

# Sherbrooke praises stability in water quality report

Record Staff

The City of Sherbrooke is reporting a stable water quality at its municipal beaches and in its rivers following a series of reports tabled at Tuesday night's City Council meeting. The results are being attributed to close to a decade of work by teams from the Urban Infrastructure Service to find and repair illegal sewer connections, as well as other actions such as the separation of sewers, the implementation of erosion and sediment control measures on construction sites, and shoreline restoration.

According to the reports, the water in the Magog River and its tributaries was considered to be of good or "satisfactory" quality between 2019 and 2021. The Saint-François river and its tributaries, meanwhile, merited a grade that varied between "satisfactory" and "questionable" over the same period of time. The reports did note an improvement in 2020 and 2021, however.

The water quality of Lac des Nations in 2021 corresponded to a C (fair) rating, as in 2019, but there was a significant decrease in the average concentration of E. coli. bacteria.

The results obtained at Lucien-Blanchard Beach in 2021 showed that the water quality corresponded to a

CONT'D ON PAGE 3

# Meals on two wheels



CASSIE MACDONELL

Sherbrooke-based organization Sercovie begun a pilot Meals on Wheels by bicycle program on Wednesday, which will see volunteer cyclists deliver hot meals to seniors every Wednesday throughout the summer.

By Cassie MacDonell  
Local Journalism Initiative

On Wednesday, Sercovie launched a Meals on Wheels by bicycle program, which will see volunteer cyclists deliver hot meals to seniors every Wednesday throughout

the summer.

Meals on Wheels is not a new concept to Sherbrooke—in fact, 2023 will mark the program's 50th anniversary in the area, according to a press release by Sercovie. However, the delivery of these meals via bicycle rather than car is a new concept to the Sherbrooke-based

organization.

Sercovie is a specialized activity center for adults 50 years and older, as well as the largest Meals on Wheels program in Quebec and second largest in Canada. The organization will opt for "sustainable" transport over some

CONT'D ON PAGE 3

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## Weather



TODAY:  
SUNNY

HIGH 24  
LOW 14



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH 22  
LOW 9



SATURDAY:  
SUNNY

HIGH 21  
LOW 8



SUNDAY:  
SUNNY

HIGH 24  
LOW 10



MONDAY:  
MIX OF SUN  
AND CLOUD

HIGH 27  
LOW 14

# Just Another Day in Paradise



LINDA KNIGHT SECCASPINA

*This was the thirteenth in a series— a column I used to do called “Horse with No Names” about the strangers that I met in my life.*

May 2004, San Francisco

On Wednesday I stopped at a crossing light next to a homeless man that was pushing an overloaded shopping cart. I said good morning to him, he nodded and returned the greeting. I had not written anything in a while for my ‘Horses with No Names’ series because quite frankly there was no one that really stood out. When I write I want words of honesty to come from my heart or I will not tell the story.

I really wanted this man to know someone gave a damn, so I asked him his name. He told me it was Tony, but everyone called him “Caveman”. I looked directly into his eyes and could feel he had a story in him that I wanted to know. I asked him if I could take a picture and he nodded affirmatively and we crossed the street.

As I took his picture I asked him how he got his name and he told me that he had received it when he belonged to ‘The Rainbow Family Gathering’. Not quite knowing what

that was I Googled it and found out it was communities of people, who congregate in remote forests around the world for one or more weeks at a time with the stated intention of living a shared ideology of peace, harmony, freedom, and respect.

Tony told me that at one of the gatherings someone had given him two large bones for his dogs and he ran around with one in each hand like a mad man. Looking at his wild dreads and envisioning the scenario in my mind I had no problem seeing this vision quite clearly how he got the name. He then told me he was exactly 36.9 years old as he counted the 9 months that he was in his mother’s womb as part of his age.

Tony was a really good person in his heart. I asked him what he would like people to know about him. Immediately words rushed out telling me that all he cared about was his fellow man. He told me he lived his life much like the film “Pay it Forward”. In one of my favourite movies

11-year-old Trevor (Hayley Joel Osment) carries forth a teaching assignment to put into action a pyramid scheme based on doing good deeds rather than for profit. The recipient of the favour passes the favour to someone else and so on. How grand would this be if we all lived like this?

Tony told me if anyone needed a coat for the Bay area chill, he was the first one to offer his and he asked for nothing in return. For Tony it is all about unconditional love. He has no worldly goods, so he looks for nothing else and he loves life. As I grasped his hand to thank him I could feel the energy of love come through his hand to mine.

When we get up every day, do we live our life like Tony?

Do we appreciate what we have?

Do we take life for granted?

I walked away from Tony with a lot of questions in my mind. Who is giving Tony the unconditional love that he so richly deserves? There are so many cuts to county, provincial and federal budgets that have left little for people that need it the most.

Who loves them?

Most people have never really sat down and got to know a homeless person. I do stories on them because they are no different than you or me—they just have a different story.

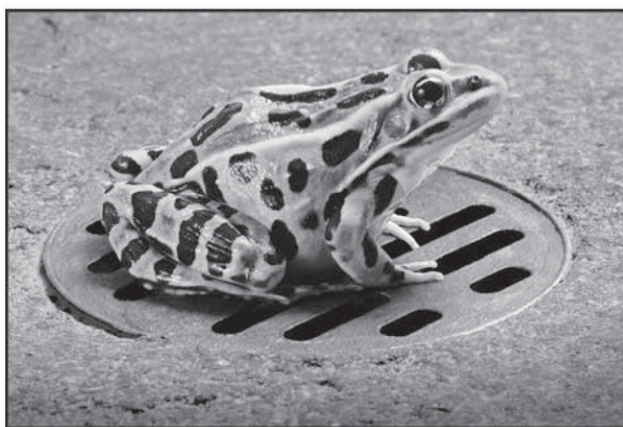
Update July 2022

So why did I decide to tell this story this week?

Last week I had a woman who was 62 call me and ask if I knew a good place for her to camp. I asked her why she was camping, and she immediately told me she had been evicted. What if your own mother told you she was camping because she was homeless?

For far too long we have dealt with homelessness by warehousing folks in emergency shelters — if you can find room. Things will never change if politicians, media and most importantly us think the current solutions are okay. I was lucky after being on the phone for a few hours to find a temporary roof over her head, but nothing is permanent. So when life gets hard try to remember the life you complain about is only a dream to some people.

Poverty and homelessness have become the norm. Homeless people that die on the street is not news. In contrast— a drop in the stock market is. Just remember that person on the street is someone’s father or someone’s mother and they all have a story. Unfortunately, we have come dangerously close to accepting the homeless situation as a problem that we just can’t solve.



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## Ben by Daniel Shelton



# Local News

The addition of the work on Portland is expected to divert even more traffic onto King Street. King is already serving as the primary cross-town boulevard given work that is being done at various points along Galt.

## Portland, Prospect, and Bowen join growing list of construction closures

Record Staff

Portland Boulevard, Bowen South, and Prospect Street are the next three names up for major public works project in the City of Sherbrooke. According to a press release issued by the city earlier this week, work is set to get started on each of these three major roads this week.

Beginning Thursday, July 7, Prospect Street will be closed between Jacques-Cartier North and Bouchette Street, near the golf course, for resurfacing work. Thursday and Friday will serve

as preparatory days, while the bulk of the resurfacing will actually take place next week, weather permitting. Vehicle traffic will be permitted only on evenings and weekends, but the bicycle lane will remain accessible at all times. Drivers are encouraged to detour via Jacques-Cartier North, Beckett, and Duvernay.

Resurfacing work is also planned on Portland Boulevard between the viaduct over highway 410 and Lionel-Groulx Boulevard. In this case the work will mainly be done at night time, beginning on Sunday, July 10, and

lasting for approximately three weeks. In order to limit the impact on traffic circulation near the Carrefour de l'Estrie shopping mall, work will take place between 6 p.m. and 6 a.m. from Sunday to Friday. At least one lane will remain accessible in each direction at all times during the work, and the bike lane will remain available. Work crews have also committed to maintaining access for the businesses in the area. Drivers are encouraged to avoid the area unless necessary.

The addition of the work on Portland is expected to divert even more traffic

onto King Street. King is already serving as the primary cross-town boulevard given work that is being done at various points along Galt.

Finally, Bowen Street South has been closed at its intersection with rue de Caen near Bureau Park to allow for the reconstruction of the latter road. Drivers should detour via Aubry and Prince-Rupert streets.

Amid the growing number of construction detours, drivers in the city are encouraged to use the interactive map at [sherbrooke.ca/travaux](http://sherbrooke.ca/travaux) to help plan their route.

## Éric Sévigny appointed Sherbrooke's Town Manager

Record Staff

Sherbrooke municipal council has ratified the appointment of Éric Sévigny as Town Manager.

Sévigny has extensive experience in municipal management, including serving as town manager for various municipalities, including Bromont and Waterloo.

Over the past five years, he has been called upon to lead numerous strategic files related to economic development, land development and urban infrastructure management in Bromont. He also has several years of experience as a manager in various federal departments.

