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PM#0040007682

THURSDAY, JUNE 16, 2016

Moving muscles to help muscles move

By Rachel Newcombe
Special to The Record

Many people bike for their own health, but participants in the Tour cyclist Frédéric-Duguay (TCFD) take the time once a year to bike for the health of others. For the past 14 years, TCFD has been raising money for Muscular Dystrophy Canada (MDC) with its annual multiple-day bike ride.

The TCFD event will take place from August 17 to August 19. Registered participants will take on the rambling valleys and the cresting hills of the Eastern Townships in either a one-day loop or a three-day journey. This they do while working to raise funds for MDC, through sponsorships and donations.

The TCFD bike ride fundraiser started in 2003 through the initiative of firefighter Stephane Marois. Bruce Porter, a firefighter and supporter from the start, explained that firefighters have always been heavily involved in supporting MDC. Marois' idea to organize a bike ride was the chance to start a new fundraising initiative.

"Organized bike rides weren't popular like they are today," Porter said. The first year saw 14 people travel 265 kilometers in two days. Since then, the event has developed into something much more.

Now the TCFD fundraiser has numerous supporters and sponsors that return every year, all invested in doing what they can to raise money for muscular dystrophy research and support.

Muscular dystrophy is a disease that affects the muscles in the body and causes irreversible degeneration. The

CONT'D ON PAGE 4

Aquafitness group says farewell to longtime instructor



FRANCOIS FOURNIER

The Bishop's Seniors Aquafitness group held a farewell garden party in honour of their instructor Vivianne in Lennoxville on Wednesday morning. The group of 15 has been meeting together for fun and fitness three times a week from 9am to 10am for the last seven years. Though their instructor will be changing, the active aquafit participants look forward to continuing their time together at the start of the next session in two weeks' time.

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Weather



TODAY:
SUNNY

HIGH OF 24
LOW OF 5



FRIDAY:
SUNNY

HIGH OF 24
LOW OF 9



SATURDAY:
SUNNY

HIGH OF 27
LOW OF 13



SUNDAY:
SUNNY

HIGH OF 30
LOW OF 14



MONDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 31
LOW OF 16

Regretting Ray Allen



ROSS MURRAY

It came up during Game 4 of the NBA finals. It came up last year too, and the year before that. It'll probably come up annually from here on and sporadically between times for the rest of my son's life. He has his mother's memory for these things.

The thing in this case is Game 6 of the NBA finals 2013 between the Miami Heat and San Antonio Spurs. The Spurs were up in the series 3-2. James (my son, not LeBron) was rooting for the Heat that year.

But I need to back up a bit more. We had subscribed to cable only about six months earlier. Prior to that, we were a family that survived on rabbit ears and endlessly replayed VHS and DVDs. I can recite for you all 10 seasons of "Friends," if you're so inclined.

As I've mentioned before, the cable was in essence a Christmas gift to James so he could watch his beloved basketball on a large screen instead of hovered over choppy, possibly pirated Internet feeds.

The move had the added pleasure of drawing me into professional sports in a way I hadn't been since the Expos left town. With the basketball on and my son sitting there watching, I discovered the

quiet joy of enjoying sports on TV, with company. James doesn't read much, he doesn't write, we don't have a lot of common points - besides munchies, metabolism and mimicking. Sharing basketball is where our pie charts intersect. Also pie.

Jump to Game 6, 2013. I don't know when I did it, possibly heading into the fourth quarter, with the Spurs up by 10. It must have been closing in on midnight. James had an exam the next morning. So I sent him to bed.

I don't remember a huge protest from him. I knew he wasn't happy about it. But it was his final year of high school. He had to do well in these exams. I held firm. James went to bed. I continued to watch the game.

With 28 seconds left and the Spurs up by 3, Miami inbounded the ball, LeBron shot the three, missed, Chris Bosh rebounded, kicked it out to Ray Allen, who peddled back, and drained a three-pointer to tie the game with 5.2 seconds on the clock. Miami won in overtime 103-100 and went on to take Game 7 and the championship.

What an amazing game!

Oh...

Let me quote NBA.com for you: "Never has an NBA championship turned so significantly on a four-second sequence." From Wikipedia: "The game is considered by players and commentators to be one of the greatest games in NBA history."

Oh...

Three years later, I still don't know whether I did the right thing by sending James to bed. Did that extra 45 minutes of sleep improve his exam results? Will he remember that science or algebra or whatever it was? By contrast, professional

sports may be ludicrous but they are so emotionally charged that they embed themselves in our brains among the happiest memories. A memory I robbed him of. Did I mention it was one of the greatest games in NBA history?

This is parenthood. This is the grey area of decision-making.

There are certain things I can attest to unequivocally as a father. For example, never underestimate the wellness power of freshly shined shoes. Spanking is unproductive for everyone involved. Never even hint to your wife that her having her period is somehow inconvenient to you.

And then there are things there are no answers to, like is it less of a drag to fill the lawnmower after you mow or before? Do you force your child to do something she has a natural talent for even if she says she doesn't want to do it anymore?

In the pursuit of percentage points, do you deprive your son something he's waited 17 cable-less years for?

Charcoal or gas?

We can never know which decisions will lead to regret, resentment, charred steak...

And so it comes up. It came up during Game 4 on Friday, the first in the Cavaliers-Warriors series that wasn't a blowout either way. Finally a game worth watching, we both agreed, even though it was late and James had to work at 7 a.m. But he's an adult now. I can't send him to bed. I can only recommend it.

In fact, I said to him, "I could send you to bed," so technically, I brought it up. But I said it jokingly, attempting to lighten the burden of regret. I'm hoping that, maybe this way, he won't bring it up in my eulogy.

World Refugee Day marked

Record Staff
SHERBROOKE

The Service d'aide aux Néo-Canadiens (SANC) is inviting the public to participate in the celebration of World Refugee Day 2016 this Friday, June 17, at the Central Library (Agora) at the Université de Sherbrooke from 11:30 a.m.

World Refugee Day is held in honor of refugees, asylum seekers, internally displaced persons, and stateless persons and to salute their determination, courage, and hope for a better life. The UN General Assembly has set June 20 as the International Day.

This event offers us a program chronicling the special situation and urgency of some 43.7 million refugees in the

world under the theme "The hopes and dreams we share." The evening will feature touching stories of refugees, stakeholders, and organizations that aim to highlight the dreams and aspirations of an increasingly diverse community.

In Sherbrooke, World Refugee Day has been organized by involving citizens, ethnic associations, the Université de Sherbrooke, the Sherbrooke-Colombiestrie network, the Canadian Council of Refugees, the Estrie educational-cultural Association (AÉTE), the Federation of cultural communities in the Eastern Townships (FFCE), Support for refugee and immigrant families in the Eastern Townships (SAFRIE), Intercultural Family Encounters Estrie (RIFE) the support service for new Canadians (SANC), and the Car-

refour d'aide et solidarité.

Never since the Second World War has the number of people uprooted by conflict been as high as it is today. This unprecedented increase in the number of displaced people tests the United Nations High Commissioner for Refugees (UNHCR) and its partners, and unfortunately the situation continues to worsen. Faced with the growing number of people forced to flee, the anxiety of the general public is increasing, which often leads to misinformation or misunderstandings, and prejudice against refugees.

The evening will include several talks on the personal experiences of modern refugees.

Ben by Daniel Shelton



LOCAL NEWS

"What I do is drive along the back roads, pull over to the side and paint on site," the artist said,...

Who are the artists in your neighbourhood?

By Gordon Lambie

of different views of the Eastern Townships.

"What I do is drive along the back roads, pull over to the side and paint on site," the artist said, explaining that he works on landscapes between Lac Megantic and Stanstead.

This is not Fournier's first time as a part of the art tour, as he participated once in 2005 while living in Sherbrooke's old North Ward. Despite the nine year pause, he said he is very fond of the way the tour opens up artists' doors to the community.

