

Estrie shifts (mostly) back to orange

By Gordon Lambie

As of Monday, May 31 the Estrie administrative region returns to Quebec's orange alert level with the exception of the Granit sub-region, surrounding Lac Mégantic, which remains red for the time being. The change came as a part of the province-wide reopening plan put into effect last week.

The number of new cases reported across Quebec on Sunday was 315, continuing the decline in the number of active cases to 4,182.

The total number of people infected in the province since the start of the pandemic has now risen to 370,043, although 354,734 of them are considered to have recovered.

There were 12 Covid-related deaths reported over the weekend, bringing that total to 11,127. Hospitalizations decreased by 30 to 364. As of Sunday morning, there were 90 people in intensive care for reasons linked to the pandemic, six fewer than on Thursday.

In the Estrie 29 new cases of COVID-19 were reported on Sunday. There are currently 322 active cases in the region. Three deaths were reported in the over the weekend, bringing the total in Estrie to 348. The number of hospitalizations increased to 30, with three patients in intensive care.

As of Sunday morning, 60 per cent of Quebec's population had received at least one dose of vaccine, with 5,503,277 doses administered out of the 5,887,119 received in total so far. Detailed information on the regional vaccination campaign is not available on the weekend, but according to the provincial public health figures available at quebec.ca, 320,226 doses have been administered in the Estrie so far.

Korean war vets honoured in Sherbrooke



GORDON LAMBIE

David Edmond and Kathryn Harrington accepted Korean Ambassador for Peace Medals on behalf of Harrington's uncles, James and John Hobbs on Sunday afternoon in Sherbrooke.

By Gordon Lambie

Family members representing nine veterans of the Korean War gathered together in Sherbrooke's Jacques-Cartier Park on Sunday afternoon to receive the Korean Ambassador for Peace Medal on their behalf.

The commemorative medal is an expression of appreciation from the Korean government to Canadian service men and women who served in

the Korean War from June 25, 1950 to July 27, 1953 or during peacekeeping work up to 1955. It was originally presented as a special memento to veterans who returned to South Korea through the 'Revisit Program', but has since been expanded to include those veterans who cannot make the journey to Korea.

The medals presented on Sunday were almost all posthumous, although Kathryn Harrington told The Record that her uncle John

Hobbs is currently living in a home in British Columbia.

The socially-distanced ceremony was organized by The Eastern Townships Veterans' Committee, the members of which had been waiting to hold the event until COVID-19 restrictions in the region were loosened enough to allow such a gathering to take place. Committee President Robert Groulx served as Master of Ceremonies and Sherbrooke Mayor Steve Lussier served as president of honour.

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Weather



TODAY:
PERIODS OF
RAIN

HIGH OF 13
LOW OF 6



TUESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 22
LOW OF 10



WEDNESDAY:
SUNNY

HIGH OF 26
LOW OF 12



THURSDAY:
CLOUDY

HIGH OF 23
LOW OF 14



FRIDAY:
60 PER CENT
OF SHOWERS

HIGH OF 25
LOW OF 14

The Ken Jones Respite Program has room for new clients



THE SCOOP

MABLE HASTINGS

The Ken Jones Respite-KJC (a program of the Missisquoi North Volunteer Centre-CABMN) in Mansonville has room available for new clients who meet the criteria of the program. The program provides a day of respite for caregivers of persons with intellectual and physical disabilities and gives the clients a group of friends to join for a day of fun and activities. Activities include: crafts, games, in house bowling, leaning activities, socializing and more.

While the group has had to adjust its weekly gatherings during the Covid pandemic in following government directives, it normally takes place from morning until afternoon in the Youth Centre building located at 282 Principale in Mansonville in an atmosphere of friendship and caring. Coordinated and animated by CABMN staff, Sheila Samborsky and Eszter Csiszer, who have long animated the respite day, the program is a highlight for clients and admittedly both animators feel that they get a lot from their time spent with the group as well.

"It's a win/win situation," said Samborsky. "We look forward to our Thursday spent in the company of the clients and they always arrive eager and happy to partake in the



COURTESY

activities."

Working with this clientele base sometimes results in clients being hospitalized, or due to an increase in needs they sometimes have to be moved to other homes or care facilities outside of the MRC Memphremagog West, and this results in their having to leave the group.

"It is always difficult when we lose a member of our group," shared Csiszer, who animates with Samborsky. "There is a hole that is difficult to fill as each of our clients is special in many ways."

The group is presently attended by 6 persons and there is room for two or three more. The KJC organizers are encouraging people to share this information and to encourage those who may be caregivers to potential clients to get in touch with the animators, who are willing to welcome a new client on a trial

basis providing he or she meet the requirements of the program.

For more information about the Ken Jones Respite program visit the CABMN website at: www.cabmn.org or call the CAB at 450-292-3114. Calling on a Thursday at 450-292-4886 will mean reaching the animators of the KJC respite directly, as they are at the centre every week on Thursdays only. If caregivers call the CAB office, all calls regarding this program will be referred to Samborsky and Csiszer, who will be happy to explain the program and the requirements for joining once they receive the message.

I believe the sentiment and opinion regarding the program is best conveyed by group member, Tom Peacock. When asked how he feels about participating in the Ken Jones Respite day, he simply answered, "I LOVE IT!"



Fig.16

> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



Ben by Daniel Shelton



Restaurant owners take different approaches to Quebec's reopening plan

By Michael Boriero

When Christian Turcotte found out the Quebec government would allow the reopening of outdoor terrasses starting May 28, he immediately began organizing his restaurant in anticipation of hungry customers.

Turcotte is the co-owner of Café Aragon, a modest and cozy restaurant in Sherbrooke. He told The Record that between all of the colour flip-flopping throughout the pandemic, Aragon was prepared for the inevitable return to in-person service.

"We have a few last minute things to take care of, but otherwise we're almost ready," Turcotte said last Thursday afternoon.

The weather called for cold temperatures — a brisk 10 degrees, some wind, but sunny nonetheless. Despite the forecast, Turcotte received several calls for reservations. Although he anticipated a small turnout, the thought of greeting a handful of customers excited him.

"I like the contact with people, I like this part of restaurants. The last few months of winter I found to be really long, so I'm excited to open, it really gives us pleasure to be here," said Turcotte.