With a bachelor's degree in geography and a master's degree in

urban planning combined with several management courses, Éric Sévigny will officially take up his duties in the coming weeks.

In a press release Sherbrooke Mayor "Évelyne Beaudin welcomed Sévigny to the team.

"I am very pleased with the arrival of Mr. Sévigny at the head of the City of Sherbrooke. He is an experienced

person who will bring us the benefit of his leadership and knowledge. His thoroughness and attentiveness will have a positive impact on our entire organization. I would like to take this opportunity to thank Gaetan Drouin, who has done a tremendous job in the past few months to keep us on track," the mayor commented.

## Water quality

CONT'D FROM PAGE 1

C(fair) rating. This is a deterioration compared to 2020 when a B (good) rating was obtained.

The average of the results obtained in 2021 at the beach in the Deauville sector corresponded to a B rating (good), which is comparable to the

2020 results.

"These reports show once again that every action counts," Sherbrooke Mayor Évelyne Beaudin is quoted as saying in a press release issued by the city about the results. "This is why we insisted so much on

the revitalization of our shorelines. We must intensively pursue actions aimed at improving the quality of our waterways."

The city's "blue patrol" will also be taking proactive steps on water quality by ensuring compliance

with regulations on the restoration of shorelines to their natural state and by promoting good practices to reduce the spread of invasive species, in particular at the watercraft washing station at the beach in the Deauville sector.

## Meals on two wheels

CONT'D FROM PAGE 1

of the usual delivery cars. "This initiative was one that everyone was really happy about because it touches all the departments of Sercovie. The activities, the meals, and reducing our carbon footprint," said Caroline Beauregard, Sercovie directrice des activités physiques et de loisirs, in an interview. "It goes very well with our mission to prioritize physically active lifestyles." The organization has hundreds of volunteers, many being seniors themselves, who help seniors who may not have the means to make

meals for themselves.

From July 6 to Aug. 31, seniors registered for Meals on Wheels that live near Sercovie, which is located at the corner of rue Murray and rue Conseil, will receive meals via bicycle on Wednesdays. "We can't do all of Sherbrooke because there are many hills," said Beauregard. She explained that some of Sercovie's usual Meals on Wheels deliveries are made to areas located far from the organization's headquarters, such as in Rock Forest-Saint-Élie-Deauville, which means the

food would grow cold before the cyclist could reach the seniors' homes.

Despite these challenges, the future may see an expansion of bicycle deliveries around Sherbrooke. "This summer, the project is in its trial period. If successful, there are plans to extend it more widely," she said. "We have a plan to do it every day of the summer eventually," she added, explaining that Sercovie wishes to also expand bicycle deliveries to a larger area.

The trail period will see one out of

18 Meals on Wheels teams delivering meals via bicycle. "Some (bicycle) volunteers already do Meals on Wheels by car, some volunteers heard about the project and wanted to be a part of it," said Beauregard. According to Sercovie's website, the organization delivered more than 144,000 hot and frozen meals to the homes of Sherbrooke seniors last year.

Comité vert de Sercovie initiated the project and received \$5,000 of support from the community through Fonds d'investissement citoyen.

# Quite contrary

By Mary-Ellen Kirby

Is it time yet? Is it finally time for us to call a spade a spade? Can we please stop excusing and enabling the bully in the sand box? One might think that after two years of global upheaval our provincial government would have a plethora of vitally important issues to tackle, such as the colossal social and economic hangover resulting from harsh Covid restrictions and lockdowns, or the disgraceful dysfunctions in our health care systems, or the exponential surge in emotional distress in our youth, or the staggering amount of debt incurred over the past two years, or skyrocketing inflation or... or...or. Choose just one urgent problem and try to do something constructive about it, s'il vous plait. I'm not picky, any one of them will do. Sadly, focusing on real problems and grappling with potential solutions seems to be beyond the scope of our current leaders' mental capacity. Instead, like Don Quixote tilting at windmills, they rush madly about chasing chimerical threats to the sacred French language. Papa Legault et al. have certainly capitalized on the political zeitgeist running rampant these days: never let a good crisis

go to waste. Indeed, what better time to impose repressive, draconian legislation than when the populace is demoralized, distracted by fear and worry?

It seems the CAQ has mastered the classic magician's technique of misdirection. Navigating through the choppy waters of Quebec's language wars for the last four decades has left me slightly seasick; I am old and tired, no longer credulous enough to believe in magic. Bill 96 is black magic. It is thinly cloaked malevolence and rests on the entirely false premise of the superiority/fragility of the French language. Evidently this government needs remedial history lessons. Our European antecedents were nothing more than usurpers of this continent... no matter which language they spoke upon arrival here. The first peoples must be mightily fed up with this fatuous insistence on the supremacy of French in Quebec. Certainly it is the language of the majority, certainly the culture is a delightfully distinct one and certainly, it should be celebrated, supported and encouraged but that is better accomplished with a carrot than a nail-studded baseball bat. Quebec society has mostly agreed that claims of supremacy based on

gender, skin colour, religion or sexual orientation are hate crimes. How then, can this government still legitimize and laud claims of supremacy based on language? Repeatedly, M. Legault has made vehement, self-righteously indignant denials of systemic racism in Quebec on the one hand, while his other hand has no hesitation in passing blatantly discriminatory laws like Bill 21 and now Bill 96. Preferential or prejudicial treatment of a person, or group of persons, based on ethnicity is the very definition of racism. Bill 96 perfectly fits the bill, so to speak.

Our federal minister of official languages, Ginette Petitpas Taylor, is currently on tour 'consulting' minority language groups across the country and Sherbrooke is apparently on her list of whistle-stops. Honestly, I don't anticipate anything useful coming from this exercise; it is merely a placating gesture designed to quell concerns that bill C-13 - with its sneaky references to 'asymmetrical bilingualism' - will upend Ottawa's two official languages policy. As per usual, the federal government will do as it damn well pleases, consultations notwithstanding. Mostly, what they please is mollifying the bully in the

Quebec sand box as the last 40 years of federal appeasement gestures have proven. The feds will probably double down on the CAQ's gaslighting, too. Apparently, Quebec Anglos are "the best treated minority" on planet earth; we should be slobberingly grateful that we are tolerated in the sand box at all and stop complaining when the sand castles we built get knocked down or sand gets kicked in our eyes.

I think it is high time - past time - for a little straight talk so here is mine: Non, merci M. Jolin-Barrette, M. Legault et tous les CAQistes, I will not move to the back of your despicable, discriminatory little blue bus to nowhere. I do think it was most considerate of you to provide a convenient snitch line for reporting heinous infractions of English, though; as a proud Quebecoise, I will make liberal use of it. English songs played in shopping malls or at sporting events? Call the OQLF! Cashiers and clerks who dare to wish me 'un bon weekend'? Call the OQLF! "Stop" instead of "Arret" on signs? Call the OQLF! Hopefully, you'll all be so busy answering phone calls and putting out English fires, you won't notice when the bus goes over the cliff.

## FRONTIER ANIMAL SOCIETY

### Featured pet: Bentley

Bentley, who is 10 to 12 months old, is a fun and playful cat. He is engaged and curious and happily accepts pets and attention from our volunteers.

Picked up as a stray, this sweet young cat was brought to our shelter for safekeeping. Although still quite young, he was disheveled and thin so it would appear he had been out

on his own for a while. How or why this little guy ended up on the streets we will likely never know, but what matters now is that we find him a safe, responsible and loving forever home.


Following his arrival, we gave him a little time to rest and relax in one of our quiet isolation rooms. Having received a clean bill of health from our vet, Bentley is now enjoying life in our main colony where he interacts nicely with the other cats. With the warm weather finally here, he is taking full advantage of our

screened-in "catio" where he spends lots of time lounging and napping in the sunshine.

Bentley, who is chill and easy going, was quick to adjust to his daily routine at the shelter so we think he'll settle into his new home with ease.

If you are looking to adopt a friendly and outgoing cat, Bentley is a great choice.

To inquire, please give our cat adoption coordinator Linda a call at 819.868.2684 or send us an email at [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com)



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Bentley

# Cherry River Marsh association urging greater caution this summer

Record Staff

As summer tourism season heats up, the association overseeing Magog's Cherry River Marsh is asking the public to think more about the environmental impacts of their actions. In a notice issued in late June, the Association du Marais-de-la-Rivière-aux-Cerises shared that the summer of 2021 saw significantly higher number of kayak and paddleboard users than usual on the marsh's waterways.

"On busy days, it was not uncommon to observe nearly 150 boats at the same time on the narrow Cherry River, although it does not have the physical characteristics to accommodate such a large number of boaters," the notice reads, indicating that there were noticeable impacts of the increased traffic on local plant and animal life.

In order to help avoid a repeat of this situation, the association has

committed to installing new signage about the site's code of conduct and more markers to indicate particularly sensitive ecological areas. The marsh has also hired a new "sensitization agent" to help patrol the water in addition to the kayak guides who are already present on a daily basis. This new employee's job is specifically aimed at helping boaters to be more responsible for and aware of the impacts of their actions in this delicate ecosystem. A "conservation technician" will also be present to serve in a similar role on the park's trails.