More information about the art tour is available in French at www.lagrandevireeartistique.qc.ca. The small orange signs marking different stops along the route will be out on July 1, 2, 3, 8, 9, and 10. The signs are numbered and feature a small image that looks like an eye made out of an arrow and a paintbrush.



GORDON LAMBIE

This year marks the 15th edition of the Grande Virée Artistique de Sherbrooke, the six-day period during which select local artists open the doors of their workshops to the general public to let the world know who they are and what they do.

In 2016 there are 22 different artists signed up to participate in all corners of the city, from Deauville to Stoke, as well as nine local businesses that will be displaying work as a part of the activity. The tour is based at the Pierre-Gobeil Cultural Centre in Rock Forest and proceeds in a generally eastward direction, looping back through Lennoxville and Mont Bellevue in the last few stops.

François Fournier's workshop is the only stop on the art tour in Lennoxville. The artist works out of his garage at 9 John-Wilson street creating oil paintings

Magog awards Revitalization contract

Record Staff
SHERBROOKE

The City of Magog has announced the awarding of its downtown revitalization master plan management to the architectural landscaping firm of Groupe Rousseau-Lefebvre

The decision comes after public consultations and meetings of various committees. The plan calls for an overall vision for the city center and defines its various components. The next step is a call for tenders for plans and specifications based on the master plan.

Revitalization Committee Chair Diane Pelletier says

that "the blueprint also suggests some parameters to develop a brand signature, inspired by the history of the city of Magog which developed thanks to the textile industry."

Mayor Vicki May Hamm emphasized the major infrastructure work included in projects, notably water main, sewer, road, and sidewalks in the west end of the city, with consideration for pedestrians and cyclists. This work is estimated at \$20 million.

Pelletier assured business that will be affected that the city has heard their concerns about the impact on commerce particularly with regard to time frames, parking, and compensation for lost

business, but gave no specific details

The mayor concluded by saying that "the ultimate goal is to beautify the city, to give it its nobility and economic vitality. After all, our city is one of three tourist centers in the region with Mount Orford and Lake Memphremagog. To successfully meet the challenge, we must plan the site very carefully so that work interferes as little as possible with business and that the revitalization of downtown is carried out in harmony and in a timely manner."



TOWN OF MAGOG

Artist's conception

Vigil in solidarity with Orlando

Record Staff
SHERBROOKE

The Groupe Régional d'Intervention Sociale de l'Estrie (GRIS Estrie) has organized a vigil of solidarity for the victims of the homophobic massacre in Orlando, Florida.

This vigil will be held this Thursday, June 16 beginning at 7 p.m. at the OtreZone gay bar at 252

Dufferin St. in Sherbrooke. The police have been notified of the holding of the event to ensure the safety of those present.

The evening will begin with music by Patsy Sanders, followed by brief speeches and the reading of victims' names. Music and a resumption of normal bar activities follow at 7:30.

GRIS is an organization that works to demystify homosexuality and bisexuality.



Operation Backpack: *Equipped to Learn*

BECOME A SPONSOR

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

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

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

IT TAKES A COMMUNITY

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

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Tax receipts will be issued.

BRP loses big in US courts

Record Staff

Valcourt-based recreational vehicle manufacturer BRP's failure to overturn an American court decision condemning it to compensate competitor Arctic Cat in a patent infringement case will cost the company a total of \$60 million with a Florida federal court

judge adding \$40 million in punitive damages to the \$19.5 million in compensative damages already awarded.

On June 1, BRP was ordered to pay \$19.5 million in damages to Arctic Cat after a jury concluded that BRP had violated two patents related to a safety device designed to prevent watercraft accidents.

Arctic Cat had argued that more than 151,000 Sea-Doo watercraft from the years 2009-2015 were implicated

Last week, BRP president and CEO José Boisjoli confirmed his intention to appeal the judgment, and said the jury's verdict was "baseless."

This is not the first time BRP and Arctic Cat have found themselves before the

courts because of patent disputes. In 2011, the company filed a lawsuit in Canada as well as in civil court in Illinois, accusing its US rival of infringing a major patent for its snowmobiles. BRP accused Arctic Cat BRP of having copied its REV platform, a chassis developed in 2003 improve ergonomics and comfort.

Moving Muscles

CONT'D FROM PAGE 1

muscles in the body weaken over time, causing mobility, respiratory, and heart problems in some cases. There is no cure for muscular dystrophy, which is something that people like Porter hope to change.

"We saw it on a personal level," Porter said of the disease. When the fundraiser first began, one of the firefighters had a nephew who was affected with muscular dystrophy. Frédérick Duguay was only nine years old during the first bike ride, and at this point was still able to walk around on crutches.

Over the years, Duguay's condition became worse and worse, eventually subjecting him to an electronic wheelchair. Duguay passed away in 2015 at the age of 21.

"There's nothing more disheartening than watching a teenager not be able to do the things teenagers do," said Porter of watching Duguay's condition worsen over time. He remains the ambassador of the organization, and a motivator for all those involved.

Porter stated that the goal of the TCFD is to raise 50,000 dollars this year, as well as increase the awareness of the disease within the Eastern Townships. Since the inaugural journey, he commented that they had raised approximately \$450,000 for MDC.

"Part of the money goes to research, part of it goes to services," he explained. This could mean helping people renovate their homes to accommodate wheelchairs, to supplying necessary equipment.

After 14 years, the fundraiser is still going strong. Porter commented that they had managed to maintain interest in the fundraiser. "It fluctuates from year to year," he said of the number of participants, adding, "We have a good base of people." This good base is something that Porter is now trying to build up.

"Right now the push is to get more participants," Porter said, explaining that the current number of registered people was not very high. He said he encouraged people to register by June 20 so that they could receive a TCFD biking



TCFD

The 14th edition of the Tour cycliste Frédérick-Duguay announced details for this year's event. Pictured from left to right are Jacques Fafard, TCFD organizing committee member, participants Daniel Gingras and Christian Poirier, Sandra Lacroix, mother of the late Frédérick Duguay, TCFD spokeswoman Isabelle Perron, participants Maurice Caron and Bruce Porter, Vincent Boutin, Sherbrooke municipal councillor.

jersey, although registration would be open past that date.

For those who want to partake in the

fundraiser, but are not necessarily up to a three-day sojourn, have no fear. The TCFD is now offering two route options for its participants. "It's something we started last year," said Porter. Now they have the option to do a one-day ride or the three-day trip.

The one-day route is approximately 150 kilometers and will take place on August 19, with the three-day trip covering about 410 kilometers.

Porter explained that the TCFD often works with other fire departments and businesses in the Eastern Townships to organize rest stops for the bikers. "We've had a good collaboration," he said.

Porter added that people should not be concerned about joining the fundraiser if they do not know anyone else participating. "It's very friendly. We start together, and we finish together," he said.

There is no better way to describe the goal of the TCFD. They started the journey of fundraising for MDC together, and hopefully one day will finish that journey by finding a cure. In the meantime, Porter and the rest of those involved will continue to do what they can to raise both resources and awareness.

To register as a rider, to sponsor a rider or donate money, or for more information visit www.tourcyclistefredrickduguay.com or email bruce.porter@cgocable.ca



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Your donation helps us carry out our mission, which is to improve health by investing in projects to **develop care, research and staff training**. Here are some concrete examples of projects that received funding in the past year:

\$30,000 to purchase a bronchoscope for intensive care to help doctors make better diagnoses.



Dr. Dominique Bérard, Dr. Yannick Poulin and Dr. Marc-André Leclair proudly presenting the equipment

\$1.4 million for an overall project of \$5 million to create a clinical simulation laboratory so that doctors, professionals, residents and students can work on complex situations in both normal and crisis environments.



\$22,975 to complete renovations to the Pediatric Oncology Department started in 2014.

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THE RECORD

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Donation protects 'strategic' forest

Record Staff
SHERBROOKE

The Conservation des Vallons de la Serpentine (CVS) and the Appalachian Corridor have announced that a strategic piece of land has been added to territory protected in perpetuity.