When The Record arrived at the restaurant on Friday afternoon, the terrasse was full. There were less than 10 people sequestered in groups of two, with one man sitting alone, enjoying a coffee. Turcotte was wearing a mask, but his smile could be seen through his eyes.

Sherbrooke, along with the rest of the Eastern Townships will return to an orange zone on Monday. According to Turcotte, this means he will be allowed to have customers inside, socially distanced, for the first time in months.

The restaurant industry was hit hard by the pandemic. Food was spoiled, revenue plummeted, and employees left

for greener pastures as they couldn't sit around waiting forever. But Turcotte, while short-staffed, has a contingency plan.

"I'm lucky to have a co-worker that has two young teenagers to help us, so we have reinforcements, otherwise I have a small team," he said.

However, the same cannot be said about every restaurant. Thierry Navette, restaurant director at Bistro 4 Saisons and Burger Pub in Orford, said his staff has significantly shrunk during the pandemic. They still have a reliable team, but they will need to find help.

"Well in the short term we're fine, but in the long term, we need to hire more people," said Navette.

The government's decision to open terrasses on Friday made little sense to the director. His restaurant's terrasses will be open for three days before the Eastern Townships returns to an orange zone. It doesn't make much sense to delay the dining hall reopening, he said.

While he doesn't necessarily agree with Quebec's decision-making, he feels confident that this will be the last time restaurants will need to reopen and reorganize. Navette added that it will take some time for his restaurants to generate profit, after all the losses.

"We're not going to recuperate much this year, we also have a hotel and two restaurants, so it's going to take some time. People are going to come out, but you can't forget we're still physical distancing, so we still have less people in the restaurant," Navette said.

Anik Beaudoin, the owner of Auguste in downtown Sherbrooke, went the opposite route, deciding against opening her restaurant's terrasse. She was in the process of cancelling reservations when she spoke to The Record. The weather was a major factor in her decision.

"We are outside, we don't have a heated terrasse, there are no windows, so it's not worth it," she said, adding



MICHAEL BORIERO

that per downtown regulations, restaurants are not allowed heat lamps and propane tanks in the same area.

Beaudoin explained that the worker shortage is very real, and the problem is finding people with work experience. She is looking for one full-time employee, and kitchen staff, but it won't delay her reopening Auguste's dining hall and terrasse on Monday.

Golden Lion Pub owner Stan Groves also chose to stay closed for now. Although it is a bar, Groves is technically allowed to reopen his terrasse because they have a restaurant license. But he wants to wait for June 11, when bar outdoor terrasses can open again.

"We'd rather just give it a couple more weeks," said Groves. "What is a couple more weeks when we've

already been shut down for six and half months? I was outside wearing my shorts today, you couldn't pay me to be on the patio for too long."

There will be, presumably, less restrictions by then, plus warmer weather, he explained, and people could buy pitchers of beer without having to order food. And for the most part, his staff is intact, aside from losing his cook, who he recently managed to replace.

"I think anybody that kind of left, left because they were students at Bishop's University and they were going home to a full time job, but we've got bartenders, waitresses, security, a lot of those people are just chomping at the bit, as they say, to get back into their job," he said.

Sherbrooke renters association organizes sit-in outside city hall

Record Staff

Members of the Association des locataires de Sherbrooke, the city's renters association, set up camp in Strathcona Square on Friday afternoon, pitching tents, serving food and playing music. They continue to fight against sexual and racial discrimination for many people seeking housing in Quebec. The group also wants to raise awareness for what they say is an impending housing crisis. They are staunchly anti-privatization, calling the commercialization of housing an attack on the right of every Quebecker to have a roof over their head. In a press release, the group calls out the provincial government for keeping its eyes closed on this issue for decades.



MICHAEL BORIERO

They ignored the worsening situation in CHSLDs and they are doing the same for housing, they stated. The association has been more active in the past few months. They demand the government to ditch private housing for socialization of the rental housing stock.

Coupons for second dose of AstraZeneca available in Sherbrooke

Record Staff

As of Monday, May 31 any individuals who received a first dose of Covishield or AstraZeneca vaccine before April 3, 2021 are eligible to receive a second dose.

Coupons for the vaccine will be

given out at the Centre de foires in Sherbrooke starting at 7 a.m. Monday morning.

The doses will be administered between 8 a.m. and 8 p.m. same day.

Approximately 1,900 coupons for the second dose of vaccine are available.

EDITORIAL

It's important to bear in mind the scope of Quebec's forest resources and their economic value. Forests cover more than half of the province, an area twice the size of Sweden.

Quebecers can't see forest mismanagement through the trees



PETER BLACK

As they get their second dose, doff their masks and burst from their bubbles Quebecers by the thousands will head off this summer to hike trails, set up at a campsite or the cottage, or slip their watercraft into the lake or stream. Some will even hop aboard a seaplane for a fishing expedition and get a bird's eye view of the boundless forests of Quebec.

Many thousands will travel highways into the more remote regions of the province, the Abitibi, Saguenay, Mauricie, North Shore or Lower Saint Lawrence and Gaspé Peninsula. They'll see trees, trees and more trees. Some folks may even pass by areas where the trees have been cut and brought to sawmills or pulp and paper mills.

While many Quebecers will have occasion to gaze in awe upon the province's vast forests, very few will have a clue about how those forests are managed, and, more specifically, whether the people who own the trees (us) are getting fair value for those harvested by the millions.

It's been more than 20 years since singer Richard Desjardins shocked Quebec with his documentary film *L'Erreur Boreale* in which he exposed the wanton rape of the province's forests by forestry companies operating under the blind eye or abject indifference of government authorities.

The outrage the film sparked

eventually caused the government of Jean Charest to create a commission in 2003, headed by veteran civil servant Guy Coulombe, to investigate forestry practices in Quebec.

Sure enough, the probe concluded a year later that Quebec's forests were being managed in a wasteful way, harmful to the environment and wildlife, and lacking a coherent plan for regeneration and sustainability.

