver damage. That means the liver's hundreds of metabolic functions, which include filtering toxins, aiding in digestion, blood-sugar management, and creating and storing nutrients, are adversely affected. The condition is linked to being overweight or obese, high blood-lipid levels, high blood pressure and prediabetes and diabetes.

There is some evidence of a higher risk of developing MAFLD when the condition runs in a family. However, the lifestyle and environmental factors that we previously mentioned appear to play a more significant role.

The condition has few symptoms. Some people describe feeling tired, and some experience discomfort or pain in the upper right portion of the abdomen. This makes the disease challenging to diagnose. Abnormal results of liver-enzyme tests can be an indicator. So can a stiff or enlarged liver, as well as jaundice, which is a condition that causes the skin and the whites of the eyes to turn yellow.

When fatty liver disease is suspected, imaging tests may be used to assess the amount of fat in the liver. A biopsy to check for abnormal amounts of scar tissue in the liver, known as fibrosis, may also be requested.

It's important that, going forward, you let your health care providers know you have a family history of fatty liver disease. Meanwhile, you can take steps to reduce your risk. These include staying away from alcohol, maintaining a healthy weight, choosing a healthful diet rich in fresh, plant-based foods, and getting regular exercise.

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

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Dear Annie

MONDAY, JUNE 6, 2022

**Dear Annie:** I have been in a relationship for almost nine years now. We met when I was 18 and he was 24. He was my first serious boyfriend and my only real boyfriend ever as an adult. I immediately moved in with him after starting college, which was about five months into our relationship.

During these nine years, there have been multiple incidents of infidelity – from both of us. These past two years seem to be especially terrible in regards to cheating and lying to each other. During a break in the spring of 2021, my boyfriend told me he was potentially expecting a baby with an ex he had slept with. We had been trying to have a baby for years, so you can imagine how surprised I was to hear this news.

The baby was born in September 2021, and he eventually told me it was not his child. I'm not sure how he knows this because he has never been anywhere near a DNA test. Anyway, he swore he wouldn't talk to her again and that they were not in contact anymore.

About three months ago, I woke up from a nap, and he was standing at the end of the bed. He informed me that the ex was pregnant again and once again he might be the father. I rolled out of bed, put my shoes on and went to my mom's without saying one word to him.

Yesterday, when I was sleeping, he sent me a text message to inform me that he had lost his uncle due to a long-term illness and that his ex suffered a miscarriage. He says he is extremely saddened by this. I have noticed an extreme change in his behavior since he received the news about the baby.

I honestly do not feel any empathy for his situation, but I still want to be supportive of his feelings, considering his uncle's passing. Now I'm debating if we should even be in a relationship anymore, considering his attachment to this ex. I am only 26 and have been thinking about reentering the dating world following the past two years. What should I do? – Losing in Love

**Dear Losing in Love:** I am sorry for your ex-boyfriend's uncle's passing and the miscarriage. Both are really sad. And while it is understandable to want to be supportive of his feelings, the best way you can do that is by wishing him well and sending him warm, loving thoughts. And that is as far as it should go.

You are young and have your entire life ahead of you. Don't waste your love on someone who has cheated on and lied to you – not just once, but multiple times. You deserve better. Good luck in the dating world, and I hope you find a partner who is honest, faithful, kind and communicative with you. They're out there.

**Dear Annie:** A few months ago, my wife of four years went out for drinks with her girlfriends and did not return home till the next day. She had told me repeatedly she was coming home but never did, and when she did come home, her story as to why she was gone overnight was flimsy at best. I went behind her back to verify with a friend/bar owner where she was that night, what time she left, and with whom, which I know was an overreach. She had never given me a reason to doubt her prior. I should have gone straight to her and asked, and I have since then apologized.

In the months since that point, my wife has been extraordinarily distant from me and constantly asks for space. I've done my best to accommodate those requests, but sometimes she's gone for hours. Sometimes she comes home at 7 a.m., sometimes not until the next day and, even a few times, not for multiple days. When I ask where she's going or when she will be home, she makes it seem like I'm interrogating her and says, "This is the reason I need my space," but I feel it is unfair to expect a partner to give such a wide berth with no follow-up whatsoever.