The land is a gift from Jacques St-Pierre, a well known and committed local supporter of environmental causes. The land, covering an area of almost 10 acres (3.95 ha), has many elements of ecological and geological interest that led St. Pierre to make this donation, "I would like to make this gift to educate and inspire people in the region to the ecological wealth of the Eastern Townships, especially around Orford," he says.

The ACA and CVS are extremely pleased with the donation as it sits in a popular and critical sector that facilitates wildlife crossings and provides a cornerstone for a project aimed at the protection of the peripheral zone of Mont-Orford Park and ultimately protect a rare red oak woodland.

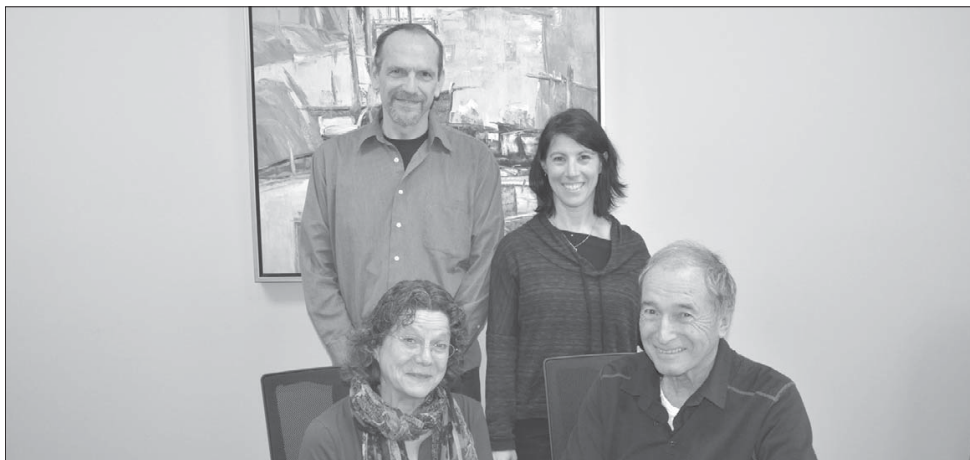
First, the land will form a critical foundation for the implementation by Appalachian Corridor of a wider protection of the park's peripheral zone. During the winter, many local landowners were met to discuss the ecological value of their land. "The area protected thanks to Mr. St. Pierre is adjacent to the park and is the first concrete outcome of this important project," said Appalachian Corridor Acting Director Martine Ruel. "This is truly a gift of inestimable value

and we are very grateful. Other periphery conservation projects are underway and we are confident that this generous gesture will stimulate other ecological donations in the short and medium term."

On the other hand, the land is strategically located between the Mount Orford and Mt. Chagnon, forming a natural link between Orford and other peaks of the Green Mountains chain like Mounts Sutton, Singer, Glen, and Echo, where wildlife is abundant. Françoise Bricault of CVS explains that "the addition of this property to a core that already has several other protected properties will consolidate an important corridor. This is an area where many large mammals such as white-tailed deer, black bear, moose, and coyotes are seen." According to Saint-Pierre, "the problem stems from a junction of two major highways - that of the Eastern Townships, which facilitates the mobility of humans and that of the

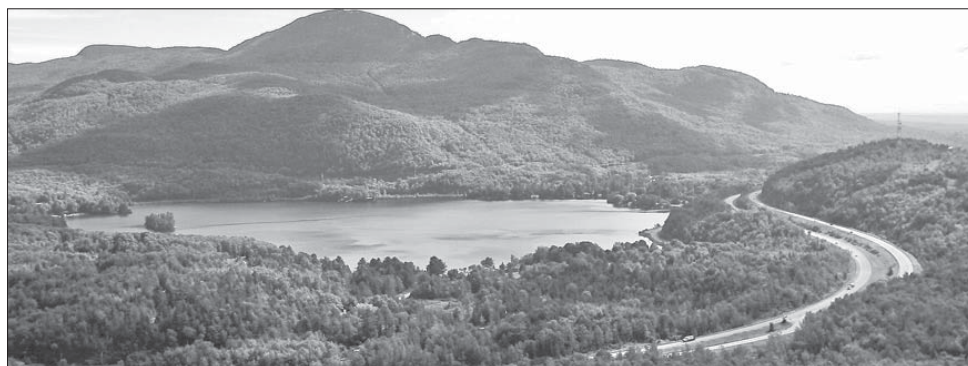
Appalachian where wildlife travels. The clash of these two major pathways demands a dynamic solution and I have chosen one by making this donation as my contribution."

The protection of the land will also protect in perpetuity a portion of a stand of red oak trees that include individuals nearly 200 years old. The forest is recognized as an exceptional forest ecosystem (EFE) by the Quebec Department of Forestry, Wildlife and Parks (MFFP). EFEs are stands of remarkable interest for their biodiversity that deserve to be preserved for future generations. This type of ecosystem is particularly valuable and deserving of protection as the scarcity of its composition and its location makes for a unique environment. The destruction of such forests would cause a significant loss of biodiversity and, as a result, decrease the natural heritage of the region.



CORRIDOR APPALACHIEN

Front: Françoise Bricault, CVS, and Jacques Saint-Pierre, donor, Back: André Champoux and Martine Ruel, Corridor appalachien



YVES TREMBLAY

The land is situated between Mount Orford and Mount Chagnon

CBM Vocational Training Centre awarded \$5000

The CBM Vocational Training Centre in Cowansville awarded \$5,000 in scholarships and bursaries to 10 students this past Monday morning. Claude Gingras, Dominique Chartrand, Julien Côté, Yvette Tétreault, Maxime Beaumier, Claude Bergeron, Stephen Sims, Keith Rodd, Martine Dubois, and Éric Daigneault each received \$500 in recognition of their hard work and dedication to their studies. The funding for the scholarships came about as a result of the centre's partnerships with Granby-Profitez and Emplois Compétences.



VALÉRIE NORRIS

Do you have old fair photos and stories to share?

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

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



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

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

EDITORIAL

The two most popular alternatives appear to be 'mixed member proportional representation' (PR) and preferential voting

First past the post



TIM BELFORD

I can't help but be fascinated by the ongoing debate over proposed changes to the way we elect our members of parliament. If Prime Minister Selfie gets his way, the next election will be held under a new voting method. The old 'first past the post system', which we inherited from our British ancestors, is out. What we will replace it with is now up for debate.

According to a recent report by something called Abacus Data, there are actually 15 possible systems in the running, not counting the ever popular 'show of hands.' For the life of me I can't think of 15 ways to elect a government but who am I to argue.

The reasons that the process in which the person who simply gets the most votes is no longer acceptable are interesting. First and foremost, according to the critics, is that it allows a party with less than fifty per cent of the popular vote to run the country like Mr. Harper did his last time around. This was definitely a bad thing, as the Liberals and NDP never tired of telling us, since Mr. Harper passed so many horrible laws without the support of the entire nation. The fact that the present Liberal government is in the same situation is irrelevant since, unlike the Tories, it represents traditional Canadian values.

The second, and equally important reason to dump the present system, is that it doesn't reflect the actual vote properly. Smaller parties, the Greens, the Bloc and occasionally the Rhinoceros, maintain that if they get 6 or 10 per cent of the vote they should also get 6 or 10 per cent of the seats instead of the 1 or none they get now. The NDP, who tradi-

tionally get fewer seats than their share of the vote would indicate, agree.

