

Most of Estrie to return to orange as of Monday

By Gordon Lambie

Quebec Premier François Legault gave the green light to the first steps of the province's reopening plan on Tuesday afternoon.

The plan, announced last week, will see the curfew eliminated across the province on Friday, along with authorization for gatherings of groups from two households, or a maximum of eight people from different households in private yards. Restaurant patios will also reopen. The following Monday, May 31, the majority of regions in Quebec will shift back to the orange alert level, including all of the Estrie except for the Granit sub-region, which will remain under red alert status for at least another week.

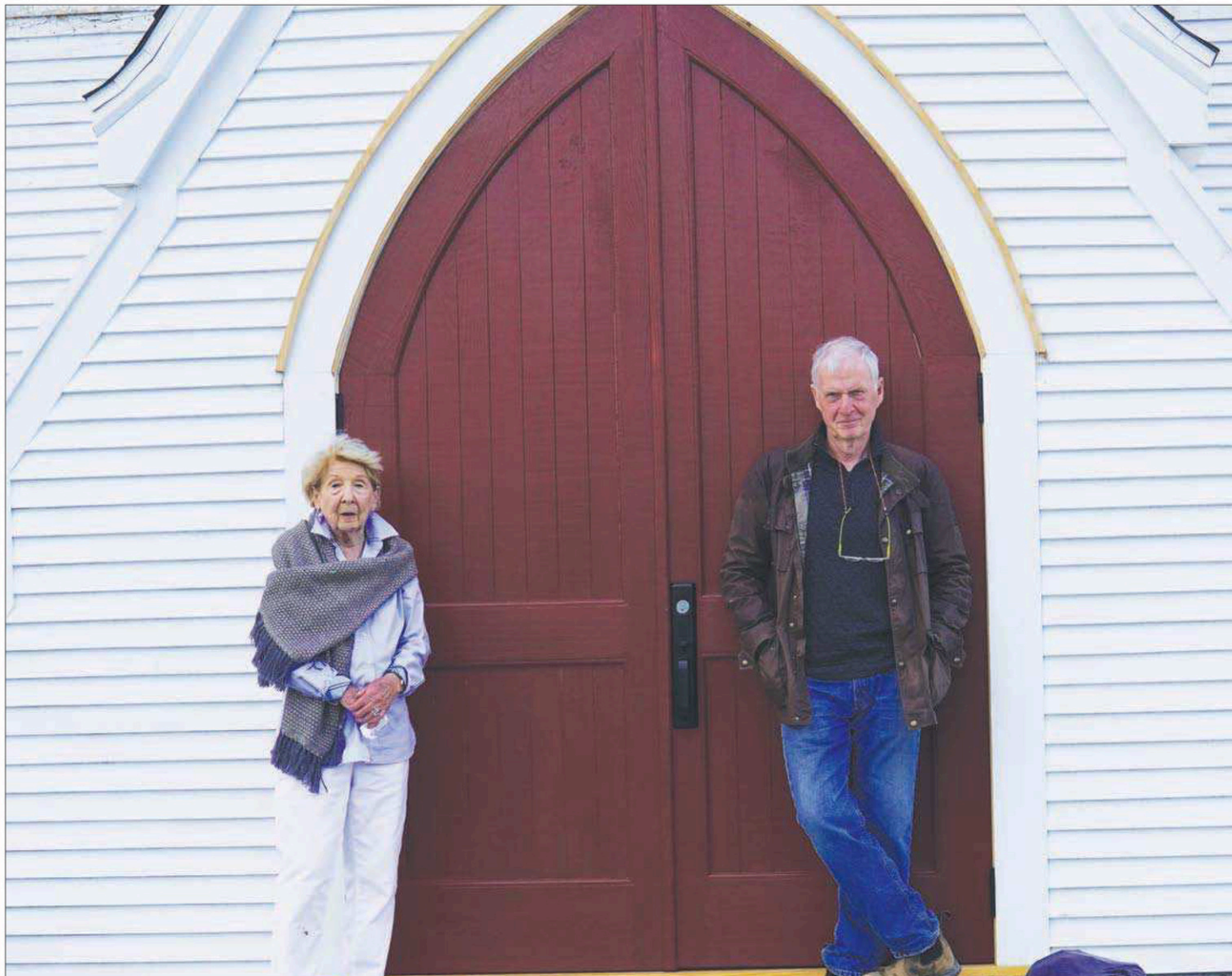
"If we continue this way, all regions should turn orange by June 7," Legault said, with provincial Public Health Director Dr. Horacio Arruda later clarifying that the date represents a goal, rather than a promise.

Tuesday also marked the start of vaccination for 12 to 17-year-olds in the province. As the youngest age group to date opened up, the premier issued a reminder to those who have yet to make an appointment that it is better to do so sooner than later.

Health Minister Christian Dube, meanwhile, announced that the province soon hopes to move up the dates of second vaccination doses, with the hope of having everyone who wants to be fully vaccinated by the end of August.

CONT'D ON PAGE 3

Heritage Fitch Bay: redefining community



KATHYRYNE OWEN

By Kathyryne Owen

St. Mathias Anglican Church on Narrows Road has seen better days. It has stood its ground since 1889, and when the church closed its doors in the late 1960s, the building lost its caretakers. The little building has a very unique architecture, designed and built like the hull of a ship. Each stain glass window perfectly measured,

assembled and shipped from England to find its place in this beautifully crafted structure. Almost 60 years later, a group of citizens throughout Stanstead Township decided that this building deserved to be restored and preserved. The Heritage Fitch Bay committee was formed as a means of seeing St. Mathias Church returned to its former glory, but also with the idea of inspiring the village to reclaim it by redeveloping the

church and its grounds and creating a community hub.

For this week's Friday File, we will meet Bill Marsden and Elsie Sullivan, two of the people who have driven the project. Both current residents of Fitch Bay, they share their passion for the town's heritage.

Check out the Friday Files on our website at www.sherbrookerecord.com or our Facebook page.

Advertisement for Cass Funeral Homes featuring Penny Ward, Consultant, with contact information 819-564-1750 and website casshomes.ca. Includes a photo of a brick building.

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## Weather



**TODAY:**  
60 PER CENT  
CHANCE OF  
SHOWERS  
HIGH 28  
LOW 10



**THURSDAY:**  
60 PER CENT  
CHANCE OF  
SHOWERS  
HIGH 13  
LOW 0



**FRIDAY:**  
CLOUDY  
  
HIGH 11  
LOW 0



**SATURDAY:**  
SUNNY  
  
HIGH 15  
LOW 2



**SUNDAY:**  
MIX OF SUN  
AND CLOUD  
  
HIGH 19  
LOW 4

## HAND IN HAND

# Tourette Syndrome Awareness Month



The Association québécoise du syndrome de la Tourette (AQST) is a non-profit organization created in 1994 which aims to support, inform and improve living conditions for people living with Tourette Syndrome (TS) while also supporting, informing and training the people who live and work with them and making the population aware of this problem. The AQST organizes various activities and events throughout the year to help people living with TS and those around them.

