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FRIDAY, JUNE 28, 2019

\$2.3 million in Estrie for early childhood intervention

Record Staff

As part of a tour across Quebec, Health and Social Services Minister Lionel Carmant stopped in Sherbrooke yesterday to announce funding in the amount of \$ 2,335,700 to develop screening resources and increase the intervention teams for young children with developmental delays, physical disabilities, intellectual disability or autism spectrum disorder in the Estrie region.

Early interventions aim to identify children's difficulties as early as possible, assess their developmental profile and then direct them to the right service and provide the support they and their families need.

"Our children are the next generation of our society and we need them to grow and evolve by developing their full potential. Carmant stated.

The Early Action program is based on the deployment, throughout Québec, of

CONT'D ON PAGE 3

Sherbrooke faces low-income housing crisis

Twenty local families short of an apartment for July 1



GORDON LAMBIE

Sherbrooke City Councilor Pierre Avar, Normand Couture of the Association des Locataires de Sherbrooke, and Sherbrooke MNA Christine Labrie making a joint appeal for more housing support at Sherbrooke's Alfred-Élie-Dufresne Park on Thursday

By Gordon Lambie

The Association des locataires de Sherbrooke, represented by spokesperson Normand Couture,

was joined by Sherbrooke MNA Christine Labrie, Sherbrooke City Councilor Pierre Avar, and Municipal Housing Office (OMH) Executive Director Marie-Claude Bégin to underline a dire and

immediate need for more low-income housing in the city on Thursday.

"What we are doing today is asking

CONT'D ON PAGE 3



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## Weather



TODAY:  
SUNNY, FEW  
CLOUDS

HIGH 27  
LOW 16



SATURDAY:  
PERIODS OF  
RAIN

HIGH 23  
LOW 14



SUNDAY:  
CLOUDY, 60%  
CHANCE OF  
SHOWERS

HIGH 21  
LOW 11



MONDAY:  
SUNNY

HIGH 26  
LOW 15



TUESDAY:  
60% CHANCE  
OF SHOWERS

HIGH 25  
LOW 14

# The Absolutely True Diary of a Part-Time Indian by Sherman Alexie



## GOOD READS

### LENNOXVILLE LIBRARY

Although I have not considered myself a Young Adult (YA) for so many years, I do kind of consider myself a Young-At-Heart Adult (YAHA). Thus, I decided it was time to join the trend of grown-ups expanding their literary horizons by cracking open an example of YA literature, à la the Harry Potter best sellers. It is, after all, summer, and I reasoned that heavy-duty reading can wait for the fall. I felt like I needed— and deserved— a break from deep thoughts. What I discovered, though, is that YA literature is not all “ABC After-School Special” –type, easy-to-digest material.

By pure happenstance, I elected to read National Book Award winner *The Absolutely True Diary of a Part-Time Indian*, by Sherman Alexie, published by Scholastic in 2007, and featuring won-

derful artwork by cartoonist Ellen Forney. Although they say you can’t (or is it shouldn’t?) judge a book by its cover, I did just that. This book happens to have a terrific cover, featuring two little figurines, one Cowboy and one Indian, of the kind that kids collected in various action poses and used to stage miniature static, but nevertheless ferocious, battles. Both action figures are perfectly stereotypical: the Indian is shirtless, wearing moccasins, with a feather inserted in his long dark braid, and brandishing a rifle overhead; the Cowboy is wearing a western shirt, cowboy boots, and a white Stetson, but he too is depicted carrying a rifle, although in a rather less aggressive pose. Who could resist?

Although fictional, the novel is firmly based on author Alexie’s own life as a member of the Spokane tribe. The story is told in the first person, diary-style, by Arnold (aka Junior) Spirit, 14, who lives with his family in the Indian reserve town of Welpinit, near Spokane, Washington. A sickly child, born with water on the brain, Arnold has an enormous skull, suffers headaches and seizures, has both a stutter and a lisp, wears heavy black glasses, and gets beaten up regularly at his school on the reserve. Dealing with his many infirmities and general weirdness is not easy. “I have all sorts of physical problems that are directly the result of my brain damage. First of all, I ended up having 42 teeth, ten more than usual. My teeth got so crowded I could barely close my mouth. I went to Indian Health Service to get some teeth pulled so I could eat normally, not like some slobbering vulture. But the Indian Health Service funded major dental work only once a year so I had to have all ten extra teeth pulled in one day. And what’s more, our white dentist believed that Indians only felt half as much pain as white people did, so he only gave us half the Novocain.”