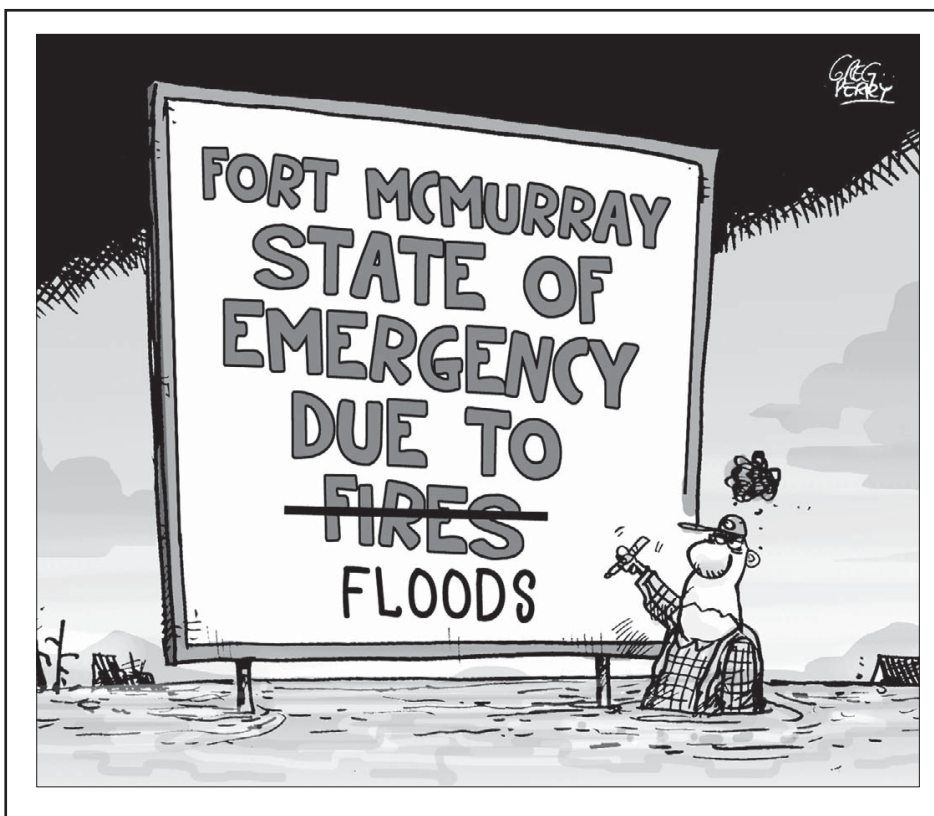
On the other hand, supporters of 'first past the post' suggest that the system works just fine and if it was good enough for our grandfathers it should be good enough for us. Mind you outdoor privies were good enough for our grandfathers as well but that didn't make them the be-all and end-all in plumbing technology.

The two most popular alternatives appear to be 'mixed member proportional representation' (PR) and preferential voting. In the first, everybody would vote twice, once for your ridings MP and once for the party of your choice. Presumably, the MP elected would join other MPs based on the proportion of each party's popular vote. Each riding would then have several members representing it which, of course, is exactly what the average voter wants - more politicians.

Preferential voting, on the other hand, involves ranking candidates from first to last. Then, if no candidate gets over 50 per cent of the vote, the last place person is eliminated from the ballot and everyone's second choice is tabulated. This continues until one of the candidates gets 50 per cent plus one of the vote. This is the Liberal Party's favored system since they can't believe a Harper voter would choose and NDP candidate or a Green as second choice and members of the NDP would sooner slit their wrists than pick a Tory as runner up leaving the nation, fittingly some would say, governed by everyone's second favorite.

The hold-up in the process, however, is the Conservative's insistence on a referendum to ratify any changes. Mr. Trudeau has already gone on record saying "Referendums are a pretty good way of not getting electoral reform." Perhaps they are also a pretty good way of finding out if Canadians actually want electoral reform. You never know.

Tim Belford recently received the Best Column Writing award for 2015 from the Quebec Community Newspapers Association.



Letters

LENNOXVILLE ART GROUP THANKS

DEAR EDITOR,

The Artists of the Lennoxville Art Group would like to thank everyone who helped make our Spring Exhibition such a success. It was remarkable to see so many lovely paintings in such a variety of styles and techniques. Twenty-four members exhibited and eighteen paintings were sold, as well as many cards and posters.

This year's theme was Trees and Ilah Batley donated a lovely watercolour of an Eastern Townships tree scene for our drawing. Manon Pellerin of Les Encadrements Turgeon donated the frame and framing. The drawing raised \$482.00 for the Uplands Children's Art Program. Tom Cavanagh from Lennoxville won Ilah's painting.

Thank you for appreciating our art and for helping support the artists and the children of our community.

MURIEL FITZSIMMONS, SECRETARY

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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3 MONTHS	36.16	1.81	3.60	\$41.57

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1 MONTH	6.49	0.32	0.65	\$7.46

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The Border Report

He also built his own airplane hangar to house the plane.

Stanstead airstrip wants clearance for US landings

By Matthew McCully

Local farmer and private pilot George Weller is hoping to get Canpass certification for his airstrip in Stanstead to facilitate air travel for small plane U.S. pilots wanting to visit the area.

Weller explained that as it stands, pilots are required to land at official ports of entry when travelling across the border. If a pilot in a small plane wanted to fly from Newport, VT to Stanstead for the afternoon, the closest official ports of entry for air traffic would be Bromont or Sherbrooke, and only open at certain hours.

"Small planes having to go a long way out of the way is difficult," Weller said.

"It's one more thing to help the local economy," Weller said, explaining that with Canpass, small planes could hop

over to Stanstead, visit the museums and attractions in the area, and maybe spend the night at a local Bed and Breakfast.

"With private pilots, there's this concept of the \$100 hamburger," Weller said. Similar to a Sunday drive, pilots will often hop into their plane and head out to explore a new town or area. They may land and grab a burger somewhere, which might cost \$5, but with gas and other expenses, it ends up costing around \$100, he explained.

Weller believes certifying his airstrip could increase recreational trips to the area for U.S. pilots.

Weller's airstrip is private, and is around 2,600 runway feet. His Transport Quebec identifier is CTQ2.

It could accommodate helicopters and anything up to a high performance single-engine plane, Weller said.

He doesn't charge other pilots to use

it, although people are welcome to leave a donation if they wish.

If it were to become Canpass certified, none of that would change, Weller said. People would still be expected to call before using the airstrip. "I'd still keep it low-key."

His goal is to make cross border recreational trips easier and put Stanstead on the map, not become a big commercial airport.

Weller hosts a fly-in every September, but it's always too complicated to host U.S. pilots, he said.

He likened Canpass to a type of Nexus for the air.

Weller already has the support of the municipalities of Stanstead, Ayer's Cliff and Stanstead East, as well as the MRC of Coaticook.

The next step will be to approach the Canada Border Services Area and see if

his airstrip meets the criteria.

Located on Stage Road, Weller said there is a Taxi close by available to bring people into town, should they land and want to spend a day in Stanstead.

Weller's private airstrip is just part of his dynamic farm and property.

An amateur pilot, he built the landing area to fly his own plane, which he rebuilt piece by piece with parts from other planes.

He also built his own airplane hangar to house the plane. The hangar, an off-grid structure powered by wind and solar energy, boasts a panoramic view of the townships. When he and his family are not busy maintaining their organic U-pick garden and tending to the golden retrievers they breed, Weller hosts square dances and other events in the hangar.

Colby-Curtis

By Matthew McCully

This summer's annual fundraising event for the Colby-Curtis Museum will bring supporters back to the garden, according to curator Chloe Southam.

For the past three years, Southam said the annual fundraiser has been held away from the museum. While the events were successful, Southam said this year organizers decided to bring the event back to the property so that supporters can be reminded of the mu-

seum's mission and mandate, and really understand where their support is going.

Scheduled for July 9 between 5:30 and 8:30 p.m. this year's fundraiser will be a 'Soirée in the garden of the Museum.'

A large tent will be set up behind the buildings, and guests can mingle and roam through the garden, enjoy cocktails and snacks and live jazz music, or feel free to tour the two temporary exhibits that will be available in the museum.

Southam said one of the exhibits is of

postcards from the different villages of Stanstead County; the other features archival material and some of the works of artist and portrait sculptor Orson Wheeler (1902-1990), who was born in Ways Mills.