Tourette Syndrome is a neurological disorder characterized by tics which can be rapid and sudden, recurrent, stereotyped motor movements or vocalizations that are involuntary. Both multiple motor and one or more vocal tics can be present at some time during active phases of TS, not necessarily at the same time. Tics can occur many times a day (usually in series) almost every day or intermittently over a period of more than one year. We can observe a variation in the number, frequency, type, localization and intensity of tics. Symptoms appear before age 18. Tics are not caused by a substance (stimulant) or other medical condition. The

number, localization, frequency and severity of tics can change over time. Vocal tics are noises, words or sounds. Speaking obscenities can be found in less than 10% of people with TS. Tics may diminish during adolescence and adulthood and disappear completely in certain cases. Even when remission is complete, certain tics can reappear during stressful periods.

Tourette Syndrome Awareness Month runs from May 15 to June 15 this year and aims to raise awareness of this syndrome, which is largely unknown to the general public, as well as to deconstruct certain stereotypes about people living with TS. This year, the AQST has planned weekly programming during the four weeks of Awareness Month. Concrete action will be taken every week, in addition to the sharing of several articles and videos on social networks throughout the month. The awareness month will be kicked off with an online store where jerseys can be purchased. Profits from the sale of these will go directly to the association. A series of video testimonials will be posted on our Facebook page as well as on the AQST private group. A virtual roundtable discussion evening will be organized so that parents of children with TS can interact with adults living with the syndrome. The AQST Annual General Meeting and a testimonial will be presented via the zoom platform on Saturday, June 5, 2021 at 10 a.m.

Among the services, activities and events of the AQST we find, among others, support groups for parents

of young people living with the syndrome, which are offered in 11 regions of Quebec as well as in the form of virtual meetings, telephone support, family activity days and respite stays for parents. Young people aged 7 to 17 living with Tourette Syndrome can participate in weekly virtual groups, a winter camp in the form of a workshop-camp during spring break, in two summer camps in the form of a summer camp and at the POP Days which take place twice a month in different regions of Quebec. The AQST also offers several training courses throughout the year, in particular during the annual conference during which professionals present various workshops on SGT and the issues associated with it on the social, clinical and research levels.

More information on the work of the AQST is available online at [www.aqst.com](http://www.aqst.com) or by calling 1-855-399-3910

The Hand in Hand column provides a space free of charge each week for community organizations that serve the English-speaking community of the Eastern Townships to share news or information about their mission or activities. Any organization interested in contributing a text for the column should contact Associate Editor Gordon Lambie at [glambie@sherbrookerecord.com](mailto:glambie@sherbrookerecord.com) for more information about scheduling and requirements.



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## Ben by Daniel Shelton



# Local News

Organized by the Direction régionale de l'Estrie, the sessions will address the nomination process, municipal organization and the role of elected officials, and provide a better understanding of involvement in municipal politics.

## Upcoming information session on running in municipal election

Record Staff

A virtual information session for the Estrie region will be held at the beginning of June to help prepare people interested in getting involved in the upcoming municipal elections. Two time slots are available; at noon and at 6 p.m. on Tuesday, June 1.

The session is part of the campaign "I'm running" developed by the

ministère des Affaires municipales et de l'Habitation (MAMH) to inform citizens and encourage them to take part in municipal democratic life by running for municipal councillor or mayor this fall.

Organized by the Direction régionale de l'Estrie, the sessions will address the nomination process, municipal organization and the role of elected officials, and provide a better understanding

of involvement in municipal politics.

Stéphanie Viens-Proulx, a Saint-Jérôme councillor from 2013 to 2017, will be present to share her experience and answer questions.

Interested parties must register by phone at 819 820-3244 or by email at dr.estrie@mamh.gouv.qc.ca. They will then receive a link to connect to the activity.

The next municipal elections are

scheduled for Nov. 7, 2021. In the last election in the Estrie region in 2017, a total of 386 positions out of a possible 627 were filled without opposition, and only 21.8 per cent of mayoral positions were held by women the day after the election.

In terms of councillors, women held 33.4 per cent of available seats.

The average age of those elected was 54 years old.

## Support program for agricultural fairs renewed until 2024

Record Staff

The agricultural exhibition support program will be renewed until 2024. With an envelope of \$7 million dollars, the objective of the program is to promote Quebec agriculture and agri-food to the public through the various agricultural exhibitions in different regions of Quebec.

André Lamontagne, Minister of Agriculture, Fisheries and Food, made the announcement yesterday.

"Again this year, the pandemic brings many challenges. Agricultural exhibitions that usually attract thousands of visitors each summer will have to reinvent themselves by adapting their event to public health guidelines. I wish to congratulate the organizers for their commitment and determination in the face of this situation," Lamontagne said in a press release.

Some 30 events will benefit

from the program to bring the agricultural sector closer to the consumer, encourage local purchasing and strengthen the sense of pride and belonging to the agricultural community by showcasing its culinary heritage, resources and local products.

"These regional gathering places rooted in Quebec's history bring citizens closer to the agricultural world. Agricultural exhibitions are an exceptional showcase for the know-how and innovative capacity of the agricultural and agri-food sector," Lamontagne explained. "For the public, they are ideal places to discover and rediscover local products and to learn about the challenges facing agricultural and agri-food businesses and how they contribute to Quebec's food autonomy."

The 2021-2024 Agricultural Exhibition Support Program was developed to meet the current needs of fairs, which must constantly reinvent themselves to maintain visitor interest



Cookshire Fair 2019

RECORD ARCHIVES

and adapt to change.

A new measure will help to maintain agricultural and sectoral exhibitions by offering compensation in the event of cancellation of events due to the

current health crisis.

In 2019, the sales generated by agricultural fairs represented just over \$13 million in various communities across Quebec.

## Covid update

CONT'D FROM PAGE 1

The Province of Quebec reported 346 new cases of COVID-19 on Tuesday, bringing the total number of people infected to 368,155 and the number of active cases to 5,365.

Six new deaths were reported, for a total of 11,101, and hospitalizations decreased by nine, to 415. The number of people in intensive care decreased by one, to 101.

There were 31 new cases reported in the Eastern Townships, bringing the number of active cases locally to 430, and the total number of cases since the start of the pandemic to 14,536.

There were two new deaths reported in the region, one at Éden sur le Lac private seniors' residence in the Granit area, and one in the community.

The number of people in hospital and intensive care in the region did not change from Monday to Tuesday, remaining at 19 hospitalizations and an additional five in intensive care.

Emergency measures were lifted in the Granit region, despite the fact that the sub region still had the highest rate of infection and number of active cases of any other.

As of Tuesday morning 5,051,681 doses of vaccine had been administered across Quebec, resulting in 55.7 per cent coverage with a first dose and 5.5 per cent deemed adequately vaccinated

Locally, 279,147 people have received at least one dose, accounting for 55.2 per cent of the regional population.