Those looking to take advantage of what the marsh has to offer are encouraged to read the rules in advance on their website, <https://maraisauxcerises.com/>. Note that the information is only available in French.

In order to reduce the chance of impacts on the local ecosystem, park users are also encouraged to try to

avoid peak hours or times when there might be more people present, like during weekends or the provincial construction holiday.

The Association du Marais de la Rivière-aux-Cerises is encouraging greater care as a way of reminding people that the marsh is a natural environment of great importance in the region. It provides many ecosystem services that are extremely beneficial to the community such as capturing surplus water from neighboring lands and regulating the local hydrological system, improving water quality, and helping to reduce bank erosion. The protection of the Marsh is essential since it is also a key element in the resilience of local communities in the face of climate change. It is also an environment rich in biodiversity, home to more than 600 known species, including around twenty special-status species protected by law. Maintaining



RECORD ARCHIVES

the ecological integrity of the marsh means contributing to the protection of these species, the maintenance of ecosystem services, but also a way of remembering that the cost of protecting natural environments is often much lower than the cost of their reconstruction.

# Brome Lake athlete runs over competition at national track and field championships

By Michael Boriero

Xavier Lemaître, a 19-year-old Brome Lake resident, is a steeplechase national champion, and it only took him two years to break onto the scene after making a difficult choice to transition from elite soccer to the competitive world of track and field athletics.

Lemaître took home gold and silver medals at the 2022 Bell Canadian Track & Field Championships in Langley, B.C. between June 24 and 26. He finished in first place in the men's under-20 3,000-metre steeplechase, and second in the under-20 5,000-metre steeplechase.

"It was definitely more than I could have hoped for, honestly. I came in and, you know, track is kind of new for me. I've only been running seriously for like two years and cross-country has mainly been my focus so far. I was coming in this summer ready to rip it on the track," he said.

It was only Lemaître's third and fourth attempt at running a steeplechase, an event where athletes race over hurdles and water jumps, but the expectations to perform were high for the young athlete out of Champlain College Saint-Lambert. He wanted to leave an impression.

And that's exactly what he did in Langley. In his gold medal performance, Lemaître ran the 3,000-metre steeplechase in nine minutes 7.58 seconds, breaking his previous mark by seven seconds. Lemaître now has an opportunity to qualify for Team Canada this coming weekend.

"It's going to be a hard one, for sure. I've been kind of racing solo this year, so it makes it that much harder to push yourself to the absolute limit, but I believe it's doable. My first race I did a 9:14 and a week later, I was already running seven seconds faster," he told The Record.

However, Lemaître will need to run the 3,000-metre steeplechase in nine minutes or less, if he wants to land a spot on the men's national team. On July 9, he will be competing in Montreal alongside several track and field athletes vying for a spot on Team Canada, and Team Québec.

If Lemaître can best his fellow competitors, and hit the nine-minute mark, he could find himself representing Quebec at the 2022 Canada Summer Games, and Canada at the 2022 World Athletics U20 Championships in Cali, Colombia. Both of the events will take place in August.

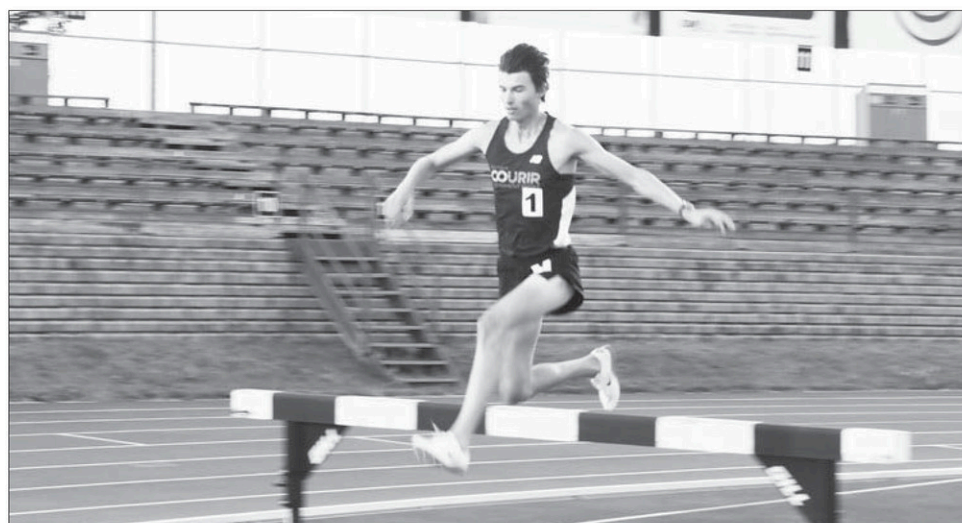
Lemaître has already worn the maple leaf at an international event. Last March, he suited up for Canada at the Pan American Cross Country Cup in Serra, Brazil, where he finished sixth overall in the under-20 eight-kilometre race. He also concluded the event in third among Canadians.

"It was my first experience on the national team. It's what every guy my age is dreaming about right now. It was really an honour when I got the news that I was representing Canada. This year has been a lot of travelling, you know, running is starting to look alive for me," he said.

But track and field, cross-country, and steeplechases, weren't always on Lemaître's radar. He is only two years removed from being a top level soccer player. According to his father, Nicolas, Lemaître had opportunities to train with CF Montreal's youth team, but it just wasn't for him.

He was feeling stuck in North America with soccer, and he was losing his patience on the field. Lemaître didn't love that he wasn't in control, like in track and field. In soccer, he was at the mercy of his teammates, opponents, and referees. He decided to quit before the pandemic.

"I was feeling that soccer wasn't



N. LEMAÎTRE

EPS Université Laval, Québec, Aug. 14, 2021. His very first Steeplechase experience: 9:37

taking me where I wanted. In North America, you don't have that many chances to get to the highest level. You either do [CF Montreal], the provincial team or you go out west and play in the NCAA. If you're in Canada, it feels like a dead end," he said.

Running has also always been in his blood. According to his father, Lemaître has been full of energy since a young age. His parents both live an active lifestyle, and Nicolas is a physical education teacher at Knowlton Academy. He was also a triathlete in his university days.

Nicolas said his son and daughter were running even before they could walk. He used to take them out in a baby jogger. Lemaître started competing in track and field in grade five, he added. And while his son's passion for athletics grows, he just wants him to be happy in life.

"We've encouraged him as much as we can, but it belongs to him. I'm comfortable saying that it's his thing. I'm not expecting him to go anywhere. I just want him to be the best that he

can be and have the opportunities to express himself that way," Nicolas said in a phone interview.

Lemaître was always a talented athlete, his father reflected, and now his focus is only on track and field. The hardest part is pushing himself, he noted. But, according to Lemaître, while motivation is a challenge, he finds himself struggling more with balancing athletics and school.

Lemaître is studying in pure and applied sciences. He wants to keep every door open. But his goal is to run track at the university level and see how far his running ability can take him on the international stage. He wants to pursue his dream, and nothing is going to get in his way.

"I'd say the most challenging thing in my life at this time is trying to decide whether to focus more on my running or on my studies. You always hear how it's important to do both, for sure, but sometimes you just want to dream and you want to do what you want," said Lemaître.

# EDITORIAL

Apparently, scientists are even more convinced than they were after the last study that regular slumber will ensure everything from a sound heart to regular bowel movements.

## The price of a good night's sleep



TIM BELFORD

I'm not a great sleeper. The tendency, when I flop into bed at night, is to toss, turn and roll until exhaustion finally takes over. I am also prone to finding myself wide awake every two or three hours until I eventually give up and rise at around six.

Oddly enough, I have absolutely no problem with taking a nap later in the morning during which I am blissfully unconscious; so much so that short of the ceiling falling or a fire alarm going off next to the bed I'm out. As a result, this admittedly odd behaviour finds me back in bed between 8:30 and 9:30 a.m. After that, I'm good until around bedtime at 11:00.

This all came to mind recently when I read yet another article on the importance to our general health and well-being of getting enough sleep, particularly as we slip into our dotage. Apparently, scientists are even more convinced than they were after the last study that regular slumber will ensure everything from a sound heart to regular bowel movements.

Coincidentally, I also read this week a fascinating article by Patricia Marx in The New Yorker concerning the evolution of mattresses and the growing popularity of buying one online.

In our home, She Who Must Be Obeyed and I have, because of the aforementioned tossing and turning, separate mattresses in the same bed. They are the ever popular coil and spring type that has been around in one form or another since the late

nineteenth century and seem to suit perfectly well. Which is a good thing.

Buying a new mattress in the hope of changing my sleep pattern would be worse than buying a new car. According to the article five companies do sixty to seventy per cent of sales: Tempur-Pedic, Sealy, Simons, Serta and Sleep Number. But there's also Puffy, WinkBeds, Dream Cloud,

Awara and a dozen or so others out there all campaigning for your comfort.