"We're hoping for a beautiful and sunny day," Southam said, adding that there will be a live and a silent auction.

The items include artwork, jewelry, and other items donated from locals, members and friends of the museum.

Southam said organizers are hoping to sell 150 tickets to the July fundraiser.

Tickets cost \$100 and include the catered appetizers, two beverages and entry to the exhibits in the museum. A tax receipt is also issued, she added.

Leading up to the big fundraising event will be a Victorian Garden Tea on June 26, Southam said, inviting guests to wear a lovely hat.

Southam said people interested in upcoming events can visit the museum's newly updated website at www.colby-curtis.ca.

FRONTIER ANIMAL SOCIETY

Featured Pet: Miss Kitty

In the last few weeks we've taken in two litters of kittens and a third litter is on the way. Since posting photos of their adorable little faces on our facebook page and on petfinder, we've received quite a few adoption inquiries. Of course we knew we would, after all, they are insanely cute and kittens are just so hard to resist.

Anyone familiar with our shelter knows that we are strong advocates of spay/neuter. With thousands and thousands of stray and abandoned cats looking for homes, do we really need more kittens in the world? Not for awhile we don't!

But the fact remains, that once they are born, they are just as deserving of a wonderful forever home where they will live out their lives happy and loved.

But as irresistible as kittens are, older cats are wonderful too, and we have a few who have been with us for awhile now with little to no interest from adopters. In fact we have one, a lovely

older girl named Miss Kitty, who has been with us for over three years without a single inquiry. While she might not be as cute and playful as some of the younger cats and kittens at the shelter, she remains hopeful that one day soon, she too will find a family to love her.

Miss Kitty is a stunning black cat who can be a little shy at first but it doesn't take long before she warms up. Once she becomes just a little more familiar she is very affectionate and loves to cuddle.

Why has Miss Kitty been with us longer than any other of our cats? Honestly we don't know, but our guess is that being a little more timid than some of our other cats, she doesn't tend to attract the attention of visitors. For those who seek her out, as do many of our volunteers, she is always eager for some pets and it's hard not to fall for her gentle charm.

Miss Kitty loves to sit on her wooden

perch and feel the warmth of the sun as she gazes out the window and can often be found snuggled up in her favourite comfy spot for a midday nap.

If you are looking for a quiet and distinguished older cat who we know will adore you, please consider Miss Kitty. Miss Kitty is approximately 6 years old and is best suited to a quieter home where she can settle in and spend the rest of her life feeling like she is the luckiest cat in the world.

If you would like to find out more about Miss Kitty or any of the cats and kittens at our shelter, please send an email to frontieranimalsociety@gmail.com or give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m.

Don't forget, our shelter is open every Saturday from 10 a.m to noon for cat adoptions. All of our kittens, however, are currently in foster homes near the

shelter so an appointment to meet them is best. The shelter is located at 2405 rue Griffin (Route 247) in Ogden. To read about some of our other adoptable cats, please visit our website at www.safas.ca



CIUSSS asking patients to travel for tests

By Gordon Lambie

The CIUSSS de L'Estrie-CHUS is calling on the population of the Eastern Townships for help. With \$25 million in budget cuts to tackle in the coming fiscal year, the regional healthcare institution is asking Townshippers to help use the resources of the institutions 14 locations better by travelling to other communities for certain tests and procedures.

"We will ask people in need of certain exams, certain forms of surgery, or certain consultations to move around a bit more," said Stéphane Tremblay, Deputy General Manager of Physical and Specialized Healthcare. "The quality of service is just as good in Granby as it is in Sherbrooke."

Tremblay explained that the administration of the regional healthcare es-

tablishment is well aware that accessibility of health services is one of the greatest challenges facing the local population, and that working to take advantage of all of the resources available in the 14 facilities of the CIUSSS de L'Estrie-CHUS is an attempt to improve that situation without incurring additional costs. While one of the greatest concerns expressed at the time that the CIUSSS was formed was that services in smaller facilities would be shut down in favour of offering more in urban centres, Tremblay said that relying on the smaller facilities actually would make more sense if the population would get on board with the idea.

"We've already asked some people on waiting lists at the CHUS if they would have their surgery in Mégantic," the Deputy General Manager said. "Based on our experience it takes an average of

three contacts to reach someone and so far less than one in five people have accepted."

Noting that it is "too bad" that people are choosing to wait longer when offered a second choice Tremblay suggested that a lot of time, energy, and cost would be saved if more people got on board with the idea.

The call for help came as a part of a reflection on the 2015-16 budget and budget forecast for 2016-17.

Patricia Gauthier, the CEO of the healthcare establishment, noted that despite \$30 million in cuts that had to be made last year, the CIUSSS de L'Estrie-CHUS did manage to achieve a balanced budget. Looking ahead to 2017 she explained that the CIUSSS has put together a budget of \$1.2 billion, of which 84.5 per cent is committed to services to the population.

Though the budget is once again subject to optimization costs Gauthier and Pierre-Albert Coubert, Director of Financial Resources and Logistics, were both quick to highlight that the percentage of the budget dedicated to patient care has consistently increased over the last three years. The two also highlighted the significant decrease in administrative costs brought about by ongoing cuts to managerial positions.

Formed in April of 2015 by provincial legislation, the CIUSSS de L'Estrie-CHUS is Quebec's second largest regional healthcare establishment and the only one in the province to include a specific University affiliation. The grouping links fourteen different former healthcare institutions across the Eastern Townships.

Third quarter employment outlook good in the Townships

Record Staff
SHERBROOKE

Eastern Townships employers project a steady hiring climate for the third quarter of 2016, according to the latest Manpower Employment Outlook Survey.

"Survey data reveals that 33 per cent of employers plan to hire for the upcoming quarter (July to September), while zero per cent project cutbacks," says Brenda Gauvin of Manpower's Montréal office. Another 67 per cent of employers plan to maintain their current staffing levels in the upcoming quarter.

"With seasonal variations removed from the data, the Eastern Townships' third quarter Net Employment Outlook of 17 per cent is an increase of seven percentage points when compared to the previous quarter's Outlook," Gauvin says. "It is also a two percentage point increase over the Outlook reported during the same time last year, indicating a positive hiring pace for the upcoming months."

"Nationally, employment gains are expected to be modest in the third quarter," said Darlene Minatel, Vice President, Manpower Canada Operations & Strategic Accounts. "However, we are seeing some bright spots. The Canadian dollar's prolonged low has been good news for the manufacturing industry. Increased demand for Canadian exports is a big reason the manufacturing - durables sector is expecting the largest quarterly employment growth of any sector for Q3."



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Over

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\$6,094,491

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and **693**

jobs maintained

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GRACE VILLAGE CHANGES



Change is in the air at the Grace Village retirement community, and so are some of the buildings. On Tuesday afternoon one of the home's bungalows could be seen jacked up in the air. The work comes following the announcement in April that the facility formerly known as Grace Christian Home would be undergoing a large-scale expansion into a new, multi-building retirement community.



Father's Day

Sunday, June 19



Celebrity Dads and their kids

By Tresa Erickson

Father's Day will be here before you know it. How are you going to celebrate the day with your dad? Do a little fishing? Cook out? Play some cards? Whatever you've got planned, here's a little quiz to end the day on a high note.

To play, just sit down with your dad and match the following celebrity fathers to their children.