## Pif Classic canceled for 2021

Record Staff

For the second year in a row, the organization of the Pif Portes Mackie Classic presented by Louisville Slugger has been forced to postpone the tournament and festivities until next year. Conditions related to the current pandemic have forced the event's organizing committee, led by Marco Leclerc, to make the decision to cancel the summer 2021 event.

The closure of the Canada-US border greatly affects the presence of the Invitation Class teams and the health constraints surrounding large outdoor gatherings convinced the committee to make this decision. However, this choice will allow organizers to eventually present citizens of Sherbrooke and slow-pitch fans with a 45th anniversary that will live up to their expectations in 2022.

# An open letter to this year's grads



**DISHPAN HANDS**  
**SHEILA QUINN**

Dear Graduates of ETSB High School Classes of 2021, as well as all of those completing WOTP classes and generally in your last year of high school,

I've been thinking about you a lot this year.

Like, a lot.

I've been thinking about rites of passage, about personal successes and exciting personal moments, about fun secrets amongst friends, mistakes (of all sizes), first-time failures, the some of the very specific first times

that life challenged you and that you challenged life.

I think my nostalgia is particular strong right now because my twin nieces are about to be the 4th and 5th Quinn girls to make their way through RRHS since its opening (our cousins Cathi and Mary Pat in the 70s, me and now them). The other reason is that it's one of those magical anniversary years for my high school graduating Class of '91 of RRHS - it would have been our 30th anniversary of graduating.

We were a pretty easy-going bunch. Many of us had teachers/staff/administration for parents (including a science teacher, an economics teacher, our English teacher for the last two years of high school, a parent who would become custodian not too long after that age and stage, a gym teacher/coach, my Mum who was a Nursery School teacher, but still in that loop, and our Principal). I believe that dynamic could have swayed the pendulum significantly in one direction or another - we could have felt entitled and protected, and taken advantage of that. We could have rebelled and pushed against that air of 'control'.

Instead, we were pretty easy-going.

We liked to laugh a lot. That was probably our main thing. We weren't the hardest working, yet the RRHS Class of '91 has still yielded an MD, at least one other PhD, several talented artists (almost all guys - many of the guys were gifted cartoonists already, as evidenced by our grad wall - the one with the pyramid), teachers, a fashion designer, a newspaper columnist who dabbles in many other things...there aren't many fields that really overlap in our careers.

We've sort of stayed in touch, but we're also a little bit lazy - so, in spite of 6 times the time we spent at RRHS past us, we have yet to organize an official reunion.

I think we probably would have for this year.

I wish though, that instead, we could have given you the gift of a so-called normal last year of high school, a graduation and a prom. That is, as normal as a year of high school gets. One where your biggest challenges were thinking of homework and friend drama and enemy drama, of homework and the excitement and abyss of the future - that big unknown place the other side of the post-high school fog.

I wish we could have given you your fair shot at all of the awkward moments. All of them. I mean, I'm sure you've still had your fair share. If you haven't, maybe that is something you will consider working on for the future - they're more significant and powerful than people admit that they are - we grow from them, in strange ways, even when they're paired with a little embarrassment or laced with emotion. The moments you really didn't do your homework, the moments of detention, of telling someone you like them and being turned down, of playing a sport hard and losing...this list could fill newspaper after newspaper of the discomfort we grow from.

Maybe you are not graduating.

It is very likely that the reasons why are complex - and there is also a chance that maybe right now you can't even completely paint the picture as to why. Maybe part of it has to do with community, and how you're not sure what it would mean about your own reality and future if you did - would you fit into a world where you did complete your high school studies? And what about beyond that? What if you went on to study something else? What if no one else around you is planning to do that? What if you don't even know how any of that works? What would the people around you think if you did? Would they think you were stupid for finishing school, or for extending your education even past that high school realm? Maybe you have no idea what it would bring into your life, maybe all of that feels foreign, like something from another world, and you're not sure if it's really your thing.

I would recommend for all of you, no matter which part of the huge spectrum occupied by all of you (it is

as colourful and vast as each and every one of you - you are each your own bright colour, your own vivid person), is to contemplate allowing the little shards of discomfort and awkwardness to have their place in your life, and to keep learning, whatever that direction takes you in. It might not happen right now, but those opportunities are yours none-the-less, they belong to you. And if you have no idea where to start, as you head off into the world, learn how to reach out and ask...every single school and place of learning and work has people whose actual job it is to connect with YOU.

People have made brands of 'awkward' and 'anxiety' - and they have been paid handsomely to tell you that what you should feel is comfort in this world.

But I believe that you, more than any other graduating class in a very long time, know what discomfort is - and you have learned how to find the cracks to thrive in, to exist in, to just BE in. So widen that space, and drop through to the other side, and when you get there, begin asking questions. Ask questions so that you can get ahead, grow, as that is the beautiful way you earn your golden tickets in life - the passes that bring you to another place, another level, another opportunity.

Ask those questions to yourself, when you look in the mirror. Challenge yourself to look yourself in the eyes and ask great questions about the present, about the future. Don't worry too much about the past, because while it built some things for you, now is the time when you get to experiment with laying down your own foundation, and the opportunities to build will keep coming if you just give them room.

People used to talk about how 'opportunity knocks'...but really, it's not so much about waiting for that arrival at the door, but simply to open it. The future is out there for each and every single one of you.

From the one of the two Class Clowns of the RRHS Class of '91 (the other being still a great friend, and one of those talented artists that created our pyramid grad wall mural I mentioned), I know that you will all have reasons to love life, to laugh with friends (old ones and the many, many new ones to come).

The way through is to believe the way exists.

Go ahead.

Open the door.

**Dedication:** In memory of Mr. Voisard, who put up with our nonsense and loved us just the same, and with love to our amazing homeroom teachers, Mrs. Tremblay (R-204) and Mr. Brown (R-206), and in memory of Mrs. Cumby (R-202), who are forever in our hearts, our many other teachers over the years, our gym teachers and coaches, bus drivers, patient custodians and hall monitors, cafeteria staff, library staff, receptionists and secretaries and administration. You all helped to raise us, and we are proud RRHS grads.



## The Record will be publishing a keepsake special section for High School Graduates of 2021

The Record wants to honour the High School Graduates of 2021 with a special section on June 15.

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 8, 2021

# Bishop's Gaiters women's basketball welcomes new associate coach

By Michael Boriero

Jennifer Mathurin, a former Champlain College Saint-Lambert and NCAA Division I standout, is bringing her talents to the Bishop's University Gaiters women's basketball program.

However, this time around she won't be dashing across the basketball court, dicing through defenders and punishing opponents at the rim. She will instead be sporting a whistle and a coaching clipboard, standing on the sideline as the team's newest associate coach.

"I'm very excited," said Mathurin. "I think this is a great opportunity. I'm glad that I'm going to be working with young ladies and I'm going to be, besides the life coach, the only woman on staff; I think that's super important."