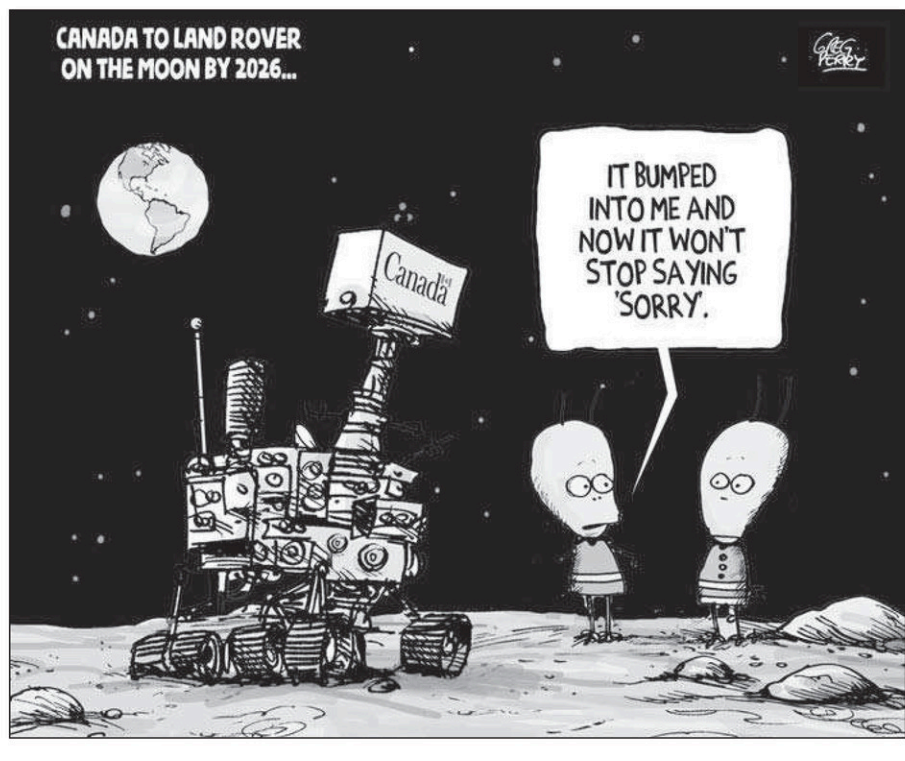
The Coulombe commission recommended a 20 percent reduction in cutting rights for some species, the creation of the office of chief forester to oversee management of resources, and a review of methods used to calculate regeneration time for forests.

It's important to bear in mind the scope of Quebec's forest resources and their economic value. Forests cover more than half of the province, an area twice the size of Sweden. Twenty percent of Canada's forests are in Quebec, amounting to two percent of the planet's treed area. More than 90 percent of Quebec's forests are government owned. Quebec's forest industry exports more than \$12 billion worth of product and directly employs about 60,000 people.

Despite the Coulombe commission, a major overhaul of the forest management system in 2013, and a scathing auditor-general's report on failures in replanting trees in 2018, vigilance over forest management appears to have slackened.

An investigative report by Radio-Canada's *Enquête* program that aired in March uncovered, thanks to whistle-blowers, a system whereby the forest industry essentially controls the measurement and valuation of the trees they cut on public lands.

"Quebec is losing millions of dollars in forest royalties because it lets the industry itself establish the market value of timber cut on public land to supply mills," the report concludes.



According to one whistle-blower, because of corrupt practices and collusion with government officials, "there is really no one in Quebec who knows how much wood is being cut. Thousands of square kilometers have been logged and no one has been paid, neither the contractor nor the government."

The *Enquête* revelations spurred dozens of concerned scientists to sign an open letter demanding the Legault government set up an independent body to monitor forestry practices, taking the job out of the political realm, where curbs on logging might lead to lost jobs and lost votes.

Greenpeace and other

environmental organizations have called for a parliamentary enquiry into the long list of alleged fouls afoot in Quebec's forest industry.

While we're at it - If government and industry mismanagement and greed weren't enough of a threat to Quebec's forests, there is another little beast wreaking havoc. The spruce budworm continues to ravage forests in many regions of Quebec at an alarming rate.

Last month the Quebec forest ministry announced a \$55 million program to spray with insecticide some 747,000 hectares of vulnerable forests in several regions of the province.

If you happen upon a tree this summer, give it a hug; it might need it.

Letters

Why I Love The Record



We recently asked readers why they enjoy reading the paper every day. Here is what they had to say:

TO THE ENTIRE RECORD STAFF:

A hearty thanks for a job well done and for the going beyond the call of duty to provide not only a newspaper that keeps us up to date, but the one that adds humor, and something to look forward to every day. You are all a blessing in disguise. P.S. Feel free to print my good wishes as many others feel the same as I do.

GORDON HUGHES

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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6 Mallory, Sherbrooke, Quebec J1M 2E2
 FAX: 819-821-3179
 E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

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 ABC, CARD, CNA, QCNA

“Miss Alta” retires from Stanstead College after 45 years

After 45 years working at Stanstead College, Alta Sheldon retired Friday and was recognized for her many contributions in front of the full student body and staff.

Miss Alta, as she is fondly known on the College campus, began working in the laundry department in 1976. She eventually became head of the laundry and housekeeping department and ran a tight ship there until she semi-retired in 2011. She continued another decade part-time managing the school gyms, a role she had been filling since 2007.

As gym manager, Ms. Sheldon oversaw equipment and uniforms for the teams and was always ready with kind words, encouragement and candy for the students and coaches who stopped by her office in the Amaron Gym. Efficient

and organized and with an exacting attention to detail, Ms. Sheldon made everyone's lives easier and brighter.

Ms. Sheldon's contributions went beyond equipment management, however. Basketball coach Eryn Hessian recalled the time that her bantam team made the local newspaper. So that all the players could have a copy, Miss Alta and her sister scoured the town to buy up enough copies for all.

In recognition of her dedication, the College will be naming the Amaron equipment room “Miss Alta's Sports Store.”

“Your efficiency, expertise and excellence, your dedication, commitment, reliability and your loyalty should be and are both an example and an inspiration to all of us,” said of Head

of School Michael Wolfe. “I hope that we haven't taken you for granted over the years but I suspect that it has been hard to avoid that because you came to work every day, did your job so much professionalism, to the utmost of your abilities without complaint and always with a good word for others and a ‘How can I help’ approach.”

Friday morning, students and staff gathered to wish Ms. Sheldon a happy retirement, surprising her with their presence and applause outside the gym. Students presented her with chocolates and a flower basket. Former students, teachers and current students sent video messages of thanks and congratulations, viewable on the College's YouTube channel.