- | | |
|--------------------|---|
| 1) Andy Gibb | A) Elizabeth & Christopher |
| 2) Bill Cosby | B) Tricia & Julie |
| 3) Henry Fonda | C) Bailey |
| 4) Gene Simmons | D) Spencer, Mason & Greer |
| 5) Andre Agassi | E) Michael, Patrick, Toni, Melinda, Aissa, Ethan & Marisa |
| 6) Lenny Kravitz | F) Jenny & Corrina |
| 7) Michael Jordan | G) Sunday |
| 8) Peter Jennings | H) Barbara & Jenna |
| 9) Danny Thomas | I) Donald Jr., Ivanka, Eric, Tiffany & Barron |
| 10) Frank Sinatra | J) Jessica, Louis, Elliot, Aimee, Kelly & Jack |
| 11) Ozzy Osbourne | K) Jaden & Jaz |
| 12) Barack Obama | L) Jane, Peter & Amy |
| 13) John Wayne | M) Erika, Erinn, Ensa, Evin & Ennis |
| 14) Chris Martin | N) Tony, Marlo & Terre |
| 15) Scott Baio | O) Apple & Moses |
| 16) Keith Urban | P) Malia & Sasha |
| 17) Vince Gill | Q) Zoe |
| 18) Will Smith | R) Sam, Aquinnah, Schuyler & Esme |
| 19) Cary Grant | S) Peta |
| 20) George W. Bush | T) Trey, Jaden & Willow |
| 21) Michael J. Fox | U) Tatum, Griffin, Patrick & Redmond |
| 22) Ryan O'Neal | V) Nancy, Tina & Frank Jr. |
| 23) Kelsey Grammer | W) Nick & Sophie |
| 24) Donald Trump | X) Jennifer |
| 25) Richard Nixon | Y) Jeffrey, Marcus & Jasmine |

Whether you and your dad are up on the lives of the famous, you should enjoy the time you spend together doing this quiz. Good luck and have fun!

Answers: 1) S, 2) M, 3) L, 4) W, 5) K, 6) Q, 7) Y, 8) A, 9) N, 10) V, 11) J, 12) P, 13) E, 14) O, 15) C, 16) G, 17) F, 18) T, 19) X, 20) H, 21) R, 22) U, 23) D, 24) I, 25) B

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Local Sports

The deerskin ball would also have been a little bigger and much softer than the one used today.

History, native origins to be highlighted when Canadian lacrosse turns 150

By Bill Beacon
THE CANADIAN PRESS

The 150th anniversary of organized lacrosse in Canada will be a special time for Louis Delisle, a Hall of Famer who has been playing the sport for more than six decades.

The centuries-old sport will be celebrated in a three-day festival in June, 2017, with a heavy emphasis on its history and First Nations origins.

"It means a lot," said Delisle, of the Kahnawake reserve south of Montreal, whose opening remarks at a news conference were in his native language, Kanienkeha. "There are world tournaments in field and box lacrosse.

"It gives us pride to say that, as part of the First Nations people of North America, we are founders of a game that is played worldwide today."

The Canadian Lacrosse Association was founded in Kingston, Ont., in the same year that Canada became a country, so both will turn 150 next year. It

will also be Montreal's 375th anniversary.

In 1867, Canada's first sports governing body adopted the first official lacrosse rulebook, which had been written a few years earlier by George Beers of Montreal.

The celebration will include tournaments, exhibitions of artifacts, a lecture series on the sport's history and demonstration matches using rules and equipment from before and after the rules were written.

It will take place mostly at McGill University, whose grounds include part of what is believed to be the site of the Iroquoian village of Hochelaga, which was described by French explorer Jacques Cartier on his first visit in 1535.

Travis Gabriel of Kanasatake, west of Montreal, brought a stick in the style of the 1860s he had made himself. It had a shorter handle and much longer and wider head, with looser netting, than today's sleek sticks.

"The way they played then was a lot

different than now," he said. "The ball stays in the air a lot more now.

"This stick would (be used) mostly from the ground up to the shoulder level. You get it and pass it right away. The pocket really isn't made for carrying. It's more for knocking it around."

The deerskin ball would also have been a little bigger and much softer than the one used today.

Gabriel said it took about three months to complete a stick because the hickory wood needs to be cured to hold its shape.

He was among a growing group of traditional stick makers who were each asked to make one for the game. He was glad to do it.

"It's not really a sport for me, it's more of a medicine," he said. "The fact that it's being recognized and talked about the way it is makes me feel good because this is something that is so deeply ingrained in our culture and traditions and in everything that we do."

Event organizer Jim Calder of Calgary

said they originally hoped to have celebrations in four sites, but when their bid for federal 150th anniversary funds fell through they only had cash for one. They chose McGill because of its long lacrosse history. McGill's varsity team was founded in 1873 and it has had a women's team since 1921.

He said the pair of back to back games _ one traditional and one codified with rules _ will be a highlight of the weekend.

"It's a demonstration and a celebration of lacrosse," he said. "It's a bit of a scripted game to show how various things happened.

"People will get an appreciation for the (traditional) game and, once it was codified with rules, how that changed the game. I think it's important for kids to understand where the game came from and, spiritually, what it means and how privileged they should feel to play the game."

Police use tear gas to disperse English soccer fans

By Eric Willemssen And John Leicester
THE ASSOCIATED PRESS

Police have used tear gas to disperse English soccer fans at the European Championship.

After a match between Russia and Slo-

vakia ended in Lille, police chased large groups of English fans through the back streets around the city's main railway station.

A group of about 200 English fans had been getting progressively rowdier and

noisier, singing songs taunting Russia, when a loud explosion was heard and some bottles were thrown. England plays in the nearby city of Lens on Thursday and thousands of their supporters have gathered in Lille.

Police appeared to make at least one arrest, pinning a man against the ground. Police then charged, spraying tear gas in front of them as they ran.

Some bystanders took refuge in a nearby pharmacy.

Montreal based pro boxer Beterbiev opts to skip fighting at Rio Olympics

The Canadian Press

Montreal-based light heavyweight Artur Beterbiev will not be fighting at the 2016 Olympics.

Beterbiev, who is ranked in the top 10 by all four major sanctioning bodies, will

concentrate on trying to win a professional world title, promoter Yvon Michel said Wednesday.

"Artur's short term goal is to become world champion as a pro and he will be back in the ring in September," Michel said in a statement.

Beterbiev (10-0), who fought at the 2008 and 2012 Olympics for Russia, said last month he was thinking of taking advantage of a recent ruling allowing pro boxers to compete at the Games in Rio de Janeiro. First, he would have had to get through a qualifying tournament for

pros July 3-8 in Venezuela.

He returned to the ring after a year off with a shoulder injury to defeat Ezequiel Maderna on June 4 at the Bell Centre.

Montreal Alouettes cut nine from training camp roster, including Jerry Rice Jr.

The Canadian Press

The Montreal Alouettes cut nine players from their training camp roster on Tuesday, including Jerry Rice Jr., the son of Hall of Fame wide receiver Jerry Rice.

The older Rice won three Super Bowls during his career with the San Francisco 49ers.

Canadian offensive lineman Quinn Lawlor was

also cut, along with eight imports. Besides Rice, offensive lineman Vincent Brown, linebacker Kyle Elsworth, running back Jewel Hampton, defensive backs Victor Hampton and Nathan Slaughter, wide receiver Demarlon Morris and defensive end Diaheem Watkins were also released.

American linebacker Bear Woods had to return home for personal reasons and will join the team in the near future. He was placed on the suspended players list.

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Datebook

THURSDAY, JUNE 16, 2016

Today is the 168th day of 2016 and the 89th day of spring.

TODAY'S HISTORY: In 1884, the first U.S. roller coaster began operation at Coney Island in Brooklyn, New York.

In 1903, the Ford Motor Co. was incorporated.

In 1963, cosmonaut Valentina Tereshkova became the first woman in space.

In 2000, the FCC approved the merger of Bell Atlantic Corp. and GTE Corp. as Verizon Communications.

TODAY'S BIRTHDAYS: Stan Laurel (1890-1965), actor/comedian; Barbara McClintock (1902-1992), geneticist; John Howard Griffin (1920-1980), journalist; Joyce Carol Oates (1938-), author; Roberto Duran (1951-), boxer; Laurie Metcalf (1955-), actress; James Hellwig aka The Ultimate Warrior (1959-2014), wrestler; Cobi Jones (1970-), soccer player; Phil Mickelson (1970-), golfer; Tupac Shakur (1971-1996), rapper; Abby Elliott (1987-), actress/comedian.