But Arnold is nothing if not resilient. Despite his many physical problems, it turns out that he is an academically gifted student whose talent is destined to dwindle with time in his present environment. When a teacher (whom Arnold has hit in the face with a book) suggests that, for his own survival, he should leave the reserve and attend a mostly white nearby school, he opts to follow this advice, and plunges into the alien white world next door. Of course, he is a fish out of water in his new school, and generally reviled and ha-

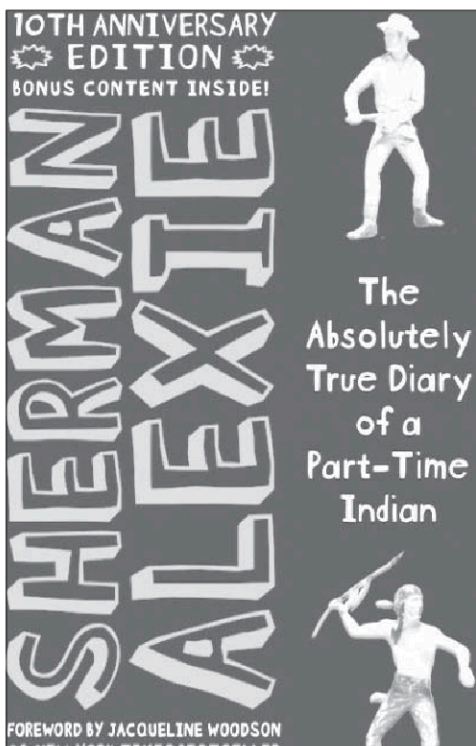
rassed when he returns home to the reserve each evening. The biggest blow is that his best friend will no longer speak to him. Along with the many emotional difficulties, the financial hardship his decision has entailed, the cost of driving him the twenty plus miles to school, also takes a toll.

Social commentary abounds in this novel. Along with elaborating many instances of racism, Arnold takes steady aim at alcohol and its impact on Indian life. Arnold’s father and his father’s best friend, Eugene, are alcoholics. “...Eugene was shot in the face in the parking lot of a 7-Eleven ...Way drunk, Eugene was shot and killed by one of his good friends, Bobby, who was too drunk to even remember pulling the trigger. The police think Eugene and Bobby fought over the last drink in a bottle of wine: A few weeks later, Bobby hung himself with a bedsheet.” Arnold’s beloved grandmother, a highly respected and totally tolerant activist, is killed by a drunk driver. “My grandmother was the only one who thought [my going to school in a white community] was a 100 percent good idea. ‘Think of all the new people you’re going to meet,’ she said. ‘That’s the whole point of life, you know? To meet new people. I wish I could go with you. It’s such an exciting idea.’”

It is small wonder that Arnold is bitter. “In one of his plays, Medea says, ‘What greater grief than the loss of one’s native land?’ I read that and thought, ‘Well of course, man. We Indians have LOST EVERYTHING. We lost our native land, we lost our languages, we lost our songs and dances. We lost each other. We only know how to lose and be lost.’”

This book was quite an eye-opener for me, a certified YAHA, and will also likely have the same effect on Alexie’s target audience, the YAs. Sad but hopeful, humorous but tragic, the novel touches all the emotional bases without ever losing the ‘voice’ of a troubled teen charting a new course in his life.

Post script: Prolific author Sherman Alexie, 52, is widely regarded as ranking among the best modern North American writers, and arguably THE best indigenous author on the continent, but he has recently been accused of sexual harassment by several women. In response, Alexie wrote, “Over the years, I have done things that have harmed other people, including those I love most deeply. To those whom I have hurt, I genuinely apologise. I am so sorry.” To be continued...



## Ben by Daniel Shelton



# LOCAL NEWS

A number of other streets will be closed during the half-marathon on Saturday, June 29, from 6 a.m. to 3 p.m.

## Street and trail closures for RBC half-marathon

Record Staff

Several streets and bike paths will be closed this weekend to make way for the RBC Marathon Half Marathon in Sherbrooke.

The Lac-des-Nations boardwalk and the bike paths that run along the north

and south sides of the Magog River (between Jacques-Cartier Park and the Rock Forest area) will be completely closed to pedestrians and cyclists from Friday June 28, at 7 p.m. until Saturday, June 29, at 5 p.m.