At what point do I cross the line from being an understanding husband trying to let his wife work through some things and becoming a sap, wearing blinders that let him get walked over? – Wanting To Be Married Forever

**Dear Wanting:** It sounds like you've given your wife plenty of time and space, and the benefit of the doubt more times than she deserved. Her erratic behavior and secret-keeping are nothing but red flags of something bigger going on. Couples counseling, if she would be willing to attend, would be the best next step to getting answers and insight into your marriage.

**Dear Annie:** I have maintained a friendship for many years with a college buddy. We are both now married and have kids; I have two, and he has six. Here is the issue: While we both share interests (sports, etc.), invariably during our conversations and interactions, he

will make reference to how many kids he has, how expensive they are, and how my situation is much easier with "only" two.

Annie, my wife and I have been blessed with our kids and have had four miscarriages, all of which hurt. My friend knows this. How do I tell him to quit complaining and be happy with his six kids? Yes, they are expensive, but neither he nor his wife did anything to prevent the pregnancies, and all of the kids were planned. How can I tell him that he needs to quit complaining and accept his responsibility for his role in creating the kids as there are those who would love to have that many? – Fortunate Dad to Two

**Dear Fortunate Dad:** I'm so sorry for your loss. Children are among the biggest, most precious blessings we can be gifted in life.

The next time your friend makes one of his comments, try something simple and true: "You have such a beautiful family," or, "My wife and I would wish we had a few more of our own." A subtle reminder of how lucky he is might make him realize there are others who wish they were in his shoes.

**Dear Annie:** My husband and I have been married for 66 years. He was an only child and quiet, while I am the oldest of three girls and outgoing. We discuss everything; communication and compromise have been the answers over the years.

Also, we recognize that we have differences. For instance, he NEEDS quiet and alone time. Since I am the social person, I try not to talk too much at times – for his peace of mind.

I used to have company over two or three times a week, but when that became too much for him, I cut back. And we would discuss which guests he wanted me to invite over.

We each have things we do away from home, which means that each of us has the place to ourselves at times. We always try to think of the other person's feelings. He does special things just for me, and I try to do that for him. I always continue to remember what made me fall in love with this person, and I believe he does the same.

Sounds perfect, right? But with all this, I am feeling sort of bored and like I want a little adventure. – Feeling Restless

**Dear Restless:** The grass is not greener on the other side; the grass is greener where you water it. All of the wonderful communication and

respect for each other's boundaries – and remembering what made you fall in love in the first place – are all watering your own lawn. Now just enjoy the luscious green grass that you both have earned. Maybe it is time to take a trip to a place you never thought you would visit. Or pick up a hobby that you both can do together.

**Dear Annie:**

I am grateful for my husband.

I am grateful for my family.

I am grateful for my health.

I am grateful I drive.

I am grateful that I am a good person.

I am grateful I have friends.

Thank you. Love your column. – Grateful Maria

**Dear Grateful Maria:** Thank you for such a simple letter with a beautiful message that can inspire others in ways you can't imagine. I am grateful for readers like you. Keep up the gratitude. What we appreciate appreciates.

There is a great deal of research on the benefits of gratitude. Studies have found that giving thanks can help people eat and sleep better and just make you a more enjoyable person to be around, which improves your relationships. Making gratitude a habit can change your life.

**Dear Annie:** I had a problem concentrating on the work at my job because other people kept interrupting me, and I came up with a solution that I wanted to share with your readers.

We work in a large open room with multiple desks, and we all loved to chat. One of the ways I deterred people from talking to me while I was busy was to wear headphones.

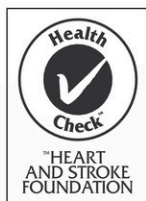
Sometimes, I was actually listening to music or a movie; other times, I just put them in because I didn't want to be distracted. This worked wonders for me, and my productivity went through the roof.

I hope this little tidbit helps. – Focused

**Dear Focused:** Thank you for your great suggestion.

*"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.*

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



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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.