TODAY'S FACT: The Formula Rossa roller coaster at Ferrari World in Abu Dhabi, United Arab Emirates, overtook the Kingda Ka roller coaster at Six Flags Great Escape in Jackson, New Jersey, as the fastest coaster in the world in 2010, reaching a maximum speed of 149.1 mph.

TODAY'S SPORTS: In 1998, the Detroit Red Wings defeated the Washington Capitals 4-1, winning the Stanley Cup and sweeping the championship series for the second consecutive year.

TODAY'S QUOTE: "Homo sapiens is the species that invents symbols in which to invest passion and authority, then forgets that symbols are inventions." — Joyce Carol Oates

TODAY'S NUMBER: 31 — years of the papacy of Pius IX, the longest-reigning elected pope in the history of the Catholic Church. Pius IX began his reign on this day in 1846.

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

A will can be modified to include a gift to charity.



Card of Thanks


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Death



Nouha (Saba) CASSAR (1968-2016)

In SHERBROOKE, after a long battle, on June 12, 2016, at the age of 47, passed away Mrs. Nouha Cassar, daughter of Albera Batri and Edmund Saba and wife of Mr. Jean Cassar, residing in Sherbrooke.

Besides her parents and her husband, she leaves to mourn her children: Michelle Cassar, Matthew Cassar and Paul Cassar. Her brother Souheil Saba (Kenda Abouokdeh), her sister Nahla Saba (Nabil Nakouzi). Her brothers-in-law and sisters-in-law: George Cassar (Zina Zakko) and Donna Cassar (Tameen Esper) as well as her nephews, nieces, other family and friends.

The family will receive condolences at the **NEW STEVE L. ELKAS FUNERAL COMPLEX Inc., 4230 BERTRAND-FABI, SHERBROOKE, Que.** on Thursday, June 16 from 7 to 10 p.m. and Friday from 9 a.m. until the departure from the funeral home at 10:30 a.m. The religious service will be held on Friday, June 17, 2016 at 11:00 a.m. at the EGLISE ST-EPHREM and from there at the Elmwood Cemetery in Sherbrooke.

The family wishes to thank all the personnel of the 3rd floor of the Pavillon Argyll for the exceptional care provided to her during her last days, as well as Mr. Clermont Payeur and his excellent team of nurse auxiliaries at the CSSS. A special thank you to Vera, Penny, Marylin, Tina, Mireille and Hélène: without you, we would not have been able to keep Nouha at home until the end. You have supported us during the most difficult time in our lives, and this memory will stay in our hearts forever.

As expressions of sympathy, donations made to the ALS Association would be appreciated by the family.

STEVE L. ELKAS FUNERAL HOME
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info@steveelkas.com

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Too little or too much sleep can be bad for your health

ASK DOCTOR K By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I average about six hours of sleep each night. How much is enough, and how much do most people get?

DEAR READER: Let's start with how much is enough. Many large studies have found that people who average fewer than seven hours of sleep per night, or more than nine hours, have more health problems. That is, there is an association between "too little" or "too much" sleep and health problems.

However, these studies don't prove that too little or too much sleep is the cause of their worse health. Instead, something else may be causing too little or too much sleep, and also causing health problems.

For example, people who sleep more than nine hours per night tend to have higher rates of obesity, heart disease and depression. But it could be that their primary problem is depression, not excessive sleep. People with depression often spend more time sleeping. And they often eat too much and exercise too little, and thereby become obese. Obesity, poor diet and inadequate exercise all raise the risk of heart disease.

Most experts are more convinced of the adverse effects of sleeping fewer than seven hours per night. How many people are, like you, averaging fewer than seven hours per night? A recent study published by the U.S. Centers for Disease Control and Prevention sheds light on that question. The study involved nearly half a million people from all 50 states and the District of Columbia.

The good news was that most people (65 percent) reported that they averaged at least seven hours of sleep per night. The

bad news was that 35 percent did not. That amounts to about 84 million U.S. adults. About 12 percent reported sleeping fewer than five hours per night. About 23 percent reported sleeping fewer than six hours per night.

Interestingly, only about 4 percent reported averaging more than nine hours per night. So if sleeping that much is harmful, a relatively small fraction of people is affected.

Averaging fewer than seven hours of sleep each night was more likely in certain groups and certain geographic areas. For example, non-Hispanic blacks, American Indians/Alaska Natives, Native Hawaiians/Pacific Islanders and multiracial people were more likely than other groups to report too little sleep.

People in the upper Rocky Mountain and Midwest farm states got the most sleep. New York, Michigan, Illinois, Ohio, Kentucky, West Virginia, South Carolina, Georgia and Alabama got the least sleep.

When this most recent study was compared to past studies, it appeared that more Americans are sleeping longer hours than in years past. For example, in another large survey conducted in 2007-2008, only about 60 percent of people reported getting at least seven hours of sleep per night (compared with 65 percent in this study).

So, sleeping seven to nine hours per night may well be healthier than sleeping fewer than seven hours per night. But that is by no means proven. Also, if it is true, it is only true for the "average" person. There probably are people who are born to need more or less sleep than the average person.

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

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

NORTH HATLEY

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

LENNOXVILLE

The UCW of Lennoxville United Church invites you to its annual Strawberry social from 4:00 p.m. to 6:30 p.m. on Thursday, June 23, 2016 in the Lower Scott Hall, 6 Church Street, Lennoxville. Menu: hotdogs, strawberry shortcakes, strawberries and ice cream, choice of homemade cakes and ice cream, hot and cold beverages. Each item priced individually.

LENNOXVILLE

Uplands Cultural and Heritage Centre is thrilled to once again present Sara Peck Colby's work in our art gallery.

The public is invited to meet the artist on Saturday June 25, 4 p.m. to 6 p.m. for a special cocktail, at 9 Speid Street in Sherbrooke (Borough of Lennoxville). Admission is free.

LENNOXVILLE

Please take note that the men's general meeting A.N.A.F. Unit 318, will not be held on Wednesday, June 22, but has been moved to Wednesday, June 29 at 7 p.m. on the main floor.

DANVILLE

The Directors of the Danville Curling Club are pleased to invite everyone to the Club's annual Beef & Pork Mechoui on Saturday, June 18, 2016 from 5:30 p.m. to 7 p.m. at the Danville Curling Club, 1449 Route 116, Danville. Admission charged.

MELBOURNE

Richmond County Historical Society invites everyone to the annual Ice Cream Social at the Market behind the Melbourne Township Town Hall, 1257 Rte. 243, Melbourne on Sunday, June 19 from 1 p.m. to 4 p.m. There will be ice cream with chocolate sauce and strawberries, coffee or lemonade, and cakes and cookies. Join us for this community event on Sunday, June 19.

RICHMOND

The Canadian Legion, Branch #15, 235 College St. N., Richmond will be holding their Legion "Father's Day" Brunch on Sunday, June 19 from 9 a.m. until noon. Admission charged and half price for children under 12 years.

RICHMOND

The Canadian Legion, Branch #15, 235 College St. N., Richmond will be holding a BBQ on Thursday, June 16 at 5 p.m. Hot Dogs, hamburgers and salads

will be served. Music with Sam and Gilles beginning at 4 p.m. Everyone welcome!

NORTH HATLEY

Naomi Bristow, The Yodelin' Cowgirl at The Piggery Theatre on Saturday, July 2 at 8 p.m. Come and hear music of Loretta Lynn, Dolly Parton, Patsy Cline, Tammy Wynette, Patti Page and many more. Tickets are available by contacting Janet McBurney at 819-565-9716 after 6 p.m. Proceeds to benefit Plymouth-Trinity's UCW.

MILBY

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

LENNOXVILLE

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

MINTON

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

LENNOXVILLE

1st Lennoxville Scouts Spaghetti Dinner Fundraiser in support of Fort McMurray. Saturday June 25, from 4 p.m. to 7 p.m. at the Lennoxville United Church, 6 Church St., Lennoxville. Admission charged, children under 3 free. Spaghetti, salad, rolls, tea, coffee

and juice and homemade desserts. Donations accepted, for info contact Melissa (819) 562-4969 leave a message.