Submitted by Stanstead College



COURTESY OF STANSTEAD COLLEGE

Trudeau asks for flags to be lowered to honour Kamloops residential school children

The Canadian Press

Prime Minister Justin Trudeau has asked that flags on all federal buildings be flown at half-mast in honour of the lives of 215 children whose remains were found at a former residential school in Kamloops, B.C.

Trudeau says he has made the request, which will include the Peace Tower flag, to honour all Indigenous children who “never made it home”, the survivors of the school and their families.

Chief Rosanne Casimir of the Tk'emlups te Secwepemc First Nation in British Columbia said the remains of 215

children, some as young as three years old, were confirmed last weekend with the help of ground-penetrating radar.

She described the discovery as “an unthinkable loss that was spoken about but never documented at the Kamloops Indian Residential School.”

Plans are underway to bring in

forensics experts to identify and repatriate the remains of the children found buried on the site.

Mayors of communities across Ontario including Toronto, Ottawa, Mississauga and Brampton have also ordered flags lowered to honour the children.

Parents at Waterloo Elementary School clash with administration

By Matthew McCully

A number of parents with children at Waterloo Elementary School attended last week's Eastern Townships School Board (ETSB) Council of Commissioners meeting to voice their concerns about the way the school is being run and the lack of communication from the administration.

Parents first reached out to the board in a joint letter in March highlighting a number of issues with administration at the school. A meeting was then organized with parents and the board.

Dissatisfied with that meeting and what they felt was a lack of action on the board's part, the parents attended the ETSB council of commissioners meeting last week to reiterate their concerns.

During question period one parent began reading a prepared statement explaining her concerns, but she was cut off by ETSB Chairman Michael Murray.

“This is a question period. We would like to be able to address whatever point it is that you are raising, but it is not intended to be a period for you to make a long speech, so if you could get to your question promptly, I'm sure we would all appreciate it and we would like to address it,” Murray said.

“It's a whole bunch of things, that's why I wrote everything down in this speech,” the parent replied, “to bring it

to somebody, so that somebody would listen. Because we don't feel as parents that when we did the meeting, that we were listened to and all decisions were made before the parent meeting even happened. And this is the only way that I know how to bring this to you,” she said.

When parents wrote to the board in March, the bulk of the complaints related to organizational issues and a lack of communication from the principal at the school. But during last week's ETSB meeting, several complaints were related to a staff member at the school, appointed to assist the principal, who was overheard making disparaging remarks about the students.

“We don't know what to do anymore. We don't have info, nobody told any of the parents

why there's somebody helping the principal who I know has made comments about children being stupid in Waterloo. How can she be helping?” the parent asked.

Another parent spoke up during the meeting confirming she had also heard the offensive remarks directed at K4 students.

Chairman Murray recognized the seriousness of the situation and changed his tone. “I'm very glad you brought this up,” he said, offering to shed some light on the board's response following the meeting with parents held in

April. Assistant Director General Kandy Mackey explained that the board was in listening mode during the meeting and took note of everything that was brought up, including a need for better communication and more direct access to administration to deal with issues on the ground. “These are actions that are ongoing, so it is our intent in the fall, to hold another forum, open to all Waterloo Elementary School parents, to hear what they have to say about their school,” Mackey said.

Another parent then addressed the board. “As parents, we sat through that meeting, which was well-organized. When things go smoothly, it's so easy,” she said. “You say you have all these things in place. My problem is you're not building a part for my house or my car, you are dealing with my child's life. I'm not going to take promises lightly.”

She said another forum in September would not appease parents who have already been frustrated for a whole year and made to feel like their kids don't matter.

To get all those comments and offer nothing concrete, the parent said, “that doesn't smell right, doesn't sit right with me.”

“You're not picking the right people in place right now when the problem is right now,” she said, alluding to rude, mean and disrespectful comments directed to students.

“It isn't your kids, it's our kids.”

Confrontation takes up a lot of energy, she went on, “we don't need to deal with that plus Covid,” she said, adding parents feel pushed away. “You're not showing that kids matter to you. We feel helpless.”

After several points were raised and discussed, Murray thanked the parents for coming to the meeting and speaking up. He also invited the parent he had interrupted earlier to send her statement in full to the board.

“We have taken a number of measures, and we are continuing to take them,” Murray assured the parents. “The biggest failure on our part,” he said, “has been getting things done in the school rather than getting back to the community.”

The chairman admitted the board dropped the ball by not making it clear to parents what steps were being taken at the school.

Murray added that the parents should consider going back to their governing board to address the areas of concern that fall within their responsibility.

Saying he has a sense the Waterloo Elementary governing board had lost its way, the chairman offered to attend a meeting to improve the situation.

The parents were not swayed by the board's overtures. The day after the ETSB meeting, they wrote another letter saying they still feel unheard and misunderstood, requesting another meeting.

FORTHCOMING LOOSENING OF MEASURES, BY LEVEL



GOAL: MOST REGIONS RETURN TO THE ORANGE LEVEL BY MAY 31

	None	None
Curfew	None	None
Masks	Starting June 25, relaxation of restrictions at private home gatherings for people who are adequately vaccinated (Ex. : both shots of vaccine)	
Outdoor private home gatherings	✓ Maximum 8 people or occupants of 2 homes (distancing)	✓ Maximum 8 people or occupants of 2 homes (distancing)
Indoor private home gatherings	✗	✗
Private events or social activities in outdoor public settings	✓ Maximum 8 people or occupants of 2 homes (distancing and masks)	✓ Maximum 12 people or occupants of 2 homes (distancing and masks)
Private events or social activities in rented halls or indoor public settings	✗	✗
Bars	✗	✗
Restaurants	Starting June 11, terraces open (Some restrictions) Maximum 2 adults or occupants of the same home	
	✓ Terraces open (maximum 2 people with their children under the age of 18 or occupants of the same home)	✓ Maximum 2 people with their children under the age of 18 or occupants of the same home
Indoor sports and recreational activities	✓ Alone, in pairs or occupants of the same home Open facilities: pools, skating rinks and facilities for playing tennis and badminton	✓ Alone, in pairs or occupants of the same home Open facilities : all (including gyms)
Outdoor sports and recreational activities	✓ Maximum groups of 8 or occupants of 2 home (practice with no contacts)	✓ Maximum groups of 12 or occupants of 2 home (practice with no contacts)
	Starting June 11, maximum groups of 25 (practice with no contacts and supervised)	
Places of worship	✓ Maximum 25 people	✓ Maximum 100 people
Funerals and weddings	✓ Maximum 25 people	✓ Maximum 25 people