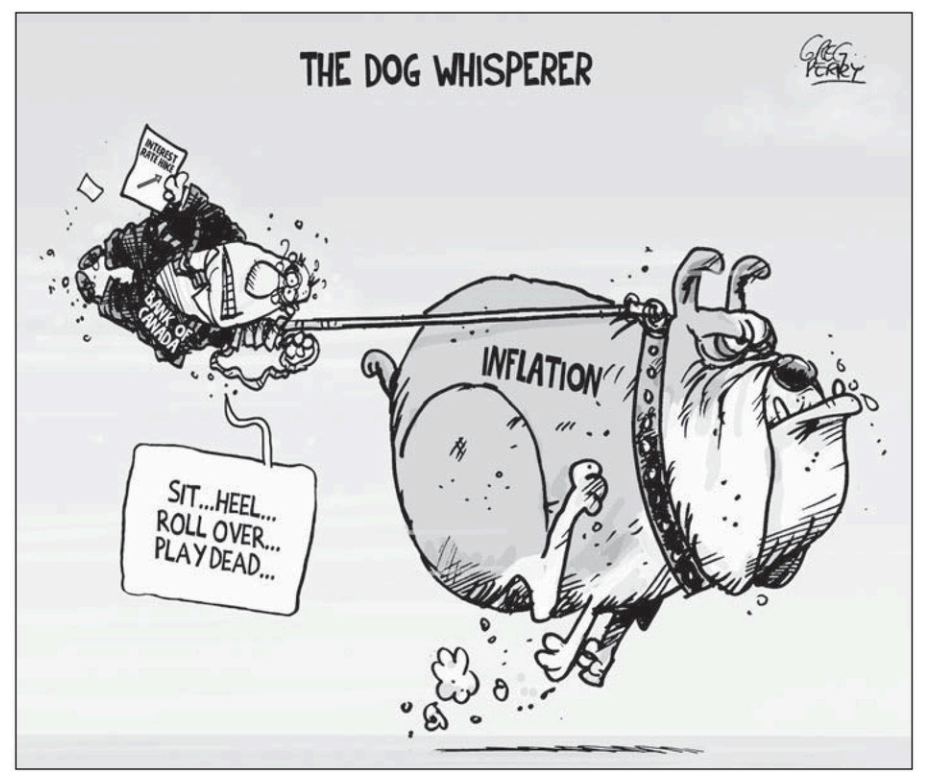
Mattresses today can offer you levels of coolness or warmth apparently controlled by the dozens of different materials ranging from horse hair to foam that are stuffed into the interior. They can bend, rise or fall depending on your preferred sleep position and are designed to mold to your body shape whether you sleep on you face, back or side.

One of the innovators in this already crowded market was BednABox which started in 2006. The foam mattress was delivered right to your door. All you had to do was carry it to the bedroom open the box and watch your mattress unfold. Imitators soon popped up everywhere selling online and delivering their compressed mattresses in everything from plastic wrap to duffle bags.

Along with this mattress mania came a hike in price. Guaranteeing comfort, support, climate control and a better night's rest wasn't cheap.

As could be expected, celebrities, those people in an endless search for ever more toys, were offered a high-end sleep experience. Hästens, a Swedish company, sold the sleep deprived, with more cash than they needed, a variety of mattresses with the top of the line Grande Vivius selling at \$539,000. They were kind enough to throw in the frame as well. According to the article's author, Patricia Marx, Canada's own Drake picked one up in 2020 for a mere \$400,000.

Nope, picking a new mattress wouldn't be worth the trouble or expense. I guess it's back to toss and turn and a morning nap.



## Letters

DEAR EDITOR;

I read your article on the View Point Park and some of the comments don't add up.

We had a meeting about the park with Lennoxville borough council, Sherbrooke Police, Galt Principal and Rep. from the ETSB.

We expressed our concerns about what was going on and the response we got wasn't very favourable. We were told that the kids had right to be there and there was nothing we could do except to call the police when we observed the acts of vandalism being done.

The point is that Claude Charron, along with the borough council, knew what was going on and there is a Neighbourhood Watch in View Point of which I am a member and our concerns were not taken seriously.

BOB McDONALD  
VIEW POINT RESIDENT  
LENNOXVILLE

DEAR EDITOR;

On behalf of the Salon du Patrimoine de Cleveland I would like to thank everyone who attended our Antique tractor show, our sponsors, FDS Énénements for the great music, Helen's Catering for the delicious pork and beef supper and last but not least a HUGE thank you to the Volunteers who are a big part of making this event happen. Hope to see you all again next year.

SINCERELY,

MARLENE GOODENOUGH  
SECRETARY - TREASURER  
SALON DU PATRIMOINE DE CLEVELAND

### THE RECORD

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# Canadian Jessica Campbell first female assistant coach in American Hockey League

By Donna Spencer  
The Canadian Press

Jessica Campbell broke a professional hockey barrier for women as the first female assistant coach in the American Hockey League.

The 30-year-old from Rocanville, Sask., was named to the Coachella Valley Firebirds coaching staff Tuesday.

She joins head coach Dan Bylsma behind the bench of the Seattle Kraken's AHL affiliate in its inaugural season.

Campbell's appointment comes weeks after she was the first woman on a coaching staff at the men's world championship in Finland, where she was an assistant for Germany.

The New York Rangers announced last month Campbell would be a guest coach at their summer development camp, but the Kraken have lured her away with a more plum position.

"What was kind of unique with the timing of everything, Dan Bylsma reached out very shortly after everything had been announced and he was talking about a long-term opportunity within Coachella and the Kraken organization," Campbell said.

"It's always been my goal to try to put myself down a path where I could be full time at the pro level."

Campbell heads to Seattle's development camp starting Monday to work with Kraken prospects drafted or

signed as free agents over the last two seasons.

Bylsma, who coached the Pittsburgh Penguins to a Stanley Cup in 2009, said Kraken general manager Ron Francis asked him what qualities he wanted in an assistant coach.

"I wanted an up-and-coming coach," Bylsma said. "I wanted a coach with a ton of passion, that's going to demonstrate they can get in and do the work with the players. That's the coach I set out to look for. Jessica's name popped up."

"Just talking with Jess over a couple conversations, it was clear and evident to me what she's done in the last three years in her skating schools and skill development with NHL players and pro players? she is that up-and-coming coach."

Campbell spent this past season working with the USHL's Tri-City Storm in development and heading the Windy City Storm Girls' Hockey program in Chicago.

Campbell was also invited to be a skills coach for the Nurnberg Ice Tigers in the German Elite League (DEL). Her role was expanded upon arrival to assistant coach which put her on the bench for games.

"Things kind of escalated ever since I went to Germany and worked in the DEL," Campbell said. "The players have been my biggest advocates."

"That led to the opportunity to coach

at the world championship. Returning back from the world championship, I was excited about the pro path I was going on the pro side of the game. Thankfully some people took notice and recognized the work."

NHL teams have hired and promoted several women recently in scouting, player personnel and management roles.

The Toronto Maple Leafs (Hayley Wickenheiser), Chicago Blackhawks (Meghan Hunter), Vancouver Canucks (Cammi Granato, Emilie Castonguay) put those women in assistant general manager roles.

A woman has yet to stand behind an NHL bench coaching in a game, however. Campbell is a candidate to do so.

"I'm working toward that goal for sure," Campbell said. "I'm trying to get the proper experience and learn from the best."

"It's a job that is tough to do. You've got to be prepared and execute and you've got to do a good job to be able to be in that position and leading guys at the highest level."

"The visibility of this for me is important, but at the same time, my job is paramount, coaching and making sure that I'm doing the best I can."

Campbell played for the Canadian women's hockey team that earned silver at the 2015 world championship

in Malmo, Sweden.

The forward also represented Canada in the world under-18 women's championship in 2009 and 2010. Campbell was captain of the team in 2010 and scored Canada's overtime goal in a 5-4 win over the U.S. for the gold medal.

She spent three Canadian Women's Hockey League seasons (2014-17) with the Calgary Inferno and won a Clarkson Cup with them in 2016. She scored twice in an 8-3 win over Montreal in the championship game.

Campbell was just starting a business as a powerskating coach in 2020 when the COVID-19 pandemic hit.

Some NHL players in the Kelowna, B.C., area where she was living reached out to her for help ahead of Edmonton's playoff bubble in August.

Luke Schenn, Shea Weber, Andrew Ladd and Brent Seabrook were among roughly 20 NHL players Campbell prepped for the playoffs.

"That's when I knew I could do this," Campbell said. "There's value here. Guys are showing up for my work and they want me to run these skates and that's when I got excited about the future that I had in the game and at the pro level."

Campbell also figure skated on the CBC's "Battle Of The Blades" in 2020 and finished second with partner Asher Hill.

## Opinion:

By Shannon D. M. Moore

Assistant professor of social studies education, Department of Curriculum Teaching and Learning, Faculty of Education, University of Manitoba, Teresa Anne Fowler  
Assistant Professor, Education, Concordia University of Edmonton, Tim Skuce  
Associate Professor, Curriculum and Pedagogy, Brandon University

Research about men's ice hockey has consistently revealed that the culture is saturated in sexism, misogyny, homophobia and hypermasculinity.

Beyond research, people have come forward in highly publicized stories speaking to experiences of sexism, being silenced and sexual violence at the hands of hockey players and teams.