She said that there are things

women would rather not share with men. Women can build bonds and strong relationships with their male coaches, Mathurin added, but it is not the same. Her first experience with female coaches was at North Carolina State University.

"It means a lot to me, mainly because growing up all of my coaches were men, everyone on the staff were men, which is fine because I mean obviously, they helped me grow as a player and stuff, but there's always times you wish you could talk to a female coach," she said.

There were two women on the coaching staff at NC State, and she remembers a couple occasions where they helped her through some personal and team issues - things she didn't necessarily want to bring up with her male head coach.

"I think it's important to have that balance, especially when you coach females, and especially because I'll get

to understand them a little bit better," said Mathurin.

Mathurin, who is 28 years old, spent the past year coaching at Seminaire St. Francois, one of the top high school programs in Quebec, according to a Bishop's press release. However, due to the pandemic, they were unable to play any games this season.

While they couldn't get on the court against other schools, they were still able to work on fundamentals. It is a sports-oriented school, Mathurin explained, so for the students on the team, basketball is part of their curriculum.

It was a challenging year, though, for many reasons. All sports were cancelled. Student-athletes were forced into online video meetings to discuss game strategy, and train on their own, all the while the threat of COVID-19 outbreaks continued to hang over their heads.

"At the end of the day, you play basketball, you love to practice, you love to get better, but their candy is playing in games, getting better to hopefully win the nationals or the championships or whatever, but they didn't have that," said Mathurin.

It was a learning experience for the young coach, as she needed to alter her practice preparations and pay attention to her players' motivation levels, which has been an issue for many coaches across every athletic discipline this year.

"It was my duty to always come prepared and stimulate them in a way that even if they didn't have that candy, they still wanted to come back and they still remained motivated," said Mathurin.

Mathurin holds a master's degree in social work from NC State, but before continuing her education, she ventured out to Australia to begin what she hoped would be a long and successful professional career. Her plans, however, were derailed due to injury.

She ruptured her Achilles in 2018, which led to a gruelling recovery process. It took Mathurin about a



PHOTOS COURTESY MARTY ROURKE

year and a half to get back to normal. During that time, she decided to pursue a master's degree, rather than focus solely on rehabbing her lower leg.

It also kept her distracted from the fact that she likely wouldn't be able to pursue professional basketball again. She admitted the mental side of the recovery process was tough. She felt small, being a competitive athlete all her life to suddenly being unable to walk or jog.

"It also affects you on the identity side because again, you've been an athlete all your life and now, you're potentially looking at not being that anymore, so it's kind of scary, it's very challenging, you're in a negative space," Mathurin said.

She overcame that injury, though, and she looks forward to working with head coach Craig Norman, who she has admired since she was in cegep. Mathurin is focused on sharing the knowledge she gained in the NCAA and Australia to the Gaiters women's team.

"You're still able to live your dream through other people and I think it's even more gratifying because you're able to touch more people," said Mathurin.



## Ma Cabane hosts bingo and other activities



MICHAEL BORIERO

Record Staff

Ma Cabane, a day centre for Sherbrooke's homeless and vulnerable population, plans to host weekly activities out of its newly renovated room located in the back of the building. Several people participated in an afternoon bingo game on Wednesday. The day centre provided prizes for winners, such as an assortment of chocolates, candies, notebooks, reusable water bottles,

earphones, socks and sunglasses. The group of six bingo players were laser focused when The Record arrived at the centre, all of them eager to claim a prize. According to one of the social workers, the activities will vary every week. They recently held a haircutting session, and next week people will be playing chess. The activity room sits next to the centre's shower and laundry area, however that has not been completed yet.

# EDITORIAL

Then along came the COVID pandemic. And suddenly the cough took on additional layers of meaning and consequence. Now each time it reappears, we have to scurry off to the testing facility for another round of nose swabs.

## The new taboo

By Kyl Chhatwal

When he was very young, our eldest son had this outsized, grandiose, hyperbolic cough. The word “cough” doesn’t quite do it justice. He sounded like a congested goose. You would hear it and think, did that really come from such a young child?

Now before you judge me as a bad parent—poking fun at my son, rather than worrying over this troubling symptom—trust me, I did worry, probably too much.

But my wife, who is a family doctor—and far less prone anyway to overreacting to minor medical conditions in our children—had already safely diagnosed the problem. It had something to do with a tiny narrowing in a certain section of his windpipe, a quirk that apparently disappears as children grow older.

(At least I think that was the explanation; medical stuff is her department. She’s not here to edit what I’ve written, and I’m on a deadline, so we’ll have to stick with that description, accuracy be damned.)

Anyway, once I knew the problem wasn’t serious, nor permanent, I began to find that big, meaty, honking cough of his... well, almost comical. He has always been a small boy, which made the irony that much richer.

Once when he was a baby, we were in a crowded room (pre-COVID of course) listening to a public speaker. My son chose that moment to let out a real honker of a cough. It practically vibrated the walls. The speaker stopped, zeroed in on the source of this alarming interruption, and more awed than irritated, declared, “Why, he sounds like a little duck!”

He is now two-and-a-half and has mostly outgrown the cough, just as my wife predicted. But each time he picks up a cold virus (inevitable, now that he’s at a daycare) that cough of his comes honking back.

Then along came the COVID pandemic. And suddenly the cough took on additional layers of meaning and consequence. Now each time it reappears, we have to scurry off to the

testing facility for another round of nose swabs. That happened so often I found myself wishing there was a loyalty program. Five family tests and you get a free ham.

The tests were always negative of course—kids his age aren’t efficient vectors for COVID—though they are excellent vectors for every other virus that results in coughing fits.

Anyway, his cough would inevitably linger, and the problems posed by it were decidedly social now. Coughing is not the most acceptable public behaviour these days. Yet try telling that to a toddler.

I have nonetheless attempted to instill in him certain necessary social graces. “Cover your mouth,” I beg, with desperate cheeriness, as he starts honking away at the grocery store. “Cough into your elbow—just like I showed you!” Meanwhile, the other customers look as though we’ve just torn open a box labelled “Anthrax.”