Jacques-Cartier Boulevard South, including the Jacques-Cartier Bridge, as

well as Marcil and Marchant Streets, will be closed from Friday, June 28 at 10 p.m. until Saturday, June 29 at 5 p.m.

A number of other streets will be closed during the half-marathon on Saturday, June 29, from 6 a.m. to 3 p.m. The full list of closures is available on the interactive map of roadblocks at sher-

brooke.ca/travaux.

It will also be prohibited to park in certain streets on Friday, June 28 and Saturday, June 29, depending on the signage in place.

## Early childhood intervention

CONT'D FROM PAGE 1

a computer platform to which the population will gradually have access in the coming months, and which includes screening questionnaires on the development of children from newborn to five years. Based on the answers to questions, the child can be directed more quickly to the appropriate services and be met by a multidisciplinary team as soon as possible.

The goal of the program is to provide a better orientation of the child towards the required services, thanks to a more precise portrait of his development, shorter turnaround times and family involvement from the beginning of the process. The program will also offer the possibility of providing the child with the early stimulation services he needs

even before confirmation of a possible diagnosis and the opportunity to develop an early and more specific intervention plan.

Various strategies to improve early detection are also planned and will involve the partners of the health and social services network and those of the childcare and education network.

*Pictured on the right: Stéphane Trembay, Executive Director of the CIUSSS de l'Estrie - CHUS, Lionel Carmant, Minister of Health and Social Services, Dre Thérèse Côté-Boileau, Director of Pediatrics at CIUSSS de l'Estrie - CHUS, Lucie Therriault, President of Collectif estrien 0-5 ans, Geneviève Hébert, MNA for Saint-François, Jacques Fortier, President of the CIUSSS de l'Estrie - CHUS Board of Directors and Chantal Gariépy, Director of Youth Programs at the CIUSSS de l'Estrie - CHUS*



PHOTO CREDIT: CIUSSS DE L'ESTRIE - CHUS

## Low-income housing

CONT'D FROM PAGE 1

for Minister Laforest to respond to the request by the OMH for support for renters who have yet to find a new place to live," said Labrie, explaining that there are 20 low-income households known to the OMH in the city who will be on the streets as of July 1 due to a lack of available housing. "As of next Monday, these families will have no place to live," she said, "We need an answer."

According to Bégin, it is not unusual for there to be between five and eight households still in search of a place to live in the city in the lead-up to July 1 each year, resulting in a need to call for emergency support. This year's 20, however, combined with a lack of response from the provincial government, makes the situation more dire.

The executive director explained that emergency housing measures were announced yesterday by Municipal affairs and Housing Minister Andrée Laforest, but that only 75 additional "units" or grants to support low income housing, were granted for the entire province, and those only for communities where the vacancy rate is at two per cent or lower.

The rate in Sherbrooke is 2.4 per cent, but Bégin pointed out that the figure is misleading when it comes to low income housing because the spaces that are vacant are generally too expensive.

"It is not normal to ask a family to

commit 50 to 80 per cent of its revenue to having a place to live," Labrie said.

Couture, for his part, pointed out that the emergency measures program from the provincial government is not new and is not being used in a way that serves the government or the people it is meant to help.

"It has existed since 2001 but every year we have to repeat this exercise of asking the government," he said, adding that while it always takes a long time to get an answer back, this year's delay is record-breaking. "At this point, even if the resources were there, all these people could not be housed in the next 3 days," he said.

The renter's association spokesperson said that an emergency response program is not the sort of thing that should have to be drawn on every year, and he argued that the mounting need in the community is a byproduct of failing to address the real issue and build adequate amounts of social housing.

"If we had enough social housing to respond to the need, this enormous added stress would not be necessary," he said.

According to Avard, the City of Sherbrooke has committed to supporting those without a place to live for up to ten days, but recognizing how short a period of time that is, the City Councillor

said that an appeal is being made to local landlords.

"The main message that must be given to property owners is that if they have any apartments available, please call the city or the OMH," Avard said. "It is clear that we need support from landlords in this matter."