And these stories echo those told to us by elite-level hockey players who participated in our small interview-based study in 2021 where we explored how participants resisted the expectations of hypermasculinity in hockey culture.

### An established history

In June 2022, Hockey Canada was summoned to speak at the Standing Committee on Canadian Heritage in response to the organization's settlement for the alleged sexual assault of a woman by players at a Hockey Canada event.

Get your news from people who know what they're talking about.

## Showered in sexism: Hockey culture needs a reckoning

There, Hockey Canada CEO Tom Renney said the alleged incident committed by members of Canada's 2017-18 U20 Men's World Junior Team was "unacceptable and incompatible with Hockey Canada's values and expectations."

We disagree. This is entirely on brand — the assault, the impulse to cover it up and the broader community's attempt to label this as an isolated incident. This is part of hockey culture.

Rather than finger-pointing, the hockey community needs to consider the ways entrenched hierarchies, rewarded performances of masculinity and enforcement of a "bro code" encourage this behaviour.

The tragedy is not just that this happened, but that Hockey Canada's first impulse was to protect their image and that not a single team member came forward.

### What happens in the dressing room stays there

One of our research participants spoke about how being a good teammate means being silent:

"There's stuff that happens in the dressing room, obviously, talking about girls, parties, whatever is the case, that happens in there, that sort of stays in there for the most part. Well, on good teams it stays in there. Whether it's who you're hooking up with, if you got sent pictures from some girl, everyone sees them. So it stays in the dressing room and it's a team builder. It's not to embarrass people in front of the outside

world."

This locker room culture encourages and rewards particular performances of masculinity. And players who don't adhere to implicit and explicit organizational expectations risk being ostracized.

Despite this, anonymous participants in our study willingly recognized the inherent sexism in hockey culture and told stories of women and girls being used for props and "points" at team events. One participant shared, "I had a coach do body shots off a 15-year-old girl at a rookie party."

This narrative touches on many issues in hockey culture: the normalization of underage drinking and partying, the objectification of women and girls, the lack of social responsibility and the complicity of coaches.

These stories are the result of broader hockey culture, and Hockey Canada can only affect change once they scrutinize the underlying culture that normalizes and rewards this behaviour.

### Education for new understandings in hockey culture

Hockey Canada's CEO also said the organization is interested in addressing "behavioural issues" through changes to its code of conduct and improved education programs. As educators, we suggest Hockey Canada:

1) Reflect on its own response to allegations of sexual assault. What is it teaching hockey players about sexual violence, consent and human value, when the impulse is to pay, privilege

and protect players?

2) Recognize that these issues are systemic, and work to change the culture of hockey rather than centring discussions on individual "bad apples."

3) Make discussions and workshops about sexual violence, consent and healthy relationships part of team training.

4) Make space for discussions about the "brand" of masculinity that is expected, promoted and rewarded in hockey culture. Our research made it clear that no overt discussions of masculinity had previously occurred, which had consequences on the mental and physical health of participants.

5) Interrogate the institutional practices that reward particular performances of masculinity. Consider how the rigid hierarchies in hockey culture contribute to a culture of silencing.

6) Go beyond the superficial. Rather than using corporate campaigns to re-brand hockey, meaningfully engage in critique.

Those who initiate criticism against hockey culture are often met with emotional and passionate rebukes that "the game is changing." And incidents of reprehensible behaviour are regularly dismissed as involving a small number of players and not indicative of a deep-rooted systemic problem.

We believe it is critical to continually bring into question and interrogate how gender is understood, constructed and performed by all those who are involved in hockey to truly change the culture.

**Death**

**Death**

**Card of Thanks**

**Memorial Service**



**Marc-André MARTEL  
1946-2022**

It is with great sadness that we announce the passing of Marc-André Martel on Sunday, June 26th in the Canton de Cleveland. As a skilled swimmer, he was practicing his favourite activity at Spooner Pond Lake, that he loved so much, when he suffered a sudden and fatal cardiac arrest. He was 75 years old.

Born in Asbestos on September 26, 1946, Marc-André was admitted to the Barreau du Québec in 1971. He practiced law for 48 years mainly in the district of Saint-François, but also in the whole province of Québec. He was a passionate and determined lawyer, as well as a successful businessman. Very dedicated and involved in his community, Marc-André served as mayor of Richmond from 1986 until his retirement in 2017. During his 31 years as head of the Town, he was also warden of the MRC du Val-St-François, and sat on several committees, board of directors and organizations. He was recognized for his leadership, profound engagement, sense of duty and attentiveness to his fellow citizens.

In addition to his brilliant career, Marc-André was a real pillar for his family. He was an exceptional man: loving, warm, witty, and always living in the present moment. He had an unwavering faith in life. His close ones could always count on him.

Marc-André is survived by his spouse of the last 26 years, Johanne Brassard and her daughter Aude (Marc-Antoine Bastien); his sons: Éric (Claudy Champoux), Jean-Charles (Yvan Coulombe), Carl-Anthony (Anh Thu Phan), his grandchildren: Henri, Olivia, Xavier and Justine; his mother-in-law, Madeleine Brassard; his siblings: Johanne, Pierre (Madeleine Labrecque), Carole, Jocelyn (Anne Morin), Sylvie (Richard Côté), Patrick and Sylvain (Marlène Labelle), as well as numerous nephews, nieces, cousins and friends. The family wishes to thank the emergency services who performed their duties in an exemplary manner and with great empathy, allowing us to say our last goodbyes to Marc-André with dignity.

Visitation will take place at Yves Houle Funeral Home at 198 Adam Street in Richmond, on Friday, July 15 from 2 till 5 p.m. and from 6:30 till 9 p.m and on Saturday, July 16 from 9 a.m. till 11 a.m. at St. Bibiane's Church, followed by a liturgy of the word.

Donations to the Foundation of the CSSS du Val-St-François or the Centre d'art de Richmond would be appreciated.

**CENTRE FUNÉRAIRE YVES HOULE**  
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**GIFFORD** - We wish to express our warmest and sincere thanks to relatives, friends and neighbours who were there for us. We really appreciated all the cards, letters of support, phone calls, food sent to the house and donations made in Bob's memory. Special thank you to the Bowling Girls, Donna, Lisa, Janet, Tracy and Jenn for the supper provided and served for the family the day of the visitation, your kindness will never be forgotten. Also for the delicious lunch served by the Ladies Auxiliary after the touching funeral service by Sam Borsman, and the staff of Cass Funeral Home for their caring and understanding help along the way. Your love, support and understanding will help give us strength in the days ahead. Bob touched the hearts of many, and we will carry his memory in our hearts forever.

Till we meet again.

**BARBARA GIFFORD & FAMILY**

**WRIGHT, Velma (Val) Lavallee** (1922-2022). Join us to celebrate Val's life and mourn her passing, Sunday, July 17, 2022, at 1:30 p.m., Plymouth-Trinity Church (380 Dufferin Street, Sherbrooke, QC). Memorial service followed by refreshments at the Church and burial ceremony at Elmwood Cemetery (1101 Hyatt). Obituary at www.legacy.com.



**In Memoriam**

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



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**Datebook**

**THURSDAY, JULY 7, 2022**

Today is the 188th day of 2022 and the 17th day of summer.

**TODAY'S HISTORY:** In 1898, the United States annexed Hawaii as a U.S. territory.

In 1954, Elvis Presley made his radio debut as his single "That's All Right" was broadcast by Memphis radio station WHBQ.

In 1981, President Ronald Reagan nominated Sandra Day O'Connor to serve as the first woman on the U.S. Supreme Court.

In 2005, terrorists detonated explosives aboard a double-decker bus and three trains during the morning rush hour in London, killing 56 people and injuring 700.

In 2016, a gunman killed five police

officers during an anti-police protest in Dallas, Texas.

**TODAY'S BIRTHDAYS:** Leroy "Satchel" Paige (1906-1982), baseball player; Robert Heinlein (1907-1988), author; Doc Severinsen (1927- ), bandleader/trumpet player; David McCullough (1933- ), author/historian; Ringo Starr (1940- ), drummer/singer; Shelley Duvall (1949- ), actress; Jim Gaffigan (1966- ), comedian; Jorja Fox (1968- ), actress; Lisa Leslie (1972- ), basketball player; Michelle Kwan (1980- ), figure skater.

**TODAY'S FACT:** The Chillicothe Baking Co. of Chillicothe, Missouri, introduced the first packaged sliced bread on this day in 1928.

**TODAY'S SPORTS:** In 1985, 17-year-

old German tennis player Boris Becker became the youngest men's singles title winner in history at Wimbledon.

**TODAY'S QUOTE:** "Raising kids may be a thankless job with ridiculous hours, but at least the pay sucks." - Jim Gaffigan, "Dad Is Fat"

**TODAY'S NUMBER:** 59 - age at which Satchel Paige pitched in his last Major League Baseball game, for the Kansas City Athletics, on Sept. 25, 1965. In his honor, owner Charles O. Finley furnished the bullpen with a rocking chair.

**TODAY'S MOON:** Between first quarter moon (July 6) and full moon (July 13).

**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)

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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.