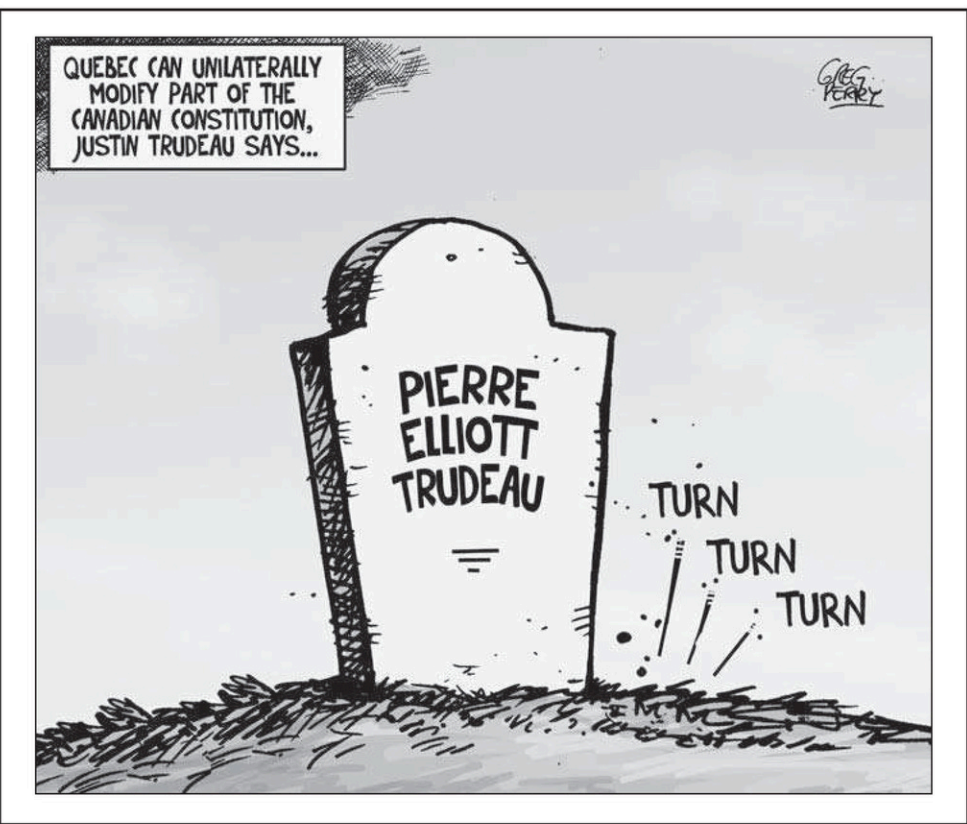
Perhaps our most direct confrontation with this new taboo happened about a month ago. We were in a park near a school where certain play modules are off-limits during certain hours, reserved for the schoolchildren who are still waiting for their parents to pick them up.

There were no signs to this effect, so we didn’t know. As my son bee-lined towards the nearest swing set, one of the monitors started rushing at him, waving her arms. “Sir!” she yelled at me, having deduced that I was the irresponsible parent here. “This is an after-school daycare. It is off-limits to all other children until...”

Just then, in this moment of spiking conflict, my son let out the most ringing, resonant, and altogether resplendent cough that had ever passed through his slightly narrow windpipe. HONK!

The monitor blanched and backed away, like he wasn’t a toddler but a barrel of radioactive sludge. “Don’t go near him!” shrielled another monitor, from the safety of the tarmac.

Should I have apologized to the two women, explained there was nothing to worry about, that it was just a chronic cough, and that he’d just received a



negative test for COVID (etc. etc.)? Probably. But I was busy getting an earful from both of them. And secretly, I was kind of pleased that that faithful old cough had reappeared when it did.

So what is the solution for this new taboo, this complete and utter interdiction around coughing in public places? Well, maybe each time we get tested, they should send us a T-shirt along with the negative results. “COVID-free!” it should declare. I’d take that over a free ham.

## Letters

### A bit of ancient history

To THE EDITOR,

It was recently mental health awareness week. When I was a child, being mentally ill or a divorced person was actually scandalous. Although I’ve known I am a manic-depressive person for at least 60 years, I wouldn’t dream of telling my parents I was bipolar.

It was sometimes whispered that my grandmother’s mother had spent time in the mental hospital in London, Ont. Grandmother Wright always said, “Hush up about the Cromleys.”

Her name was Bertha King. She had emigrated from North Cornwall, UK as a young girl. They owned and operated the only general store in Petrolia, Ont. But both parents died of typhoid around 1885, leaving grandmother and her sister who were probably 18 and 16 at the time.

Her sister passed away with TB two years later. These diseases decimated whole families in the Victorian era.

Neither my brother nor I had much money before we began our working lives. The joke is that whilst completing his MD at Western University in London, Ont. my brother was allowed to live free at the “insane asylum” in London in exchange for certain orderly or easy practical help. He bought an ancient Chevy car and drove his laundry home to Sarnia once a week.

LOUISE WRIGHT EMANUEL  
LAC BROME

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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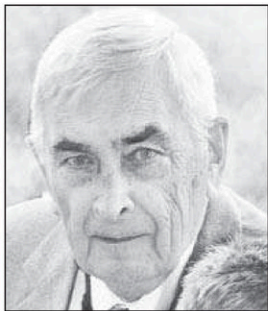
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Québec 

## Death

**Leland  
Gradyn  
Bennett  
1935-2021**


Leland Bennett passed away at home on Tuesday, May 18, 2021 at the age of 86. Leland was predeceased by his parents Gradyn Bennett and Hildred Sykes and his sister Marilyn (Bob) Ladd.

Beloved husband of Anne Ward Bennett and dear father of David (Donna), Peter (Marg), Sandra (Andy), Stephen (Liz), Bruce (Jocelyn), James (Lisa). He will be fondly remembered by his grandchildren Jason (Nancy), Duane (Françoise), Katie (Matt), Adam (Tina), Jesse (Morgan), Stephanie (Max), Michael (Katharine) and great-grandchildren Allysia (Alexis), Olivia, Westley, Lincoln, Kyah, Tao, Isla, Bo.

Leland also leaves to mourn his sister Eileen (late Charlie) Clarke and his brother Robert (Nicole) Bennett.

Due to Covid-19 restrictions a private family burial will take place at a later date.

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## Death

**Malcolm A.  
Molony  
1929-2021**


On May 21, 2021 at the age of 92, Malcolm passed peacefully from this world to be with the Angels.

He leaves his loving wife of 68 years, Frances Bullock, brothers and sisters, brothers-in-law, sisters-in-law, a very special uncle, nieces and nephews, cousins and wonderful neighbours, friends, and caregivers.

Heartfelt thanks to all who were so kind and helpful during his illness with Dementia and Parkinson's.

A memory service will be held at a later date.

Donations in his memory can be made to any charity of your choice.

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# The different types of bird feeders

Birds are big business. That may come as a surprise to people who have never given much thought to the warm-blooded vertebrates who fly over their heads every day, but tens of millions of people have a passion for birds.

A 2016 survey from the U.S. Fish & Wildlife Service found that more than 45 million people in the United States watch birds around their homes and away from home every year. While statistics aren't as current in Canada as they are in the United States, past studies have indicated birding is wildly popular among Canadians, with roughly 30 percent going wildlife-viewing while on out-of-town trips of one or more nights. That positively affects the economy, contributing billions of dollars to the tourism industry in both the U.S. and Canada every year.

While birding trips can help birdwatching enthusiasts see birds they otherwise may never see in person, bird feeders can be a great way to bring more birds into your own backyard. Choice of bird feeder can affect just which birds come to your back yard, and the following are some bird feeder options for birding enthusiasts to consider.

- **Window feeders:** Small and easily attached to windows with suction cups, window feeders are easy to maintain and bring birds right to your window. Birds that visit window feeders stand in the seed while feeding, so they must be cleaned and refilled on a daily basis.