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Session 2 - July 6 at 10:00 AM      Session 4 - July 7 at 10:30 AM

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- 2:00 Horse-drawn Wagon Rides
- 2:30 Children's Games
- 4:00 Musical Program
- 9:30 Fireworks

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## ETRC ARCHIVES

# Fight for survival: covered bridges in the Eastern Townships

Horse-drawn carriages, dirt roads, and covered bridges. They all seem to just go together when we think of the past. CanadaPost's recent issuing of a new stamp series showing Canada's historic covered bridges speaks to the continued admiration our society has for these picturesque structures. However, perhaps surprisingly to some, Quebec and New Brunswick were somewhat unusual in Canada for the proliferation of covered bridges across the landscape, while neighbouring Ontario, for example, had very few. The Eastern Townships alone can count 222 covered bridges in its past!

By the mid-1900s, the region's covered bridges were disappearing at an alarming rate as the demands placed on these

structures changed with truck transport and widespread use of the automobile. In addition to demolition for 'modernization,' covered bridges also faced the threats of spring thaws and flooding, fires, and even the occasional theft of their wooden boards for campfires or personal construction projects.

By 1964, the number in the Townships had dropped to a mere 45 covered bridges and a number of those would have to fight to see 1974. By then, the number had dropped again by almost half. One particular campaign, launched by the Richmond County Historical Society, was to save the last covered bridge in the county. Known as the Gibson or Salmon Creek Bridge, it was located in Upper Melbourne and crossed

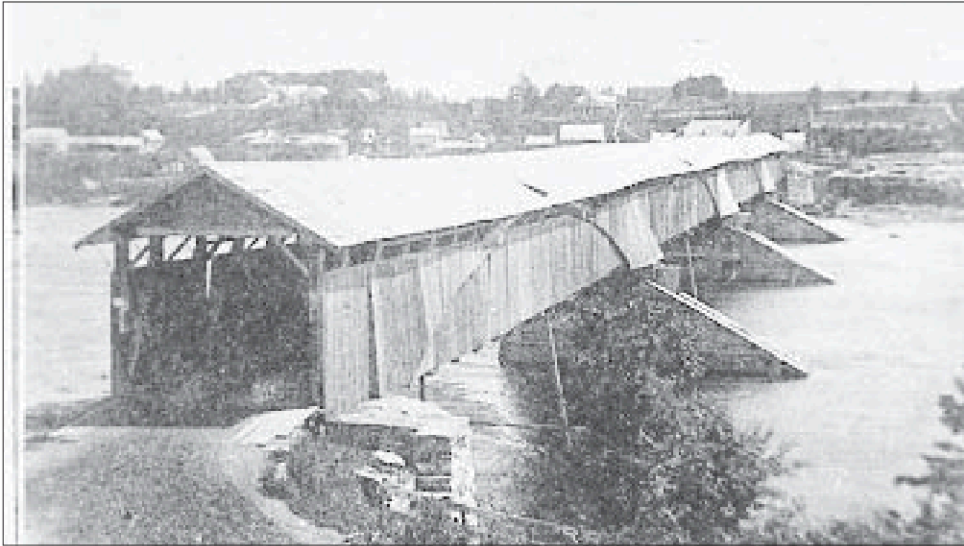
the Salmon River. Their diligent efforts over six years were rewarded in 1971 with the repairing and raising of the bridge courtesy of grant from the Canadian Heritage Society.

While the Historical Society's hard work was enough to save the Salmon Creek Bridge from demolition, it couldn't save the bridge from other forces and was destroyed by fire in May 1988. Sadly, of the 23 bridges that survived the demolitions of 1950s, 1960s, and 1970s, three others would also be lost by fire: the Rexford Bridge in Saint-Catherine-de-Hatley in 1985, the St-Camille Bridge in 1996, and the Capelton Bridge in 2002.

Today, 18 covered bridges still stand in the Townships. The oldest is the John-Cook Bridge in Cookshire; built in 1868,

it once crossed the Eaton River but following the re-routing of the river, it now spans a creek. At 206 feet, the McVetty-McKenzie Bridge near Gould is the longest bridge still standing. Scattered throughout the Townships, show-casing different construction styles, some still open to automobile traffic and some now accessible only to pedestrians; these gems are important reminders of a past era and are charming destinations for a summer drive.