# Today in History

## Today in History for July 7:

### On this date:

In 1438, the decrees of Basel were adopted by the Roman Catholic Church. They restricted the authority of the popes and imposed a degree of accountability on the cardinals and bishops of the church.

In 1534, in the first known exchange between Europeans and natives of the Gulf of St. Lawrence, French explorer Jacques Cartier traded furs with the Mi'kmaq.

In 1607, Britain's national anthem – "God Save the King" – was sung in public for the first time.

In 1613, Sir Thomas Button named the Nelson River on Hudson Bay.

In 1620, Samuel de Champlain began work on Fort St. Louis on the present site of the Chateau Frontenac Hotel in Quebec City.

In 1787, the first white woman arrived in what is now British Columbia. Frances Barkley was the 17-year-old wife of the captain of the British ship "Imperial Eagle." The aboriginals of Nootka, on Vancouver Island, were amazed at the sight of her.

In 1793, the first Prince Edward Island assembly convened.

In 1865, four people were hanged in Washington, D.C., for conspiring with John Wilkes Booth to assassinate U.S. President Abraham Lincoln.

In 1898, the U.S. Congress voted to annex Hawaii.

In 1915, an electronic railway car jumped the tracks at Queenston, Ont., killing 16 people and injuring 97.

In 1930, Sir Arthur Conan Doyle, English author and creator of Sherlock Holmes, died at 71.

In 1941, American forces took up positions in Iceland, Trinidad and British Guyana to forestall any German invasion, even though the U.S. had not yet entered the Second World War.

In 1945, some 500 Canadian troops rioted in Aldershot, England, because of low morale over slow repatriation.

In 1946, Italian-born Mother Frances Xavier Cabrini was canonized as the first American saint.

In 1960, the world's first working laser was demonstrated by Theodore Maiman in Malibu, Calif.

In 1967, the first members of the Order of Canada were named in Ottawa by Gov. Gen. Roland Michener; 35 people received the highest honour, Companion of the Order, and 55 people received medals of service. The Order is given in recognition of exemplary merit and achievement by Canadians in any field.

In 1967, English actress Vivien Leigh, star of "Gone With the Wind," died at age 53.

In 1969, the House of Commons gave final approval to the Official Languages Act, making English and French the official languages of Canada. The Senate approved the bill two days later and it was given royal assent later the same day.

In 1975, Ed Broadbent was elected leader of the federal New Democratic Party, defeating Rosemary Brown on the fourth ballot of a Winnipeg convention. He held the post until 1989.

In 1976, Canada signed an agreement of economic co-operation with the European Economic Community. The agreement was the first of its kind to be signed between the EEC and a major

industrial country. It represented a major move by Canada toward reducing its economic dependency on the United States.

In 1981, Prince Edward Island police received wide powers in two new acts, including the authority to take citizens from their homes without warrant and hold them in drug and alcohol treatment centres without laying a charge.

In 1981, six Canadian uranium companies that took part in an international cartel at government request in the early 1970s were charged with conspiracy to fix prices.

In 1988, the Soviet Union launched a space probe to the Mars moon Phobos in a joint East-West mission designed to pave the way for a manned voyage to Mars. However, a ground control error caused communication with the spacecraft to be lost before it reached Mars.

In 1988, Newfoundland became the eighth province to ratify the Meech Lake Accord on constitutional amendments to recognize Quebec as a distinct society, but that approval was later rescinded.

In 1990, Martina Navratilova captured a record ninth Wimbledon women's singles title, defeating Zina Garrison.

In 1992, Ottawa and nine provinces (all but Quebec) agreed on constitutional reform proposals which formed the basis of the Charlottetown Accord. The accord was rejected in an Oct. 26th referendum.

In 1993, Ontario's NDP government passed the so-called Social Contract Act, designed to save the government \$2 billion annually in public-sector compensation.

In 1993, Tom Burgess tossed three touchdown passes, and Wayne Walker scored twice as the Ottawa Rough Riders spoiled the debut of the CFL's first American-based team, beating the Sacramento Gold Miners 32-23.

In 1994, Charles Comfort, a leading Canadian painter known for brooding landscapes and a former director of the National Gallery of Canada, died at age 93.

In 1996, space shuttle "Columbia" and its crew, including Canadian astronaut Robert Thirsk, concluded a 17-day journey for medical science, the longest flight for any space shuttle.

In 1998, former NHL players' union head Alan Eagleson was paroled from an Ontario jail. He had served one-third of an 18-month term for defrauding Hockey Canada, the NHL Players Association and Labatt Breweries.

In 2000, an Organization of African Unity report blamed the U.S., the UN and the Roman Catholic Church for ignoring the 1994 slaughter of up to 800,000 people in Rwanda. Canadian Lt.-Gen. Romeo Dallaire, who headed the UN force in Rwanda at the time, was absolved of wrongdoing.

In 2005, bombs exploded on London's transit system on three subway trains and a double-decker bus, resulting in 56 deaths, including the four suicide bombers, and injuries to more than 700 people at the height of morning rush hour. Explosions struck London's transport system again on July 21, at underground train stations and a double-decker bus, shutting down three subway lines.

In 2005, Kelly Ellard, 22, was given a life sentence with no parole for seven

years at her third trial in the beating and drowning death of Victoria, B.C., teenager Reena Virk. That conviction was later overturned on appeal and on June 12, 2009, the Supreme Court of Canada restored the guilty verdict, bringing an end to the legal odyssey of a crime that shocked the nation.

In 2006, two Saskatchewan RCMP officers (Robin Cameron and Marc Bourdages) were shot and seriously wounded after responding to a domestic disturbance in the hamlet of Mildred, south of Spiritwood, Sask. Nine days later, both officers died just a few hours apart. Curtis Dagenais, 41, was convicted in March 2009 of first-degree murder in both deaths and the attempted murder of a third officer.

In 2008, the Church of England's governing body confirmed it would ordain women bishops but also approved measures to accommodate traditionalist opponents.

In 2008, Nova Scotia's Joggins fossil cliffs, regarded as the best record of life in the "Coal Age" 300 million years ago, were added to the exclusive ranks of World Heritage Sites designated by UNESCO.

In 2009, some 20,000 people gathered inside the Staples Center arena in Los Angeles for Michael Jackson's public memorial service. Untold millions worldwide watched the ceremony via TV and the internet.

In 2011, the United States took complete charge of Kandahar, formally ending more than five years of Canadian involvement in southern Afghanistan. On July 5, the 1st Battalion Royal 22e Regiment battle group came out of the field, but Brig.-Gen. Dean Milner's headquarters continued directing U.S. combat units.

In 2012, 18-year-old Eugenie Bouchard became Canada's first Grand Slam singles winner when she beat the Ukraine's Elina Svitolina 6-2, 6-2 in the junior girls' final at Wimbledon. (Fellow Canuck Filip Peliwo captured the junior boys' title the next day.)

In 2019, The Mail on Sunday newspaper published leaked diplomatic cables from Britain's ambassador in Washington that branded U-S President Donald Trump's administration "dysfunctional" and "inept." British officials were embarrassed by the publication of Kim Darroch's unflattering assessment but were more alarmed that sensitive confidential information was leaked. Trump responded by saying that Darroch – quote – "has not served the U.K. well."

In 2020, pioneering Black Nova Scotian playwright and journalist George Elroy Boyd died. He was 68. Boyd, who was born in Halifax, died peacefully at a hospice in Montreal. After working as a journalist and radio broadcaster, he became Canada's first Black national television news anchor in 1992 as a co-host of CBC Morning Newsworld. He eventually left broadcasting to pursue his first love of writing, and his "Consecrated Ground" was nominated for a Governor General Literary Award for Drama in 2000.

In 2021, a Haitian official said President Jovenel Moise was assassinated after a group of unidentified people attacked his private residence. The killing came amid deepening economic, political and social woes, with gang violence spiking heavily in the capital

## TOWNSHIPS' CRIER

### TOWNSHIPS

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

### LENNOXVILLE

This summer, Uplands Cultural and Heritage Centre is presenting in its art gallery Recent Works by painter Sara Peck Colby and potter Alan Gerrish. Hours: Tuesday to Sunday from 10 a.m. to 4:30 p.m. Free admission.

### COOKSHIRE

Expo Cookshire Fair - we're back! We want to give everyone an advance notice to save the dates: August 18 - 21, 2022 for our usual events and more interesting additions. Prepare your exhibits and watch for more announcements.

### LENNOXVILLE

Summer is here and Community Aid wants to offer you an opportunity to socialize with people! Are you a card player? Do you play 500? Join us for a fun afternoon. If you don't play cards but would like to learn – we can show you! Drop-in to have a nice chat with people, we can also offer a range of activities and games. We simply want to promote friendship. IT's just nice to be able to meet people. Come and meet us on Tuesday, July 12 at 1:30 at the Amédée Beaudoin Community Center in the Borough of Lennoxville (there is an elevator). You don't have to be a member of Community Aid to attend and feel free to bring a friend. If you have questions call Samuel or Sylvie at Community Aid: 819-821-4779.