- **Tray or platform feeders:** The online birding resource All About Birds (allaboutbirds.org) notes that tray feeders attract the widest variety of seed-eating feeder birds. That makes them ideal for birding enthusiasts who want to attract a variety of birds to their properties. Tray feeders are simply platforms that hold seed and provide a place for birds to stand while they eat. All About Birds recommends tray feeders with screened, rather than solid, bottoms, as these trays promote complete drainage. Frequent cleaning is necessary with tray feeders, as bird



droppings can quickly soil seed.

- **Hopper or house feeders:** These feeders are enclosed and feed seed out through the bottom. Hopper feeders are great for people who don't want to be bother with daily maintenance, as they can hold several pounds of food at one time, greatly reducing the number of times homeowners will need to refill them. In addition, hopper feeders don't need to be cleaned as often as other feeders. However, All About Birds notes that hopper feeders, which need to be thoroughly cleaned roughly once per month, are harder to clean than other feeders.

- **Tube feeders:** Tube feeders deliver seeds to birds through screens or ports. Small perches attract birds to tube feeders, making these ideal for small birds. Some tube feeders contain perches designed for birds that can feed upside down, potentially attracting a greater variety of birds to your backyard. But All About Birds notes that seed can collect on bottom-most feeding ports, providing a breeding ground for mold and bacteria. As a result, tube feeders should be inspected and cleaned regularly.

Bird feeders can draw an array of birds to your backyard.

(Metro Creative)

## Datebook

WEDNESDAY, MAY 26, 2021

Today is the 146th day of 2021 and the 68th day of spring.

**TODAY'S HISTORY:** In 1865, the last Confederate forces fighting the Civil War surrendered in Galveston, Texas.

In 1868, the Senate failed for the second time by only one vote to convict President Andrew Johnson in his impeachment trial, resulting in his acquittal.

In 1923, the first 24 Hours of Le Mans sports car race began near the town of Le Mans, France.

In 1972, President Richard Nixon and Soviet leader Leonid Brezhnev signed the Anti-Ballistic Missile Treaty.

In 1994, President Bill Clinton renewed China's Most Favored Nation trade status.

**TODAY'S BIRTHDAYS:** Al Jolson (1886-1950), singer/actor; Dorothea Lange (1895-1965), photographer; John Wayne (1907-1979), actor; Peggy Lee (1920-2002), singer-songwriter/actor; Miles Davis (1926-1991), jazz musician; Stevie Nicks (1948-), singer-songwriter; Pam Grier (1949-), actress; Sally Ride (1951-2012), astronaut; Lenny Kravitz (1964-), singer-songwriter; Helena Bonham Carter

(1966-), actress; Matt Stone (1971-), screenwriter/TV producer; Lauryn Hill (1975-), singer-songwriter; Ben Zobrist (1981-), baseball player.

**TODAY'S FACT:** Only two U.S. presidents in history went on to serve in Congress after having held the nation's highest office: John Quincy Adams and Andrew Johnson.

**TODAY'S SPORTS:** In 1959, Pittsburgh Pirates pitcher Harvey Haddix pitched what would have been the longest perfect game in history - 12 innings - only to lose 1-0 in the 13th.

**TODAY'S QUOTE:** "I had to confront my fears and master my every demonic thought about inferiority, insecurity or the fear of being Black, young and gifted in this Western culture." - Lauryn Hill

**TODAY'S NUMBER:** 28,231 - parole passes given to Confederate soldiers by Gen. Ulysses S. Grant after their 1865 surrender at Appomattox Court House in Virginia.

**TODAY'S MOON:** Full moon (May 26).

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my wish!"



20 years 10,000 wishes

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# NEA Crossword Puzzle

# Your Birthday

WEDNESDAY, MAY 26, 2021

### Answer to Previous Puzzle

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

- ACROSS**
- 1 Recolor
  - 4 Pollution control org.
  - 7 Splendor
  - 11 Electric fish
  - 12 Coax
  - 14 Mountain range near China
  - 15 — -relief
  - 16 Squeeze oranges
  - 17 City near Zurich
  - 18 London's river
  - 20 Open up
  - 22 Go-aheads
  - 23 Gymnast Mary — Retton
  - 24 "Lohengrin" or "Tosca"
  - 27 Tractor owner
  - 30 Where hackles rise
  - 31 Japanese clog
  - 32 Stockholm carrier
  - 34 Previous
  - 35 Diet
  - 36 Links org.
  - 37 Williams of tennis
- DOWN**
- 1 Sum owed
  - 2 "Uh-huh"
  - 3 Joy Adamson lioness
  - 4 Archimedes' shout
  - 5 Use a steam iron
  - 6 Turkish honorific

- 39 Dwindled
  - 40 Goddess of dawn
  - 41 Garnet or ruby
  - 42 Pheasant kin
  - 45 Smelled awful
  - 49 Dory need
  - 50 First-quarter tide
  - 52 Zsa Zsa's sister
  - 53 Warm-hearted
  - 54 Fence opening
  - 55 Dogpatch's — Abner
  - 56 Spiky flower
  - 57 Road topping
  - 58 Work diligently
- 7 Baby food
  - 8 Bread spread
  - 9 Antony or Chagall
  - 10 Lemonade color
  - 13 Take a cue from
  - 19 Additional
  - 21 Ibsen heroine
  - 24 Single
  - 25 Golf scores
  - 26 Fencing weapon
  - 27 Crumbly cheese
  - 28 "NBA Friday" broadcaster
  - 29 Hit the ceiling
  - 31 Medicinal root
  - 33 Blue
  - 35 Tolstoy et al.
  - 36 Glitzy fabric
  - 38 Utilized again
  - 39 Two-hanky film
  - 41 Persona non —
  - 42 Metal disk
  - 43 Commuter line
  - 44 Willy or Shamu
  - 46 Brown seaweed
  - 47 Sinister
  - 48 Actress Tyne
  - 51 Pack it away

1	2	3		4	5	6		7	8	9	10
11				12			13		14		
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49					50	51			52		
53					54				55		
56						57			58		

Check out what's feasible this year. Underestimating the extent of your plans will become an ongoing aggravation. Size up situations before you get going, and modify any plans that need adjustment. Discipline, organization and moderation will lead to success.

**GEMINI (May 21-June 20)** – Strive to advance. Don't take shortcuts when precision and detail are required. Pace yourself and leave nothing to chance, and you will overcome any obstacle you encounter along the way.

**CANCER (June 21-July 22)** – Explore new possibilities, but don't buy into something without doing your homework. Underlying issues in a bureaucratic situation will limit your ability to build a secure base.

**LEO (July 23-Aug. 22)** – Take a moment to digest what's going on around you, then make your move. Take the lead, and don't slow down until you are happy with what you achieve. Don't listen to idle chatter.

**VIRGO (Aug. 23-Sept. 22)** – Ease into whatever you want to pursue. Size up what you have to work with, then implement changes that are in sync with trends. Refuse to let personal matters slow you down.