Jody Robinson, ETRC Archivist  
819-822-9600, ext. 2261  
etrc2@ubishops.ca



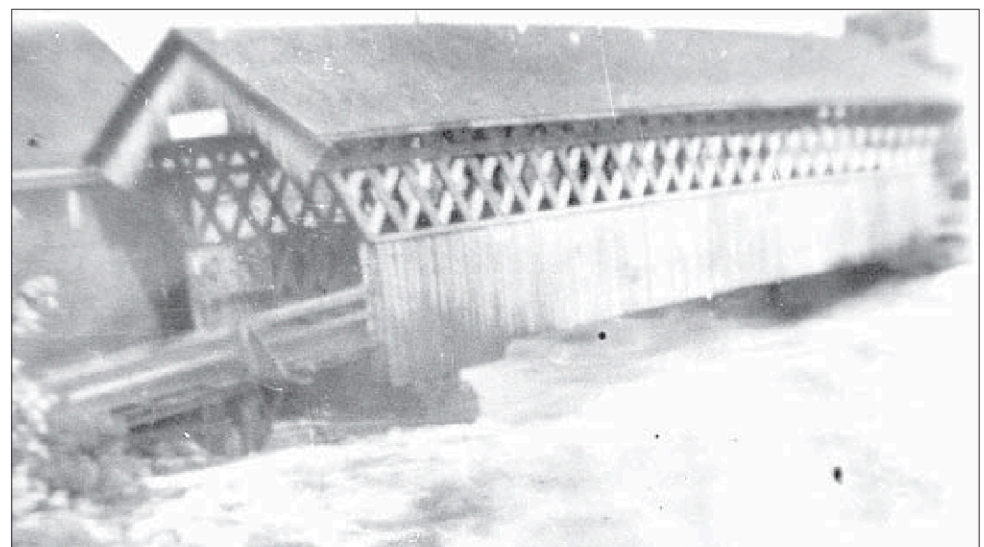
The Richmond covered bridge, built in 1848 and torn down in 1882, was the longest covered bridge ever built in the Townships. (P020 E.T. Heritage Foundation fonds)



The Inkerman Bridge in Frelighsburgh, built in 1857, demolished in 1959. (P058 Herbert Derrick collection)



The Rexford Bridge in Sainte-Catherine-de-Hatley was among the last covered bridges to be built in 1948. It was destroyed by fire in 1985. (P020 E.T. Heritage Foundation fonds)



Covered bridge in Sawyerville over the Eaton River, built in 1892 and destroyed by flood in 1942. (P020 E.T. Heritage Foundation fonds)

## 20-year-old drowns in Lambton on Saint-Jean-Baptiste

### Record Staff

A 20-year-old man from Saint-Georges drowned in Lambton, on Lake Saint François, on June 24. It is thought Félix Lafontaine and a friend went fishing for the Quebec national

holiday when their canoe capsized. Lafontaine was not wearing a life jacket.

Officers of the Sûreté du Québec (SQ) received a call near 5 a.m. Monday morning for two people in distress on the lake. Lafontaine's friend was able to swim to shore and was assessed by paramedics.

Lafontaine however, a resident of Saint-Georges, was nowhere to be found. The search for Lafontaine continued all day Monday with help of the Lambton fire department and SQ patrollers aboard boats on the lake.

The SQ's police divers arrived at the

scene around 4:30 p.m. They located and recovered Lafontaine's body around 6:30 p.m. Investigations will continue with witness interviews and an autopsy in to investigate the cause of the canoe's capsizing and the conditions surrounding Lafontaine's death.

# What's in your water?

By Nick Fonda

**R**ichmond—Barry Husk is disappointed but not entirely surprised that only one of the two dozen or so entities to whom he sent his research group's report has gotten back to him.

Barry is the president of BlueLeaf, a private, Drummondville-based, environmental services company active in research and development mostly with respect to issues related to water, agriculture and environmental impacts on health.

"We generally work on research projects with universities including McGill, the Université de Montréal, Queens, the Université de Sherbrooke as well as Fleming College, all of which have very strong environmental studies programs," Barry, who describes himself as a citizen scientist, explains.

BlueLeaf's most recent project involved studies in collaboration with the Université de Sherbrooke spread over a three-year period which resulted in a scientific paper with the unwieldy title of "Pharmaceuticals and pesticides in rural community drinking waters of Quebec, Canada—a regional study of the susceptibility to source contamination."

"In a nutshell," Barry says, "what we found is that our treated drinking water, as it comes out of our taps, is contaminated with manmade pollutants, and is susceptible to contamination, but we have a very poor idea of what those contaminants are and, in some cases, what the impacts to human health might be."

The first stage of the study involved testing private groundwater wells in the area around Saint-François-Xavier de Brompton over a two year period. Water from the wells was drawn every two weeks between May and November and tested for a set of manmade contaminants. For anyone who thinks water from a well is going to be purer than that from a city tap, the result was surprising.