### RICHMOND

The Bibliotheque Daniel Ménard RCM Library will be closed from July 27 to August 9. We will reopen on Wednesday, August 10.

### BROOKBURY

There will be a card party at the Centre Communautaire de Brookbury (Brookbury Hall) on Wednesday, July 13 at 1:30 p.m. Address is 571 Route 255. There will be lunch following. For info contact Brenda Bailey at 819-884-5984

### Port-au-Prince.

In 2021, the global death toll from COVID-19 eclipsed four million. Estimates from the Peace Research Institute Oslo suggest it's about equal to the number of people killed in battle in all of the world's wars since 1982. However, it was widely believed to be an undercount because of overlooked cases or deliberate concealment.

In 2021, the Tampa Bay Lightning won the Stanley Cup for the second consecutive season, ending the Montreal Canadiens' bid to secure their first Cup in 28 years. They beat the Montreal Canadiens 1-0 to wrap up the NHL championship series in five games – and they did it before a hometown crowd of 18,000. The Habs were ranked 18th in the regular season and were the lowest-ranked team to make the playoffs in the pandemic-era, all-Canadian North Division.

(The Canadian Press)

### 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.

"VFT OC, KFR PE PL ON BPVC. P  
RFL'G MPRC VTFO GMZG. ... P GMPLD  
GMC ECZTJM MZE HCCL FL EPLJC GMC  
'60E." — TPLKF EGZTT

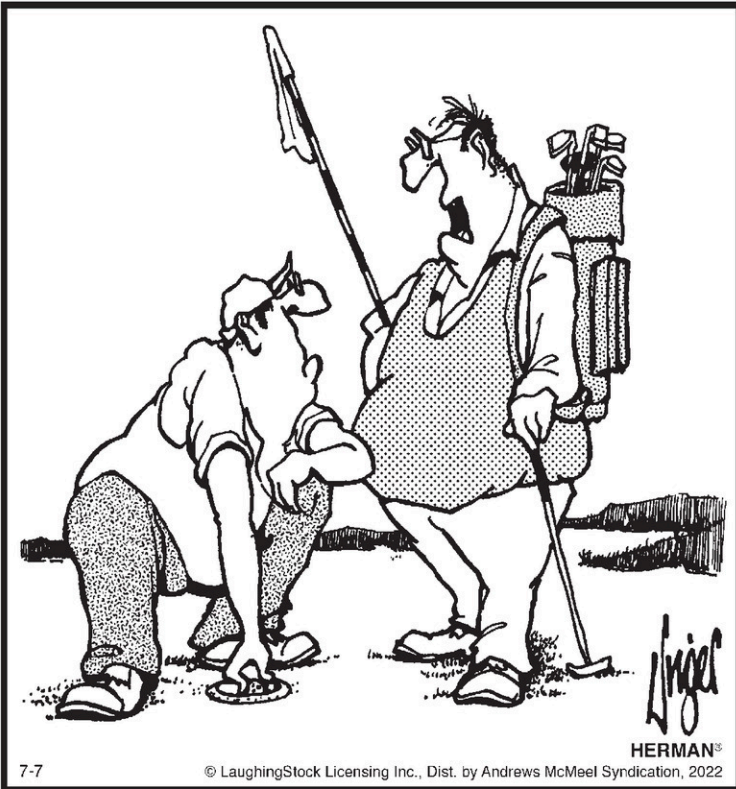
Previous Solution: "Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light." — Frida Kahlo

TODAY'S CLUE: A sjenbe N

### REALITY CHECK

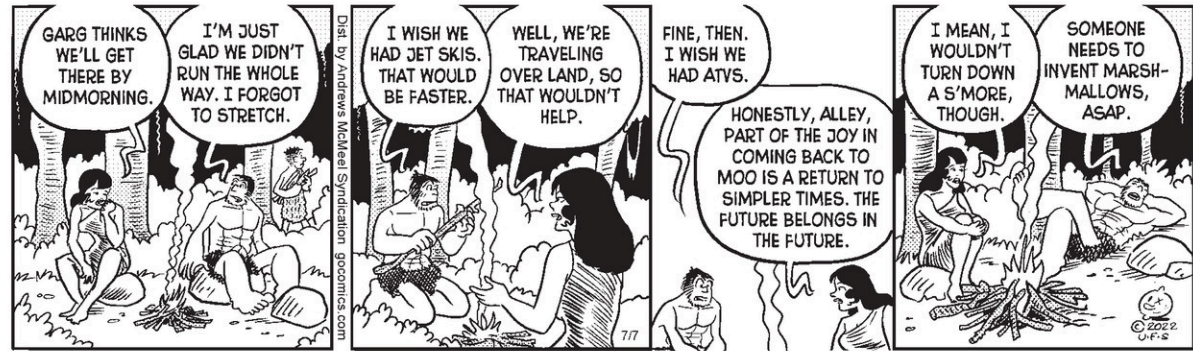


### HERMAN

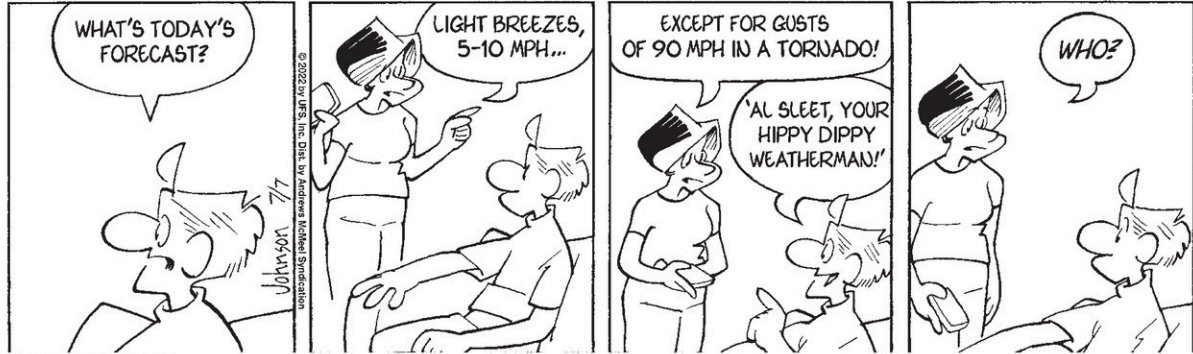


"Any twit can win a hole with 22 lucky shots."

### ALLEY OOP



### ARLO & JANIS



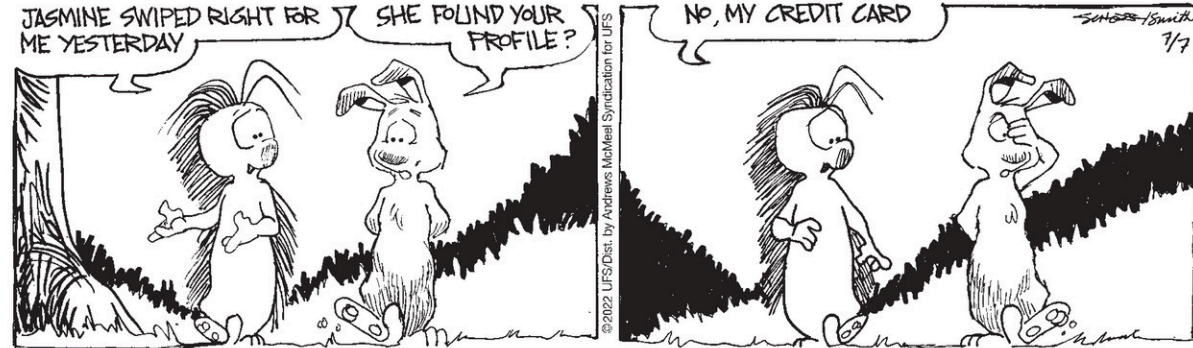
### THE BORN LOSER



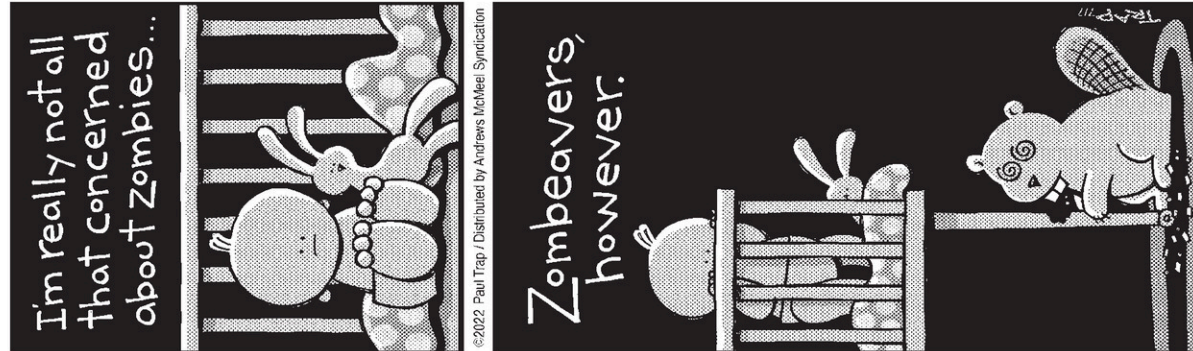
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



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# Son stuck with incompatible girlfriend

Dear Annie

THURSDAY, JULY 7, 2022

**Dear Annie:** At the beginning of the pandemic, my son moved in with his longtime girlfriend. Due to confinement, they became very dependent on each other. Now she wants to get engaged and married.