"S ZOGT NTRXNBTU ... RE ZEBEN RZT  
GOISOBR CTB FZE USTU. ... TGTNJ  
COB FZE VTR PEER EB ECOZO DTOLZ  
... FOV O ZTNE." — ECON B. DNOUITJ

Previous Solution: "I am so thrilled by the privilege of life, and yet at the same time I know that I have to let it go." — William Hurt

TODAY'S CLUE: 0 sjenbe 7

### REALITY CHECK



### HERMAN

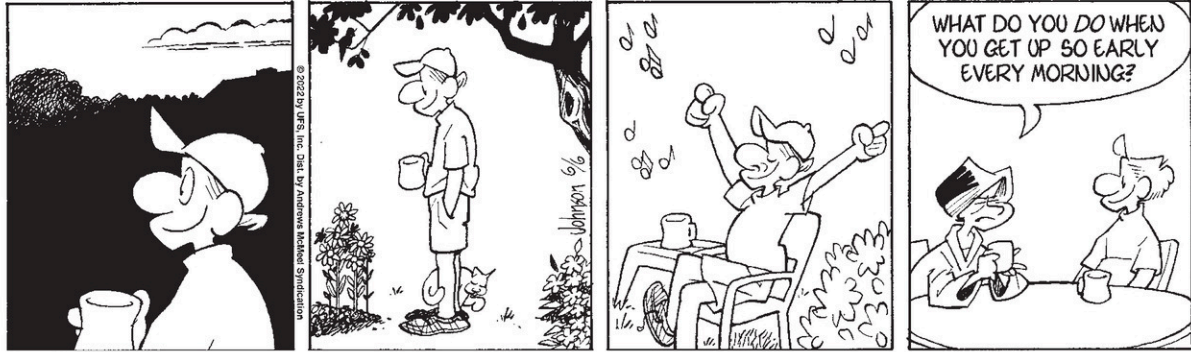


"We usually use a four-iron from up there."

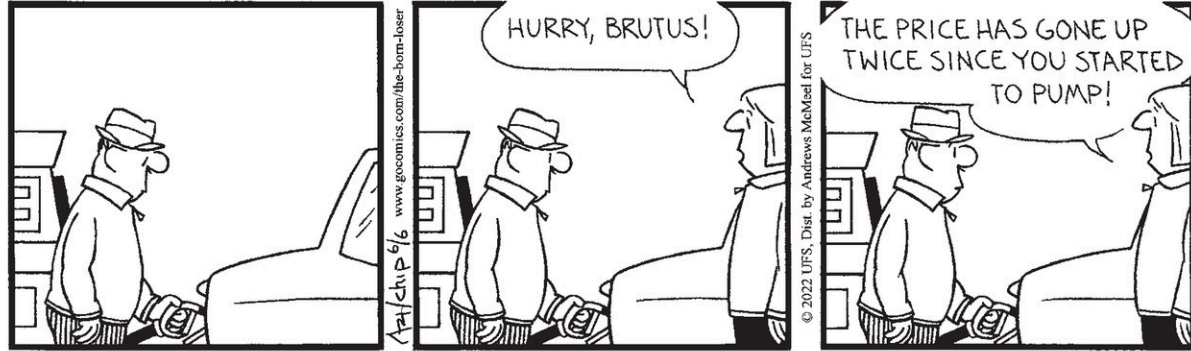
### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



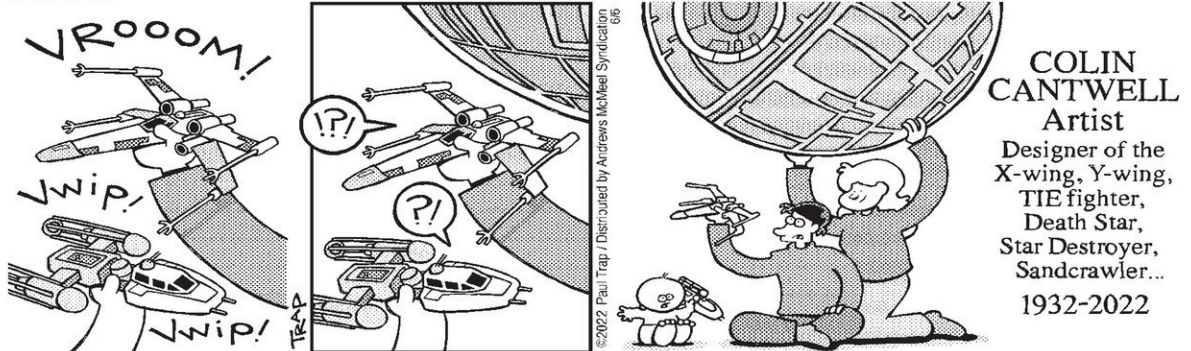
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



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Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: classad@sherbrookerecord.com  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

# CLASSIFIED

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

145 Miscellaneous Services

290 Articles for Sale

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.



275 Antiques

**LICENSE PLATE COLLECTOR** looking to buy Quebec license plates from 1950 and older. If you have any for sale, please call Daniel 450-278-0517.