"The presence of pharmaceuticals here was three times higher than that in Drummondville," said Barry, "and Drummondville had the highest number of pharmaceuticals detected of all the municipalities we examined."

People in rural areas who draw their water from a well generally have a septic system. Human wastewater from septic tanks eventually goes into a weeping field, and from there will filter down to the water table which in turn will be the source of well water.

The phase of the study carried out by BlueLeaf involved monitoring the drinking water in 17 small, rural communities and two larger urban communities in southern Quebec for the presence of pharmaceuticals and pesticides. Sherbrooke and Drummondville were the two large centres while the towns included Ascot Corner, Ayer's Cliff, Bury, Coaticook, Compton, Cookshire-Eaton, Durham-Sud, East Angus, Kingsey Falls, Lac Brome, Orford, Richmond, Saint-Cyrille-de-Wendover, Saint-François-Xavier-de-Brompton, Warwick, Waterloo, and Wickham

Of the 19 municipalities in the study, all except Sherbrooke and Drummondville provide their citizens with groundwater. Drummondville uses surface water from the St. Francis River while Sherbrooke draws surface water

from Lake Memphremagog. (While it is called surface water, Sherbrooke's inlet pipe is actually deep in the lake.)

Of the 17 smaller municipalities in the study, four were found to be free of the pharmaceutical contaminants for which the water was tested: Bury, Richmond, Sherbrooke, and Waterloo.

While Bury, like all the other small municipalities, uses groundwater drawn from a well, it was the only place where neither pharmaceuticals nor pesticides turned up in the water samples.

"Bury draws its water from an area that has few farms and lots of marshland," explains Barry. "The absence of human activity accounts for the purity of Bury's water."

The BlueLeaf study tested for 70 chemicals. While this number may seem high, European studies have identified 125 000 potential manmade contaminants that can make their way into drinking water.

"Even that number can be seen as misleadingly low," Barry notes. "New chemical compounds are being developed on a daily basis. Furthermore, when a compound enters the environment, it is generally broken down by micro-organisms into metabolites and these can be more toxic than the parent compound. As well, once released into the environment these various chemical compounds can interact with each other and form what we call 'cocktails' that can produce an entirely new set of effects."

"The provincial government requires municipalities to test their drinking water," he continues. "But the testing is for a list of some two dozen contaminants. These include some pesticides, biological or natural contaminants like e-coli, and some industrial compounds. But there are no norms for most compounds found in the environment and there are no norms at all for pharmaceuticals. There may be 'safe' limits for human exposure to some compounds found in drinking water, but there are also some chemicals that have no risk-free exposure level."

The most disturbing aspect of BlueLeaf's study was the discovery of cyclophosphamide which turned up in 16% of the samples tested.

"Cyclophosphamide is a medication used in chemotherapy and to suppress the immune system," Barry explains. "It is a known human carcinogen even at low concentrations, and it is considered of particular concern to pregnant women, their fetuses, and breast-fed infants."

Pharmaceuticals end up in our drinking water because our bodies never fully metabolize the medicines we take. Depending on the particular medication, our bodies will absorb anywhere from 25% to 80% of the medicine; hence as much as three quarters of the medication we take is excreted by our bodies. So it is that our drinking water can become contaminated with anti-inflammatories, anti-epileptics, beta-blockers, stimulants, and carcinogens.

The very medicines we take to cure our various ailments are turning up in our drinking water and we are unknowingly and unwittingly ingesting chemical compounds that can harm healthy bodies.

Similarly, the pesticides we use on

our crops to protect them from fungus, insects, and invasive plants are ending up in our drinking water and therefore in our bodies where they were never meant to be. For example, atrazine, which is used in pesticides, is a known endocrine disruptor, and was found in 24% of the samples taken. (Only caffeine, found in 29% of the samples, turned up more frequently in the study.)

As president of BlueLeaf, Barry Husk was the lead author of this study which was published in the Water Quality Research Journal including four pages of references and another four pages of appendices. The text, full of unfamiliar, polysyllabic words like cytotoxic and an-

thropogenic is aimed at a scientific and public health audience and is not easy reading. Still, it's a document that should be of interest, if not concern, to our elected officials and to the civil servants whose responsibility it is to monitor our drinking water.

"I sent the document to all government ministries responsible for drinking water and to all 19 of the municipalities included in the study," says Barry Husk.