Returning to... my activities



GOAL: MOST REGIONS RETURN TO THE YELLOW LEVEL BY JUNE 14



GOAL: MOST REGIONS RETURN TO THE GREEN LEVEL BY JUNE 28

END OF AUGUST

None	None
<ul style="list-style-type: none"> Maximum 8 people or occupants of 2 homes (distancing) Maximum occupants of 2 homes (distancing and masks) Maximum 12 people or occupants of 2 homes (distancing) Maximum occupants of 2 homes (distancing and masks) Maximum occupants of 2 homes (some restrictions) Maximum occupants of 2 homes Maximum groups of 12 (practice with no contacts) Open facilities : all (including gyms) Maximum groups of 12 (practice with brief contacts) 	<ul style="list-style-type: none"> Maximum 10 people or occupants of 3 homes (distancing) Maximum 10 people or occupants of 3 homes (distancing and masks) Maximum 50 people (distancing) Maximum 25 people (distancing and masks) Maximum 10 people (some restrictions) Maximum 10 people Maximum groups of 25 (practice with brief contacts) Open facilities : all (including gyms) Maximum groups of 50 (practice with brief contacts)
Starting June 11, maximum groups of 25 (practice with brief contacts and supervised)	
<ul style="list-style-type: none"> Maximum 250 people Maximum 50 people 	<ul style="list-style-type: none"> Maximum 250 people Maximum 50 people

Progressive relief depending on epidemiological situation and vaccination coverage

- Flexibility in childcare and preschool settings
- Return to normal organization at primary and secondary level
- Return to face-to-face work in higher education
- Progressive return to face-to-face work
- Additional relief for gatherings, sports and recreation
- Increased person limits for indoor venues and outdoor events
- End of color levels
- Reduced requirements for masks and distancing in public places or events for people who are adequately vaccinated

Learn more about all the details of these measures at:

[Québec.ca/reopeningplan](https://quebec.ca/reopeningplan)

☎ 1 877 644-4545

In Memoriam

THOMPSON, Stephen Douglas: September 11, 1960 – May 31, 2019.
*To My Darling Son, Stephen
 The moment that you left me my heart split
 in two,
 One side filled with memories, the other side
 died with you.
 I often lay awake at night when the world is
 fast asleep,
 And take a walk down memory lane
 With tears upon my cheek.
 Remembering you is easy, I do it every day,
 But missing you is a heartache that never
 goes away.
 I hold you tightly within my heart and there
 you will remain.
 You see life has gone on without you,
 But will never be the same.*

YOUR HEARTBROKEN MOTHER

THOMPSON, Stephen Douglas: September 11, 1960 – May 31, 2019.
*For Our Dear Brother, Stephen
 Remember Me
 Don't remember me with sadness,
 Don't remember with tears,
 Remember all the laughter,
 We've shared throughout the years.
 Now I am contented
 That my life it was worthwhile,
 Knowing that I passed along the way
 I made somebody smile.
 When you are walking down the street
 And you've got me on your mind,
 I'm walking in your footsteps
 Only half a step behind.
 So please don't be unhappy
 Just because I'm out of sight,
 Remember that I'm with you
 Each morning, noon and night.
 Missing you and remembering you
 every day, Stephen.*

GINNY, CAROL AND LYNDA



In Memoriam

THOMPSON, Stephen Douglas: September 11, 1960 – May 31, 2019.
*In Loving Memory of You, Dad
 You held our hands when we were small,
 You caught us when we fell,
 The hero of our childhood
 And of latter years as well.
 Every time we think of you
 Our hearts just fill with pride,
 Though we'll always miss you, Dad,
 We know you're by our sides.
 In laughter and in sorrow
 In sunshine and in rain,
 We know you're watching over us
 Until we meet again.
 We love you always Dad.*

WILLIAM AND VICTORIA

THOMPSON, Stephen Douglas - In loving memory of our very dear friend who passed away on May 31, 2019.
*We cannot bring the old days back
 When we were all together,
 But secret tears and loving thoughts
 Will be with us forever.
 He will always be forever in our hearts.
 Miss you my friend!*

CARL & SHERRY TURCOTTE



Datebook

MONDAY, MAY 31, 2021

Today is the 151st day of 2021 and the 73rd day of spring.

TODAY'S HISTORY: In 1790, President George Washington signed the first U.S. copyright law.

In 1889, the failure of the South Fork Dam on Pennsylvania's Lake Conemaugh caused a huge flood that engulfed Johnstown, claiming 2,209 lives.

In 1970, an undersea earthquake off the coast of the Ancash region of Peru caused a massive avalanche that resulted in an estimated 74,000 fatalities.

In 2005, an article in Vanity Fair magazine revealed that former FBI official W. Mark Felt was the anonymous Watergate scandal whistleblower known as "Deep Throat."

TODAY'S BIRTHDAYS: Walt Whitman (1819-1892), poet/journalist; Pope Pius XI (1857-1939); Norman Vincent Peale (1898-1993), religious leader/author; Clint Eastwood (1930-), actor/director; Johnny Paycheck (1938-2003), singer-songwriter; Joe Namath (1943-), football player; John Bonham (1948-

1980), drummer; Tom Berenger (1949-), actor; Lea Thompson (1961-), actress; Darryl "D.M.C." McDaniels (1964-), rapper/producer; Brooke Shields (1965-), actress; Archie Panjabi (1972-), actress; Colin Farrell (1976-), actor.

TODAY'S FACT: Copyright laws established in 1998 state that copyright protections last for the lifetime of the author, plus an additional 70 years.

TODAY'S SPORTS: In 1937, New York Giants pitcher Carl Hubbell's 24-game winning streak came to an end with a 10-3 loss to the Brooklyn Robins.

TODAY'S QUOTE: "Failing to fetch me at first, keep encouraged. Missing me one place, search another. I stop somewhere waiting for you." – Walt Whitman, "Song of Myself"

TODAY'S NUMBER: 2.6 – diameter (in miles) of the widest tornado in recorded history, an EF5 tornado that struck El Reno, Oklahoma, on this day in 2013.