**LIBRA (Sept. 23-Oct. 23)** – Reflect upon the lessons of experience. Rise above any meddling or misinformation you encounter. You have no time to waste, and a good chance of success. Be smart and alert.

**SCORPIO (Oct. 24-Nov. 22)** – Pick up the pace, and don't stop until you feel you have accomplished what you set out to do. Discipline is necessary, along with vision, innovation and sound instincts.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Consider your relationships with others and how they operate. Question those who try to muddy situations or manipulate what others do, and it will be easier to navigate your way to victory.

**CAPRICORN (Dec. 22-Jan. 19)** – Be open to creative concepts and doing things differently. An opportunity will need tweaking, but will ultimately provide you with something concrete.

**AQUARIUS (Jan. 20-Feb. 19)** – Take a gander at what's happening globally, and you'll gain perspective regarding your next move. Protecting your home and family will put your mind at ease and lead to a better future.

**PISCES (Feb. 20-March 20)** – Stop, assess and rethink your strategy. Don't take unnecessary risks. Information will be vague and making a good decision will be difficult. Focus on self-improvement where you can make headway.

**ARIES (March 21-April 19)** – Take better care of your money, possessions and documents. Use common sense, and talk through worrisome matters with someone you trust to give you sound advice. Strive for stability.

**TAURUS (April 20-May 20)** – Do things your way. Make up your mind instead of letting someone step in and take charge. Change begins with you. Size up whatever situation you face, and construct a solid plan.

WEDNESDAY, MAY 26, 2021

## What is the deal's degree of difficulty?

By Phillip Alder

Thomas Babington Macaulay, a 19th-century English historian, wrote, "Time advances: Facts accumulate; doubts arise. Faint glimpses of truth begin to appear and shine more and more unto the perfect day. The highest intellects, like the tops of mountains, are the first to catch and to reflect the dawn. They are bright, while the level below is still in darkness."

Perhaps that is the perfect quotation to sum up learning bridge.

This deal was labeled as an intermediate play problem, but I feel it is advanced, and only those who have reflected the dawn would get it right.

West leads the heart king against four spades. What should South do, given that West probably has the diamond ace for his overcall?

If South had rebid three no-trump, would East have led a heart – dawn for declarer – or the diamond queen – darkness?

If East gets on lead, he will shift to the diamond queen, and declarer will lose one heart, two diamonds and one club. South must stop East from winning a trick with either his club queen or heart nine.

North		05-26-21	
♠ 10 8 3			
♥ A 8 7			
♦ 9 7 4			
♣ A K 7 6			
West		East	
♠ 7 6		♠ 5 4	
♥ K Q 10 6 5		♥ 9 4 3	
♦ A 8 3		♦ Q J 10 6 2	
♣ J 10 3		♣ Q 9 8	
South			
♠ A K Q J 9 2			
♥ J 2			
♦ K 5			
♣ 5 4 2			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♠	2♥	2NT	Pass
4♠	Pass	Pass	Pass
Opening lead: ♥ K			

To do that, declarer has to duck the first trick. Let's assume West shifts to the club jack. South wins with dummy's king, draws two rounds of trumps and continues with the heart jack, ducking again in the dummy after West covers with the queen. South wins the next club with dummy's ace, discards his last club on the heart ace, ruffs a club, plays a trump to dummy and discards a diamond on the established club seven. (If the clubs aren't 3-3, declarer hopes that East has the diamond ace.)

### CELEBRITY CIPHER

by Luis Campos

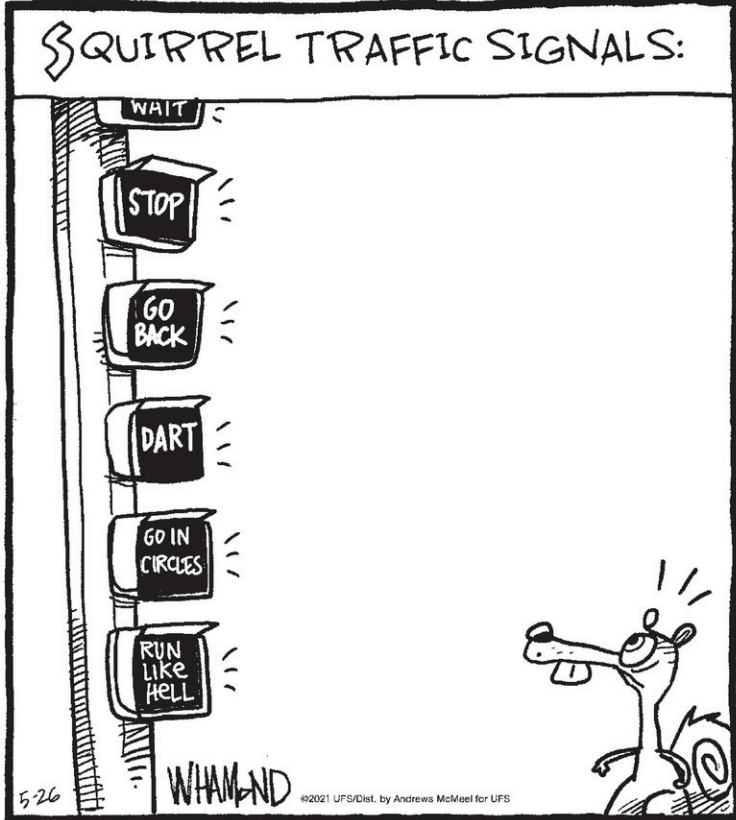
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" B TYUI FJ AYM, DGTT B CBCS'I TYUG  
BI, B ESYD DXGVG BI BU, IXGVG'U  
AWUI UYFG YIXGV LWJ CYBSL BI  
SYD." — MYMRZI LYTCIXDZBI

Previous Solution: "We all have hourglass figures; your sand just settles in different places." — Octavia Spencer

TODAY'S CLUE: K equals E

### REALITY CHECK

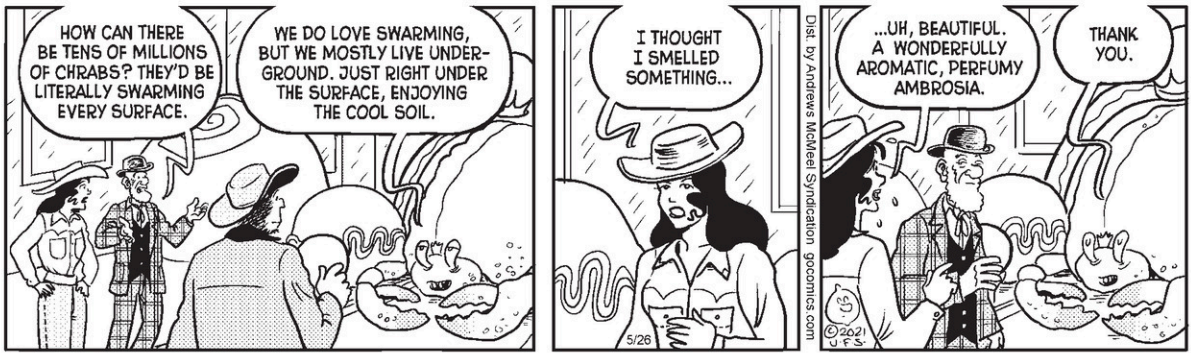


HERMAN



"So much for your theory that the earth is round."