"With the exception of Drummondville, which is about to undertake a \$60 million refurbishing of its water system, no one has responded or expressed any interest in the study."



NICK FONDA



## CORRECTION Sutton Legion Canada Day



This is the schedule for the event being held on Sunday, June 30 at the Royal Canadian Legion, 2 rue Curley, in Sutton on CANADA DAY, **Sunday, June 30<sup>th</sup>** starting at 3:00 pm

- 3:00 pm – Flag Raising Ceremony
- 3:30 pm to 4:30 pm – Clogging performance
- 3:30 pm to 5:30 pm – Horse Drawn Wagon Rides, Firetrucks, Games and Music
- 4:30 pm – Free Hot Dogs for the Kids
- 5:00 pm – Hamburgers (\$)
- 5:30 pm – Free Cake and Ice Cream
- 5:30 pm – 7:30 pm Karaoke

*Come celebrate Canada Day with us!*



# EDITORIAL

Many persons are already covered by private and public insurance plans; must they all be forced to change to a national pharmacare program?

## Letters

Is it feasible, desirable, and affordable to replace all existing private and public drug insurance plans and set up a new government bureaucracy?

The report by Dr. Eric Hoskins and the Advisory Council on Implementation of National Pharmacare addresses a definite need to expand drug coverage to include all Canadians. However, it overlooks several very important issues.

About 10-20% of Canadians are uninsured or underinsured for necessary prescription drugs. The rest of the population is covered by a patchwork of public and private plans. The problem is exacerbated by the aging population and part-time workers with few drug benefits. Drug costs are rapidly increasing, yet the average prices for generic drugs compared to Canada was about 74% for several European countries only 39% for New Zealand.

The Hoskins report lists "Comparator Countries" – Australia, France, Germany, the Netherlands, New Zealand, and the United Kingdom. In virtually all, health delivery is national. By contrast, the Canada constitution requires that health be under provincial or territorial jurisdiction. Dr. Hoskins acknowledges that it may take some time before all provinces and territories are prepared to opt in. This certainly applies to Quebec, which already has a comprehensive, universal drug plan (which costs \$200 per person more annually than Canadians in other provinces) and its own agency to evaluate appropriate drugs, INESSS. A

few months ago, Premier Legault asserted, "With health care, we have the jurisdiction."

Dr. Hoskins stresses that "The council recommends the federal government enshrine the principles and national standard of pharmacare in federal legislation separate and distinct from the Canada Health Act. He argues, "We are also concerned that amending the Canada Health Act might lead to pressure to make other changes."

Why does Dr. Hoskins wish to keep his program separate? He recommends modest user fees and also that private insurers be allowed to provide private coverage for copayments, as well as for drugs not on the national formulary.

He fails to mention that all of the Comparator Countries also have a blended public/private health delivery system. These are kept fiscally sustainable with shorter wait times thanks to modest user fees and private coverage of some physician services also covered by the public system – all prohibited by the Canada Health Act. This is a major issue in the lawsuit of Dr. Brian Day of Vancouver.

When medicare was implemented, the original intent was for Ottawa to pay for half of hospital and medical care costs. The federal share is now down to about 21%. The Canada Health Transfer is based per capita, regardless of the needs of an older population in areas such as the Atlantic provinces. Dr. Hoskins proposes closing the gap be-

tween what each province needs and what it now spends. Thus the pharmacare transfer for Newfoundland and Labrador would be \$794 per person, for New Brunswick \$759, but for Saskatchewan \$344. Dr. Hoskins recognizes that provinces and territories demand secure federal funding before signing a new agreement, ie "One party should not be able to make unilateral changes to the arrangement."

How should we proceed? First, "filling the gaps of drug coverage" should be implemented soon at an estimated initial cost of \$3.5 billion annually. Very expensive drugs for rare diseases should be covered for all Canadians. There should be tighter policing of rebates by generic drug companies to pharmacies (illegal in Quebec and Ontario), which now may be increasing costs to individuals, private and public drug plans.

Many persons are already covered by private and public insurance plans; must they all be forced to change to a national pharmacare program? Consider that in 2017, there was a total of \$29.8 billion spent on prescriptions; \$13.4 billion was from public plans, \$11.5 billion from private plans, and \$5 billion out of pocket.