TODAY'S MOON: Between full moon (May 26) and last quarter moon (June 2).

SUDOKU

DIFFICULTY RATING: ★★★★★

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

5/29

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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5/31

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

NEA Crossword Puzzle

Your Birthday

MONDAY, MAY 31, 2021

Answer to Previous Puzzle



- ACROSS**
- 1 Linoleum protector
 - 4 Comic strip bark
 - 7 Rather of CBS
 - 10 Is, for them
 - 11 Miner's stake
 - 13 Wide sash
 - 14 Rushed off
 - 15 Excuse
 - 16 Dine
 - 17 Hit a homer
 - 19 Reduces calories
 - 21 Brooding bird
 - 22 Muppets' — Henson
 - 23 Hindu rope-climber
 - 26 Breathing hard
 - 30 John, in Russia
 - 31 Eyebrow shape
 - 32 The nearest star
 - 33 Deep black
 - 34 Stir-fry pan
 - 35 Directed
 - 36 Growler
- DOWN**
- 39 Check endorser
 - 40 Alcott girl
 - 41 Burnish
 - 42 Mr. Ventura
 - 45 Dinosaur's place
 - 48 Miner's load
 - 49 Horse sound
 - 51 Robin's beak
 - 53 RSVP word
 - 54 Bowler
 - 55 Aberdeen's river
 - 56 Slippery fish
 - 57 Lock's companion
 - 58 Out — — limb

- 8 Be next to
- 9 Pinches off
- 11 Provide food and drink
- 12 Calf-length skirts
- 18 Skinny
- 20 Mischief-maker
- 22 Playing card
- 23 South Seas getaway
- 24 With, to monsieur
- 25 Petruchio's intended
- 26 Shipboard quaff
- 27 "Do as — —!"
- 28 Bump
- 29 Delight
- 31 Crooked
- 35 Legendary ox
- 37 — -relief
- 38 Correct a text
- 39 Aggressive
- 41 Football kin
- 42 Feliciano or Ferrer
- 43 A Great Lake
- 44 Put on the block
- 45 Thick mud
- 46 Cancel
- 47 Manner
- 50 Startled cry
- 52 Maude of TV

Stick to the facts, consider the possibilities and approach situations with an open mind. Expand your horizons to fulfill your dreams. Don't hesitate or let others stand between you and what you are trying to accomplish. A positive attitude will help you excel. Personal gain is within reach.

GEMINI (May 21-June 20) – Concentrate on what you are trying to achieve and forgo what's going on around you. Distractions will hold you back. Put more emphasis on using your knowledge and skills to achieve personal growth.

CANCER (June 21-July 22) – Spend only what's necessary. Impulsive purchases will not live up to your expectations. Helping out someone who leans on you will lead to ongoing expenses. Honesty is the best policy.

LEO (July 23-Aug. 22) – You'll be drawn to people and organizations that share your sentiments. Be clear regarding what you can contribute; it will help you avoid being pressured to overspend or overdo it.

VIRGO (Aug. 23-Sept. 22) – Consider what's best for you before you make a move. An opportunity will have unexpected circumstances attached. Take the time to go over every detail before you take on something new.

LIBRA (Sept. 23-Oct. 23) – You'll pick up valuable information if you sit back and let others talk. Grab on to something that resonates with you, and verify the information before you proceed. Romance is in the stars.

SCORPIO (Oct. 24-Nov. 22) – Make

your money go further. Search for entertaining ways to use your attributes to help you get ahead. Don't let a domestic or lifestyle change put a damper on your day.

SAGITTARIUS (Nov. 23-Dec. 21) – Open up about the way you feel, what you want and how you plan to get ahead. Keep life simple and your conscience clear. Be truthful, and speak out when deception is apparent.

CAPRICORN (Dec. 22-Jan. 19) – Offer suggestions, but don't promise or commit to something you don't want to pursue. Your energy is best spent on accomplishments that will help you get ahead. Treat partners with respect.

AQUARIUS (Jan. 20-Feb. 19) – Keep your emotions hidden until you gather the facts. It's important to be well-informed before you take on a situation that can change your relationship with a friend or relative.

PISCES (Feb. 20-March 20) – Watch how others handle matters; it will give you an idea how you will be treated when in a similar situation. Observation is in your best interest, along with secrecy and independence.

ARIES (March 21-April 19) – Rely on lessons from the past to help you sort out what to do next. An opportunity will be revealed through conversation with a like-minded peer. An in-depth discussion will lead to an unusual offer.

TAURUS (April 20-May 20) – Listen, and you'll decipher what's best for you. Don't follow someone if it risks your position or security. Follow the path that leads to a better future. Trust in your judgment.

MONDAY, MAY 31, 2021

Getting value from the shorter side

By Phillip Alder

This week's theme, loosely, is looking at the handling of trumps. When should you draw trumps? The answer is multilayered, like an onion.

A few people pack a lot into a short life. One example was Blaise Pascal, a Frenchman who lived for only 39 years and 2 months. He was known primarily as a mathematician, but was also a man of letters, and in one he wrote: "I have only made this (letter) longer because I have not had the time to make it shorter."

Today, the trump suit is shorter in the dummy than in hand, which can be helpful to declarer. In four hearts, South receives a spade lead. How should he proceed?