**Make your classified stand out,** add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**



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

Chili is a staple that is full of delicious, fresh ingredients. A little chili goes a long way, and it can be spiced up to increase its warming power. This recipe for "Kidney Bean Double Chili" courtesy of John La Puma, M.D., ChefMD, is a healthy take on this beloved, hearty dish.

## Kidney Bean Double Chili Servings: 4

- 2 large poblano chili peppers, seeded, chopped\*
- 4 cloves garlic, minced
- 8 ounces frozen beef flavored crumbles, such as Boca or Beyond Beef brands
- 1 tablespoon chili powder, such as ancho or chipotle chili powder by McCormick brand
- 2 teaspoons dried Mexican oregano
- 1 cup chipotle salsa, preferably Frontera brand
- 2 15- or 16-ounce cans no salt added kidney beans, rinsed, drained



- 2 medium yellow summer squash or yellow zucchini, cut into 1/2-inch chunks (2 cups)
- 1/2 cup reduced fat sour cream
- 1/4 cup chopped cilantro or flat leaf parsley

Cover and cook until squash is tender, 8 to 10 minutes. Season to taste with salt, if desired. Ladle into shallow bowls; top with sour cream and cilantro.

\*If fresh poblano chili peppers are not available, substitute 1 or 2 jalapeno chilies, minced and seeded, and add 1 large green bell pepper, diced. If chipotle salsa is not available, substitute your favorite salsa and add hot pepper sauce to taste. Ancho or chipotle chili powder will give the dish more heat than regular chili powder. Beef stock may replace the 1 cup water.

Cook chili peppers and garlic in a large saucepan coated with cooking spray over medium heat for 2 minutes. Add frozen crumbles, chili powder and oregano and continue to cook 1 minute. Stir in salsa. Cover and reduce heat to medium-low. Cook 5 minutes or until chili peppers are tender. Stir in beans and 1 cup water. Stir in squash.

(Metro Creative)

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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## PREVIOUS SOLUTION

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

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

# KITTY CAT WORD SEARCH

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

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

- |              |             |          |           |
|--------------|-------------|----------|-----------|
| AILUROPHOBIA | DIGITIGRADE | KITTEN   | SPAY      |
| CALICO       | DOMESTIC    | KNEAD    | STRAY     |
| CAT          | FELINE      | MEOW     | STROPPING |
| CATNIP       | FERAL       | NEUTER   | TABBY     |
| CLOWDER      | HAIRBALL    | PAPILLAE | TONGUE    |
| DEWCLAW      | JOWLS       | PURR     | WHISKERT  |

# NEA Crossword Puzzle

# Your Birthday

MONDAY, JUNE 6, 2022

open mind. If you are cynical, you'll waste time and accomplish little. You may not agree with everything you hear, but a positive attitude will help you come out ahead. Romance is on the rise.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Your instincts won't let you down if you follow them. Be careful whom you trust, verify everything and agree to do only what fits into your schedule. Spend some time fixing up your space.

**CAPRICORN** (Dec. 22-Jan. 19) – Use only what's necessary. Taking a minimalist approach to what you do and how you do it will ensure you stay on budget. Don't let anyone take advantage of your skills or time.

**AQUARIUS** (Jan. 20-Feb. 19) – Keep your thoughts to yourself. Emotional situations will escalate quickly, causing problems between you and a friend, relative or peer. Bide your time and be observant.

**PISCES** (Feb. 20-March 20) – By letting your mind wander, you'll come up with a plan that will help you get ahead. Rearrange your time to focus on what's important to you. Use ingenuity to entice someone to help you.

**ARIES** (March 21-April 19) – Put muscle and enthusiasm behind whatever you decide to do next. Building momentum will make a good impression on someone keeping tabs on what you do. Professionalism will help you gain respect.