### ALLEY OOP



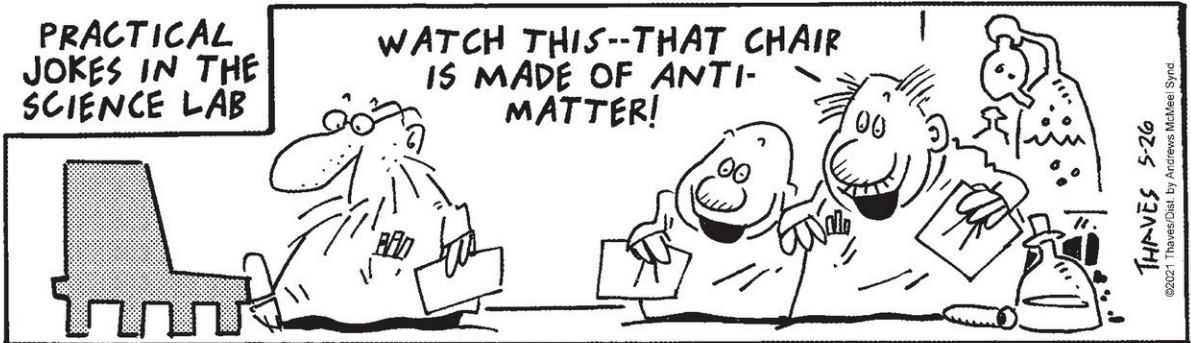
### ARLO & JANIS



### THE BORN LOSER



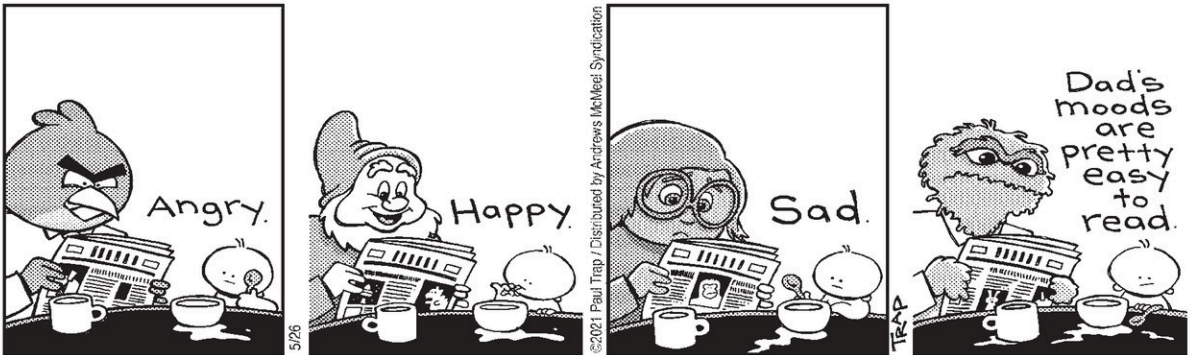
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## What to do when there's no reply

Dear Annie

WEDNESDAY, MAY 26, 2021

**Dear Annie:** I am a doctor and have a friend whom I see at medical conferences once or twice a year. We first met five years ago, and we get along great, especially because there was a time when we female doctors were rare. However, our friendship is very casual, and I don't really consider her a close friend. I just think of her as someone I enjoy hanging out with during the conferences.

The problem is that when I sent her an email suggesting we get together for our usual luncheon on the opening day of the conference, she never replied. I'm not sure whether I offended her, though I honestly can't think of anything I did that could have made her upset. I'll admit that my feelings are hurt, and I'm even thinking about not going to the next conference, but then I think that's silly. I am writing to see whether you have any suggestions. – Scratching My Head

**Dear Scratching:** You should pick up the phone and call her. It is possible she never even saw your email. If she did, I'm sure there is a reasonable explanation for why she didn't reply. If, for some reason, you did offend her, she can explain that to you, and you can decide whether to apologize or, if you think she's wrong, look for a new luncheon partner at your conferences.

**Dear Annie:** I am disheartened by the letters I read about individuals who are suffering from hearing loss and refuse to seek assistance. When I incurred the trauma of going deaf, I was sure my situation was hopeless. My hearing aids were useless, and I was not a candidate for the surgical interventions that have given many others the ability to hear. I could not have been more wrong in my belief that I would never hear again. With the patient assistance of a doctor of audiology and my ENT specialist, I can now function reasonably well. The advances in technology are remarkable.

To the hearing-impaired individual, I would say, "Be patient." It takes time to adjust. At first, the "new" sounds you hear may seem annoying, but they were part of your life prior to your hearing loss. Secondly, be sure to see a well-regarded ENT specialist and a qualified audiologist. They can offer options that far exceed what most people know to exist.

Of equal importance is the understanding of family and friends. Mine make sure they have my attention before speaking to me. They don't begin talking while walking away or not facing me. They make allowances for my seating at a table or in a room, knowing that having a wall behind me – so light will illuminate their faces – is a big help. On the phone, they speak slowly and clearly, especially when leaving a voice message.

Being hard of hearing is a challenge for both the affected individuals and those with whom they interact. It requires effort by all involved. In my opinion, it is selfish for the hearing-impaired to not endeavor to maximize their

hearing with whatever works for them. It is equally selfish for their family and friends to not attempt to accommodate the additional considerations that may help. They are cheating themselves and their family and friends of fuller and richer interactions. I am blessed to have a superb "hearing team" and an understanding group of family and friends, but I took the effort to get help and to educate others about my specific needs. – T.L. Wagner

**Dear T.L. Wagner:** Thank you for your insightful and eloquent letter.

**Dear Annie:** You recently published two letters from office workers who asked for assistance in approaching a co-worker with objectionable body odors. Your suggestions were valid, and the admonition to shower before work was good, but that may not be enough. Body odor isn't always caused by a lack of hygiene. Some medications, some medical conditions, cigarette smoking and what a person eats can contribute.

In college, I had a roommate who exuded very objectionable smells almost immediately after a shower and deodorant application. He was a smoker, but the stale smell of cigarettes was not the odor emitted. So your advice should have suggested looking for some internal condition that could be the root cause of the problem. – G.S.

**Dear G.S.:** You make a great point. Diabetes, kidney and liver dysfunction, and rare genetic disorders can also cause body odor. If good hygiene practices aren't getting at the source, it's best to talk with your doctor.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – 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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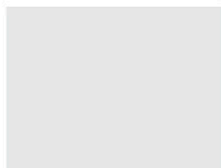
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DIFFICULTY RATING: ★★☆☆☆

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

5/26

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### PREVIOUS SOLUTION

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

**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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