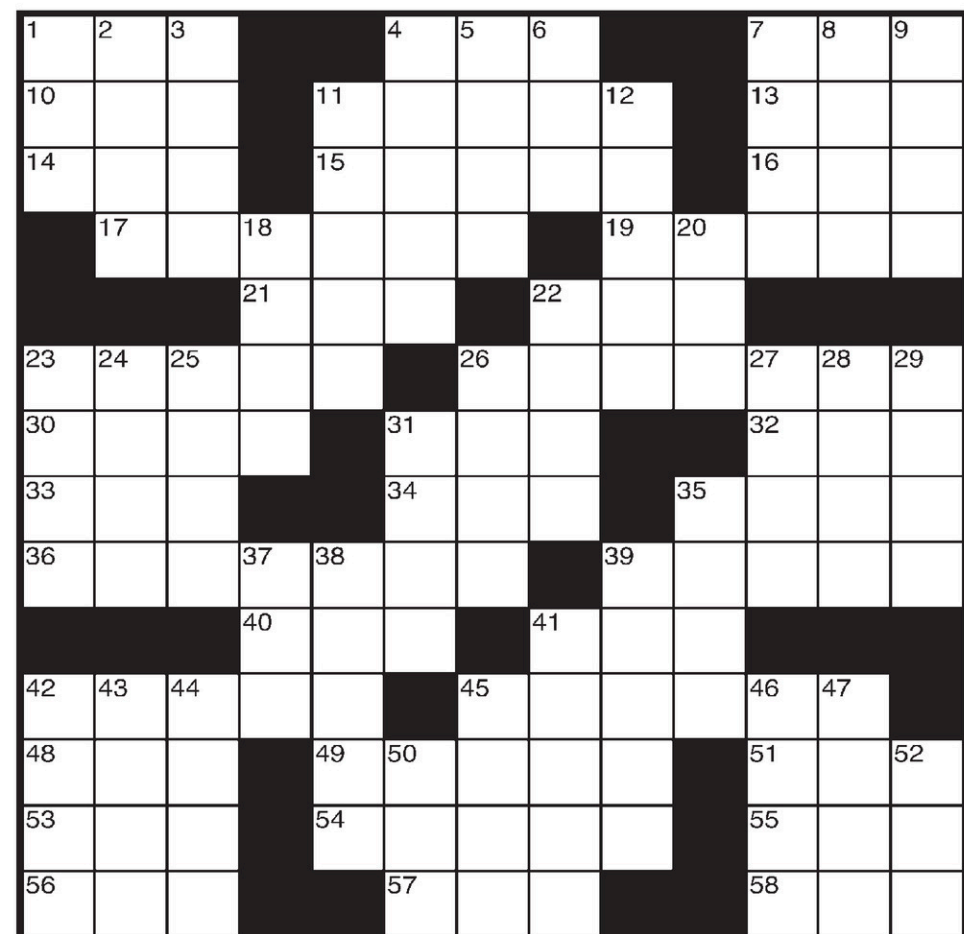
First, declarer counts his losers by looking at his 13 cards and taking dummy's honors into account. Here, he has two in diamonds and two in clubs. Next, he counts winners. There are nine: two spades, six hearts and one diamond. South must eliminate a loser, simultaneously generating his 10th trick.

Anytime declarer has more cards in a suit in his hand than on the board, he should plan to ruff on the board. After winning trick one, South continues with the ace and another diamond.

North		05-31-21	
♠	K 6 3 2		
♥	A 7 4		
♦	7 2		
♣	8 6 5 3		
West		East	
♠	Q 10 7 5	♠ J 9 4	
♥	8 6 3	♥ 2	
♦	Q 10 6 5	♦ K 9 8 3	
♣	A 10	♣ K 9 7 4 2	
South			
♠ A 8			
♥ K Q J 10 9 5			
♦ A J 4			
♣ Q J			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ 5			

Let's assume East returns a spade. Declarer wins with his ace and ruffs the diamond jack with dummy's heart ace. (Although it isn't necessary here, always ruff high if you can afford to do so.) South draws trumps and claims.

Yes, declarer could have cashed one round of trumps, but if he had immediately pulled two, West would have defeated the contract by winning the second diamond trick with his 10 and returning his remaining trump to kill the vital ruff.



CELEBRITY CIPHER

by Luis Campos

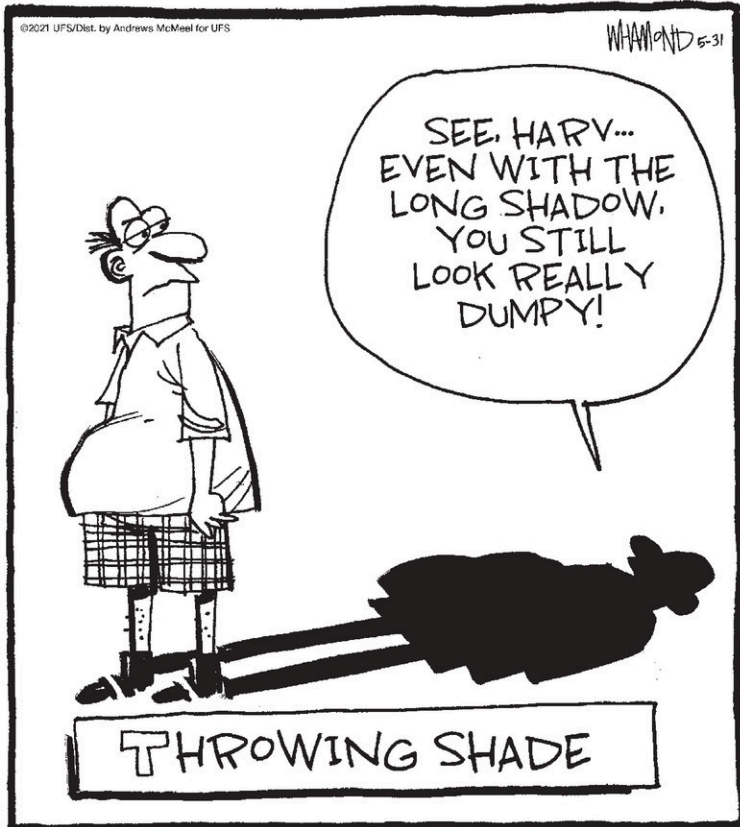
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ SXKKYLF FHCKV H RNZK
 XKDNTXKFKOP LS KWKXU
 RNFHO JKTOZ. ATRP SXKKYLF
 BLFKV XKVELOVTJTGTPU.”
 — KGGKOLX XLLVKWKGP

Previous Solution: “I think Patsy Cline made country music classy. She just opens her mouth, and it’s just heavenly.” — Melissa Etheridge

TODAY’S CLUE: H sjenba X

REALITY CHECK



HERMAN



“Mildew, I’m not accusing you, but there’s a grape missing.”