**TAURUS** (April 20-May 20) – Listen to reason. Put a strategy in place before you initiate a move. Consider alternatives and consequences, and you'll come up with a plan that works for you and your budget.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Countdown number
  - 4 Shoe size
  - 7 Dessert pastry
  - 10 Sand mandala builder
  - 12 Part of an agenda
  - 14 Quiche base
  - 15 Clapton or Severeid
  - 16 Boyfriend
  - 17 Outback jumper
  - 18 Book copier of old
  - 20 Day after Wed.
  - 22 Period
  - 23 Calendar abbr.
  - 24 Boston skater
  - 27 Upholstery fabric
  - 30 Odds and ends, briefly
  - 31 Feel sorry for
  - 32 Family member, for short
  - 34 Grief
  - 35 Soothe
  - 36 Kyrgyzstan range
- DOWN**
- 37 Road company
  - 39 Much teen talk
  - 40 Bikini half
  - 41 Road map no.
  - 42 Deal with a knot
  - 45 Add oxygen
  - 49 Lawyer's charge
  - 50 Teases
  - 53 Comparison word
  - 54 Mouths, in zoology
  - 55 "Now!"
  - 56 H.H. Munro
  - 57 Roman sun god
  - 58 Quaker pronoun
  - 59 Home furnishing

- 8 Operatic prince
- 9 Conscious beings
- 11 Like lemon juice
- 13 Wordlessly
- 19 Half a candy?
- 21 SHO rival
- 23 Wine and dine
- 24 German car
- 25 Barrel of laughs
- 26 Tech-support caller
- 27 Clamp team
- 28 Pac-12
- 29 Sorrel or bay
- 31 Daddy
- 33 Turn sharply
- 35 California motto
- 36 Cautions
- 38 Osaka sash
- 39 Fr. holy woman
- 41 Harsh-sounding
- 42 ETs' craft
- 43 Emperor before Galba
- 44 Bluish-green
- 46 Jezebel's spouse
- 47 Accept
- 48 Phillips University town
- 51 Hobby ender
- 52 Lah-di- —

1	2	3		4	5	6		7	8	9	
10			11		12			13		14	
15				16				17			
18				19				20	21		
			22			23					
24	25	26				27		28	29		
30					31			32		33	
34				35				36			
	37		38					39			
			40				41				
42	43	44					45		46	47	48
49				50	51	52			53		
54				55					56		
57					58					59	

High energy and added discipline will set you on the right path this year. Don't hold back when picking up the pace and staying focused on what's important will take you where you want to go. Keep your distance from meddlers and those offering unreasonable ideas. Take ownership of what you want to pursue and don't look back.

**GEMINI** (May 21-June 20) – Strive to do your best, and you'll gain respect and the edge you need to get ahead. Your experience and knowledge will help you sort through any tough decisions and get things done on time.

**CANCER** (June 21-July 22) – Initiate changes that make you feel good, look good and allow you to use your skills to your benefit. An emotional realization will lead to discussions and plans that will shape your life.

**LEO** (July 23-Aug. 22) – Avoid a trap. Expect someone to make last-minute changes that disrupt your plans or mislead you by withholding the information required to make a good decision. Bide your time and tread carefully.

**VIRGO** (Aug. 23-Sept. 22) – Set your sights on what's essential and forge ahead. Take a unique path and let your imagination lead the way. The ideas you come up with will be well-received and put to good use.

**LIBRA** (Sept. 23-Oct. 23) – Speed up the process and put whatever is hanging over your head to rest. Take the liberty to use your spare time to relax and enjoy taking care of your needs. Learn as much as you can.

**SCORPIO** (Oct. 24-Nov. 22) – Keep an

MONDAY, JUNE 6, 2022

## The singleton makes or breaks

By Phillip Alder

I am a big fan of splinter bids. They don't occur often, but when they do, they help us bid good slams and avoid bad ones. This week, let's look at them.

Study North's hand. After South opens one heart, what should North respond?

The best bid is definitely a wild leap to four clubs. This is not Gerber. It is called a splinter bid, which shows four-card or longer heart support, at least game-going values and a low singleton, singleton ace or void in clubs. (Do not splinter with a singleton king.) Now South has no club losers because, if necessary, he can ruff them on the board. So he uses Blackwood to uncover the heart ace, heart king and spade king. Then he signs off in seven hearts.

How should the play proceed after West leads the diamond king?

The only danger is a 4-0 trump split. If East has all four hearts, declarer is down. But if West has them, South is safe as long as he starts with his trump queen, keeping dummy's ace and king over West's jack and 10. Declarer continues with a second trump, winning West's 10 with the king. He returns to hand with, say, a spade, plays a heart to dummy's nine, draws \*

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

West's last trump and claims. South's 13 tricks are two spades, five hearts, five diamonds and one club.

Note that without the descriptive splinter bid, seven hearts is effectively unbidable.

In the old days, this four-club response showed a weak hand with a 1-o-n-g club suit – much less useful and less frequent.