AYER'S CLIFF

Gigantic Lawn and Bake Sale, Saturday, June 25 at 8:30 a.m. to noon, Beulah United Church, U.C.W., Main St., Ayer's Cliff. Bake sale table, bread, pastries and other edibles. Browse the tables of new and used jewellery, books, glassware. Visit the gigantic lawn sale held outside. Lots of good used and old fashioned articles. Enjoy coffee and goodies with a friend. All welcome.

SAWYERVILLE

150th Anniversary Service at East Clifton United Church, built in 1866, located 5 miles south of Sawyerville on Route 253, Sunday, June 19 at 10:30 a.m. Following the service there will be a pot-luck picnic lunch at the nearby Salle de Loisirs, St. Isador de Clifton. Liquid refreshments will be provided. Visitors welcome.

• • •

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

People say I am wrong, but there comes a time when "no" is the only answer in my book

THURSDAY, JUNE 16, 2016

Annie's Mailbox

Dear Annie: When is enough, enough? My granddaughter is getting married for the third time in August. We received a "save the date" card six months ago.

The first time this granddaughter got married, I attended the wedding and gave her a generous gift. The second time, I sent a card with a small check. But this is going too far.

My question is, am I obligated to attend this wedding? It is out of state, which means a plane fare, hotel and yet another gift. I say "no more." A simple card will suffice.

People say I am wrong, but there comes a time when "no" is the only answer in my book. My daughter is upset that no one in the family went to her other daughter's wedding — which was also her second marriage and in another state.

I would like to know what you think. — A Grandmother Who Doesn't Get It

Dear Grandmother: If you were unrelated, we'd say a card is perfect. But you are not just any guest. You are the grandmother and this puts you in a separate category. (Not to mention, third weddings should be very small affairs.)

No one is obligated to attend any wedding, particularly a second or third. But your daughter obviously wants the support of her family and your blessing would mean a lot. If you can afford to attend, it would be a kindness to do so, but we understand the hardship of an out-of-state wedding. You also are not obligated to keep giving gifts for subsequent marriages. But again, as the grandmother, you may wish to send something small, such as a picture frame or bottle of wine.

The point is not to create a rift, upset your daughter

or make your granddaughter think you love her less because she can't seem to get her act together. We say, send her a lovely card with a small token gift. Add that you are so sorry you cannot attend, but you will be thinking of her.

Dear Annie: You would be a hero to English teachers everywhere, and a help to many people, if you would use your column to explain when to use "I" and when to use "me."

"I" is a subject pronoun (in the same group with we, she, they, etc.). "Me" is an object pronoun (as in us, her, him and them). "I" never is used after a proposition.

To me, it's simple. Use "me" where you would use "us," and use "I" when you would use "we." — A Faithful Reader

Dear Faithful: We know many readers' eyes glazed over as soon as you said "subject pronoun." But your basic instruction is good — use "me" when you would similarly use "us," and use "I" when you would similarly use "we." We've noticed this happens most often when people think using "I" is more classy than using "me." No, it's not. Sometimes, using a different pronoun or the singular version makes it obvious which is the correct choice. We've heard people say, "Jim and me went to the store," but if you remove "Jim," you'd never say, "Me went to the store" (unless you are Cookie Monster).

And for all those who are still paying attention, the correct phrase is "between you and me." Please.

Dear Annie: I've seen several doctors recently, and each time I noticed that they gave a lot of information so quickly that I could not absorb it all, nor could I remember it entirely.

I also received written instructions after a recent surgery, but those weren't particularly good, either. Part of the instructions included a form that was filled out by the doctor, whose handwriting I had difficulty reading.

Ideally, all information would be typed up and handed to the patient. Granted, it takes time for someone to do this, but it's the patients' health we are dealing with. If the doctor refuses to provide this, I suggest bringing a voice recorder. Turn it on when you're told "the doctor will see you shortly," and make sure the doctor speaks clearly. Ask them to repeat anything if you don't think it came across. Ask the doctor to explain medical terms that are used routinely, but that you may not understand.

Are there any legal issues involved in doing this? Of course, doctors should be informed that they are being recorded. — Get It Right

Dear Get: If you are recording the doctor's instructions for your personal and private use, there should be no objection — legal or otherwise. But most doctors have computerized systems, and in many instances, test results and instructions can be sent to patients via email. Ask your doctor about this. Hospitals also should be handing you typed post-surgical instructions. Of course, it is important to read through everything and to call your doctor if you do not understand something. Too many patients are reluctant to phone or email their doctor, because they don't want to be a nuisance. But it is important to be proactive about your health care. Doctors don't want you to misinterpret their instructions, either.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

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.

“ AFZ KLTZE S AZSXFZE FSN AL
YGCJPZGXZ NLWZLGZ YN NL IEZSA.
Y XSG 'A AFYGO LC S KELCZNNYLG
Y FSHZ WLEZ EZNKZXA CLE.” — RLG
FSW W

Previous Solution: “Two persons cannot long be friends if they cannot forgive each other's little failings.” — Jean de la Bruyere
TODAY'S CLUE: 7 sjenbe r

REALITY CHECK

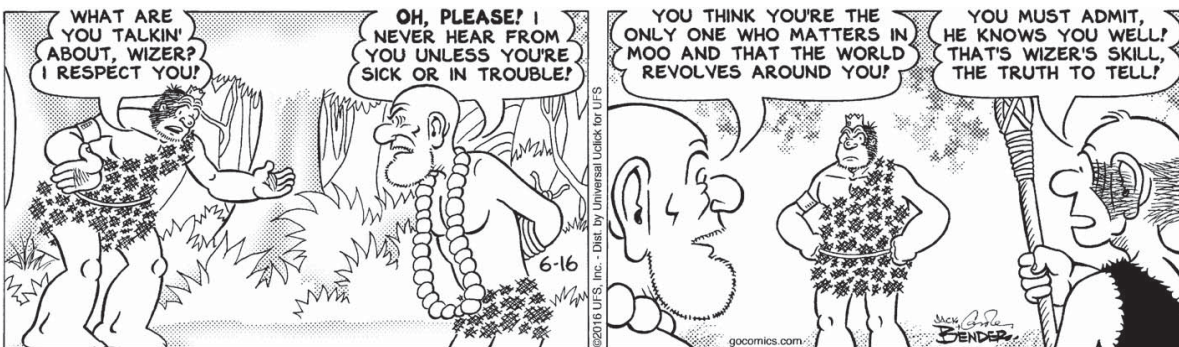


HERMAN



“The dog not hungry?”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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170 Auctions

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

294 Events

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340 Garage Sales

LENNOXVILLE HUGE SALE, 31 Willowdale, Friday and Saturday, June 16 & 17. Air conditioner, dresser, antique rocking horse, Tiffany lights, tools, puzzles, toys, lots of miscellaneous.

NORTH HATLEY 160 Reed (corner rue) Sherbrooke, Saturday and Sunday, June 18-19 from 8 a.m. to 1p.m.

Do you have

CASH

in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

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3 DAYS ONLY!
 Get Monday and Tuesday, June 27 & 28, FREE and pay for Wednesday, June 29. Total cost for the 3 days is \$8.05.

Email your classifieds to classad@sherbrookerecord.com or call 819-569-9525. Must be paid by visa or mastercard. Deadline: June 22 at noon

THE RECORD

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

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

100 Job Opportunities

100 Job Opportunities

URGENT



is **urgently** searching for carriers in and around **Sawyerville**

(Routes can be divided)

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Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at **billing@sherbrookerecord.com**

Need to sell something?
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 (450) 242-1188

SUDOKU

Difficulty: 4 (of 5)

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

6-15-16

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

Difficulty: 4 (of 5)

SUDOKU