ALLEY OOP



ARLO & JANIS



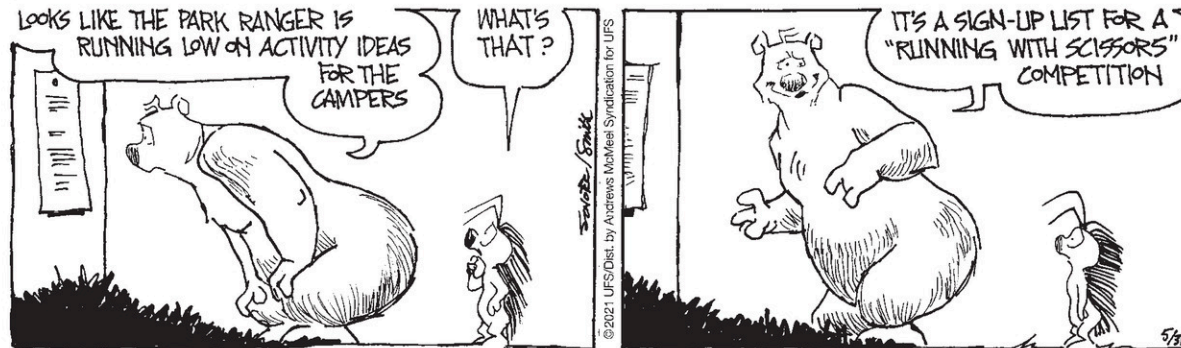
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FRANK AND ERNEST



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NOTICE OF INTENTION TO DISSOLVE

TAKE NOTICE that the **Lennoxville Residents' Association**, NPO having its head office at 41 Summer in Sherbrooke (J1M 1G4), intends to apply to the Registraire des Entreprises du Québec for dissolution, in accordance with the provisions of the *Companies Act (Part III, LRQ, Chap 30)*. Sherbrooke, May 28, 2021.

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Toxic mother-daughter relationship

Dear Annie

MONDAY, MAY 31, 2021

Dear Annie: I have a daughter who is sometimes very kind and sweet to me but other times feels like a cancer who destroys every cell in my heart. I have limited the time I spend with her because, when we are together, her criticism leaves me feeling devastated for weeks.

I avoid her after she does a number on me for a while. But when she senses I have calmed down, she starts to be really sweet again to draw me back. She has never once apologized to me for her hurtful and inconsiderate ways.

I raised both her children from birth while she ran off with her friends all the time and pursued her career goals. Not once did she try to help me with raising them, other than the occasional times she came around and offered to help, which would consist of her lying down and sleeping or ignoring the kids with her cellphone.

When I raised her, my life was very difficult. I was divorced and poor and didn't have any help from my family or the father, but I spent my entire life trying to make her and my son have a happy life. I put aside my needs completely and gave my children every last bit of love and penny I had. I took my daughter to all kinds of fun activities, and she had never-ending sleepovers as well.

Even though she was a very happy and confident kid and teenager with lots of friends, she tells me that I was a terrible parent. Mind you, she also says I am the best grandmother ever to her children. She never complained once to me about anything, but when she was abandoning her children, she started saying I was the reason because I was too nice to her

when she was growing up.

She still calls me regularly and wants a relationship with me, but inside I don't trust her and I know the same hurt is coming again. I don't know how to deal with this. In the past, and even now, I haven't put up with toxic behavior from friends, boyfriends or my family of origin. I have love and hatred in my heart toward her, but mostly hurt from all of the selfish and careless ways she has displayed toward me. I am going to visit tomorrow, but I feel sick inside and don't know if I can forgive and forget her evil toward me. And if I try to resolve anything through communication, she always excuses her behavior.

This year, she has taken my 15-year-old grandson to live with her, and I don't want to alienate him from my life, so I have to keep dealing with her. I am feeling trapped in this emotionally abusive relationship with her and don't know what to do. Please help! - Trouble With Adult Daughter

Dear Trouble With Adult Daughter: Your daughter might have borderline personality disorder or bipolar depressive disorder. It's understandable that you are feeling trapped and want to avoid the entire situation altogether. But walking away from your daughter and your grandkids is not the answer. The best way to handle this toxic relationship is to detox it through honest and open communication. If she continues to make excuses for her behavior, try and see through them to the root of her avoidance and anger. I would suggest therapy for both of you individually, or seeing a family therapist together.

Send your questions for Annie Lane to dearannie@creators.com.

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Sweet potato fries with New Bay seasoning

By Katie Workman

The unmistakable flavour of Old Bay seasoning is the key ingredient in many seafood dishes north, south and west of the Chesapeake Bay, particularly anything to do with crab and crayfish.

But phooey for me, I'm allergic to a few ingredients in this classic blend. So I came up with my own version.

The first dish I made with it was these New Bay Sweet Potato Fries. It was a very good choice. Don't expect these fries to get super crispy - sweet potato fries have a hard time doing that, especially in the oven. But what they lack in crispness they make up for in soulful flavour and warm colour.

Servings: 6

Start to finish: 35 minutes

2 tablespoons celery salt
 1/2 teaspoon paprika
 1/4 teaspoon dry mustard
 1/4 teaspoon ground cinnamon
 1/4 teaspoon ground allspice
 1/4 teaspoon cayenne pepper
 1/4 teaspoon freshly ground black pepper
 1/4 teaspoon ground ginger
 1/8 teaspoon ground cloves
 Coarse or kosher salt and freshly ground pepper to taste
 4 sweet potatoes, peeled and cut into sticks about 1/4-inch wide in each direction
 2 tablespoons vegetable, canola or peanut oil

Preheat the oven to 425 F.

In a clean jar with a lid, combine the celery salt, paprika, dry mustard, cinnamon, allspice, cayenne, black pepper, ginger and cloves. Shake well to thoroughly combine.

Place the sweet potatoes on two separate rimmed baking sheets (line the baking sheets with aluminum foil or parchment if you have it). Make sure there is enough room so the fries can have space between them as they cook. Drizzle the oil evenly over the sweet potatoes, and toss to coat the potatoes with the oil. Sprinkle about 1 tablespoon of the seasoning blend over the fries on each of the baking sheets, and toss again to make sure the sweet potato fries are evenly coated with the spice mixture. Again, make sure there is some space between the fries.

Bake for 10 minutes, then use a spatula to flip the fries around and switch the baking sheets in the oven so that the bottom one ends up baking on top. Bake for another 8 to 12 minutes, until they are lightly browned in spots and very tender. Serve hot.

Nutrition information per serving: 96 calories; 41 calories from fat; 5 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 602 mg sodium; 13 g carbohydrate; 2 g fiber; 4 g sugar; 1 g protein.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking, "Dinner Solved!" and "The Mom 100 Cookbook."

(The Associated Press)



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Votre gouvernement

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