He is Catholic; she is not. He works days; she works nights. He likes to party; she is an introvert. He is physically active; she is a homebody. He wants to spend a year traveling and working abroad; she wants to put roots down. He even found jobs for both of them in Europe, but she is not willing to budge.

Every time marriage comes up, he comes home for a few days and then goes back to her. The fights about engagement put my son into therapy. He says he loves her, but if they get engaged, he has to give up all his dreams. I am afraid he'll give in and wake up one day married with kids, with regrets and hating his life. - Mother Whose Heart Is Breaking

**Dear Mother Whose Heart Is Breaking:** Sometimes, relationships require compromise. Other times, people need to break free from their partners in order to grow. A couples therapist can help your son and his girlfriend discover which category they fall into.

**Dear Annie:** After many years, prayers and medical interventions, I am pregnant and, along with my family and friends, looking forward to a celebratory baby shower. My issue is whether I must invite a narcissistic sister-in-law, or if it seems appropriate to only invite her daughters, ages 10 and 14.

Over the years, my relationship with my sister-in-law has deteriorated to the point that she refuses to speak to me and we have to have separate family holidays. I would never invite this person to any event, but her daughters and I maintain a loving relationship.

From your perspective, is it appropriate to address the invitation to my nieces only? I would really miss their presence but cannot stand the thought of their mother attending this special day. - Struggling

**Dear Struggling:** Congratulations on your pregnancy! I can understand not wanting to have any negative energy around you and your family at your baby shower.

If your nieces were adults living on their own, you could absolutely exclude their mother. Unfortunately, they are minors and, presumably, living under her care. Because of your loving relationship with your nieces, the polite thing would be to address all three of them on your invitation. If, as you say, she "refuses to speak to you," then she'll probably be a no-show regardless. If she does show up, welcome her with the same love and kindness you feel for her daughters.

"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).

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆


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

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### PREVIOUS SOLUTION

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

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



# 4/5

of Canadians read the newspaper every week. Most of them with their coffee. Think about that if you sell coffee.

THE RECORD

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# NEA Crossword Puzzle

# Your Birthday

THURSDAY, JULY 7, 2022

Answer to Previous Puzzle

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

- ACROSS**
- 1 Ode inspirer
  - 4 Mournful cry
  - 8 Resist boldly
  - 12 Avril follower
  - 13 Hobbling
  - 14 Comics dog
  - 15 South African city
  - 17 Takes advantage of
  - 18 Favor a motion
  - 19 Snatch
  - 21 Workout units
  - 22 Tend the furnace
  - 26 Nail enamel
  - 30 — and tonic
  - 31 Took the trolley
  - 34 Garment part
  - 35 Paris hub
  - 36 Stravinsky or Sikorsky
  - 37 Elephant's quarters
  - 38 Sweater letter
  - 39 Tolstoy's name
- 40 Cincinnati gridder**
- 42 A bit creepy**
- 44 Tiny bottle**
- 47 Ewe's plaint**
- 49 Incapacitate**
- 51 Schmoozes**
- 54 Bestowed lavishly**
- 56 Toward shelter**
- 57 Leafy vegetable**
- 58 Motor lodge**
- 59 Hidden valley**
- 60 Musher's vehicle**
- 61 Stiff — — board**
- DOWN**
- 1 Out callers
  - 2 More uncommon
  - 3 Reunion attendee
  - 4 Maria Conchita —
  - 5 Pie crust ingredient
  - 6 Gigi's boyfriend
  - 7 Penn or Connery

- 8 Harbor suspicions
- 9 Mag execs
- 10 Shake-spearean oath
- 11 Pro vote
- 16 High hat
- 20 Pale gray
- 23 Storybook creature
- 24 Chieftain's plaid
- 25 "Water-mark" chanteuse
- 27 Take it easy
- 28 Strong metal
- 29 EPA concern
- 31 Exasperate
- 32 Curved molding
- 33 Entrance
- 35 Bind legally
- 40 Lillie or Arthur
- 41 Declared openly
- 43 Peer Gynt creator
- 45 Courtyards
- 46 Claims on property
- 48 Sets a price
- 49 Swimming —
- 50 Millay or Ferber
- 51 Quip
- 52 Each and every
- 53 Flower lover
- 55 Falstaff's prince

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					60					61		

Stick to what you know and do best. Be wary of taking on responsibilities that don't belong to you or making promises that will take up your time and energy. Set high standards, and don't deviate from your plans to appease others. Take charge of your life and happiness and see how quickly you can make things better.

**CANCER** (June 21-July 22) - You'll have a short fuse. Before letting someone aggravate you, think about what's transpired. Adjust your attitude to avoid getting into an unnecessary argument that could lead to emotional turmoil.

**LEO** (July 23-Aug. 22) - Spread joy, be generous and make a difference, but don't go hog-wild. Offer reasonable suggestions, pitch in and lend a helping hand. What you do will count for more than what you say.

**VIRGO** (Aug. 23-Sept. 22) - Change your routine, let your intuition guide you and your imagination lead you on an adventure. Embrace what life offers and let the experiences that follow usher in personal growth.

**LIBRA** (Sept. 23-Oct. 23) - A steady pace will get you where you want to go. Refuse to let emotional misunderstandings lead to regret. Listen, ask questions and confirm facts before passing along information.

**SCORPIO** (Oct. 24-Nov. 22) - Change the way you live. Discuss your intentions with someone who can offer insight. Let your imagination take you on a journey that helps you discover what you want to do next. Follow your heart.

THURSDAY, JULY 7, 2022

## 'Which paddock?' he asked sheepishly

By Phillip Alder

Each country has its own harsh but humorous expressions. I like the Australian, "He's a few sheep short in the top paddock." Do you think any of the players of today's deal qualify?

North made a preemptive raise to four hearts. After both opponents had passed, there was a slight risk that he would preempt his partner rather than the opponents, but no other bid appealed.

West led the spade ace, and East signaled with the queen, promising the jack (or a most unlikely singleton). West continued with the spade king and spade three.

Declarer trumped East's jack, cashed the club ace, ruffed a club on the board, played a trump back to hand and trumped his last club. He cashed dummy's diamond ace, ruffed dummy's fourth spade, drew the final trump and played a diamond to the queen. He would have been all right if West had had the diamond king or if East had started with king-doubleton. As it was, though, South finished down one.

West suggested that East should have played the spade two at trick one. A diamond switch at trick two would have defeated the contract.\*

**SAGITTARIUS** (Nov. 23-Dec. 21) - Stick to the truth, and question anything that sounds absurd. Show how dedicated you are by nurturing meaningful partnerships. Focus on improving your lifestyle and cutting costs.

**CAPRICORN** (Dec. 22-Jan. 19) - Don't strain your relationships. Take your time, listen carefully and offer only positive advice. Getting along with those closest to you will encourage compromise and peace.

**AQUARIUS** (Jan. 20-Feb. 19) - Push yourself as hard as possible; leave nothing to chance or unfinished. Don't be railroaded into someone's dream when you have plans of your own. Self-improvement will pay off.

**PISCES** (Feb. 20-March 20) - Don't argue. Give others the same freedom that you wish for, and do your best to keep the peace. Channel your energy into better handling your money and tidying up loose ends.

**ARIES** (March 21-April 19) - Opposition will sprout if you don't keep your thoughts secret. Bide your time, rethink your strategy and build a solid argument with reasonable suggestions to satisfy challenging opponents.

**TAURUS** (April 20-May 20) - Use your energy wisely. Arguing will eat into your time and set you back. Work under the radar, and finish what you start. Indulgence will leave you with a lack of resources.

**GEMINI** (May 21-June 20) - You've got the drive to turn your ideas into something concrete. A physical effort to follow through with your plans will make you feel good about yourself and what you have achieved.

North		07-07-22	
♠	9 7 5 4	♠	Q J 10 2
♥	J 9 7 6 3	♥	5 2
♦	A Q 2	♦	K J 5
♣	2	♣	K 10 7 6
West		East	
♠	A K 3	♠	Q J 10 2
♥	10	♥	5 2
♦	10 9 7 6	♦	K J 5
♣	Q 9 8 5 3	♣	K 10 7 6
South		Dealer: East	
♠	8 6	Vulnerable: East-West	
♥	A K Q 8 4	South	West
♦	8 4 3	North	East
♣	A J 4	Pass	Pass
1♥		Pass	4♥
Opening lead: ♠ A		All Pass	

North pointed out that the contract was cold after trick three. Declarer should cash the club ace, ruff a club in the dummy, play a trump back to hand, ruff the last club and cash the heart jack. Then South leads dummy's spade nine. When East produces the 10, declarer discards a diamond loser from his hand. East is endplayed. He must either lead a diamond into dummy's ace-queen or play a club, which allows declarer to sluff his second diamond loser from hand and ruff in the dummy.