Thanks to bulk-purchasing, drug prices would supposedly drop, resulting in a savings of \$100 per year in drug premiums and for businesses, \$750 annually per employee. Businesses would save over \$15 billion from insurance costs and families would save over \$5 billion in out-of-pocket costs. However, the mar-

ginal cost to Ottawa would be at least \$15.3 billion annually by 2027. This, at a time when the federal deficit is already about \$20 billion per year.

Dr. Hoskins is vague as to how his program would be funded. He does not try to recoup any of the savings from businesses now relieved of paying for drug plans. To avoid tax increases and deeper indebtedness, Ottawa should also study and borrow ideas from successful blended systems in the Comparative Countries. It should then amend and modernize much of the Canada Health Act.

Both Dr. Hoskins' report and a total reassessment - after 35 years - of the Canada Health Act should be on the agenda when the premiers and territorial leaders meet in Saskatoon from July 9-11 for the Council of the Federation.

Canadians should expect timely, comprehensive healthcare, including in the near future, drug coverage for all. Yet they need to know exactly how it will be paid for. As John Ivison concluded (National Post, June 13, 2019), "It is a truism that when you get something for nothing, you just haven't been invoiced yet."

CHARLES S. SHAVER, MD  
OTTAWA

Dr. Charles S. Shaver was born in Montreal. He graduated from Princeton University and Johns Hopkins School of Medicine. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association.

The views here are his own.

DEAR EDITOR:

In response to a letter submitted by Michel Cornillon Brixeno, Marc-Alexandre Fonda, and Kimberly Luce on the subject of Marie-Claude Bibeau's agenda for climate action, I would like to highlight some counterpoints for consideration:

We may have been put in the difficult position of having to ask for more than might be palpable to most, requirements to be met which fall outside of the range of 'pragmatic' politics. It is wonderful that the Liberal government is exerting effort in the conservation of Canada's

wildlife, lands and oceans, but the sorts of action noted possess only secondary efficacy, being contingent upon ecological conditions that do not respect regional bounds.

The threat of apathy which Douglas Nadler is accused of feeding is a necessary (and likely overblown) risk to be taken when the alternative is an opiate optimism that is unearned. The effective difference between apathy and popular support for inadequate action is unfortunately nonexistent.

The problems which are presented by the current climate crisis are not subject to the limits of rhetorical nicety that are

preferred by the younger generation which these authors questionably suggest to be representing.

I fully endorse the pursuit of a right-living which is aware of eco-justice and incorporates the suggestions presented in Mme Bibeau's 'green guide'. The solutions we generate will be better sustained by a society which has a spiritual and ethical relation to Nature. However, there is the reality of a need for quick and potentially radical structural change. When the Liberal government is still tolerating and extending pipelines, the promises of future utility outpace any supporting evidence. If these fragile promises do not come to fruition then such straightforwardly dangerous decisions will negate any intensity of change enacted by the private individual, and to

pretend otherwise is deadly folly.

The stance I hold is certainly not singular, being held by many of my peers in the age demographic which Mme Bibeau's young collaborators attempt to speak for. To reiterate my earlier point however, consensus cannot and should not be taken to dictate reality, and anyone who reads this article ought to investigate for themselves and understand the full weight of our circumstance, and the actions that are becoming necessary. If the force of necessity cannot itself combat the apathy which we all fear, then we are lost.

SINCERELY,  
AARON HONE  
LENNOXVILLE

## THE RECORD

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## C COLUMNIST

And I do believe that our emotions, our reactions to what we encounter in our lives, are God given gifts like everything else.

ONE COLUMN, FOUR VOICES

# Open to the Spirit

Today's word: Emotions

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Rabbi Boris Dolin

**1**) In 1973 an artist named Willis Wheatley was commissioned by the United Church to paint some portraits of Jesus. This was the era of "Jesus Christ Superstar" and "Godspell", musicals that depicted the life of Jesus with a more radical point of view. His portraits were quite revolutionary in that they showed vivid emotions; an angry Jesus, a tear filled Jesus, and the one that spoke most to me as a teenager, "The Laughing Jesus". I still have those sketches today and use them for bulletin covers. Not everyone was pleased, however. Those who liked the typical, placid, blond blue eyed Jesus were quite offended. The emotions made him too human. Those same people were also not happy with "Jesus Christ Superstar".

Emotions lie at the core of our being from a very young age. Children cry, get angry, and laugh out loud. We can read their mood on their faces. Traditionally these expressions were suppressed by adults. Men don't cry, they were told. When someone was told they were too emotional, it was meant as a criticism. Though people are more open today, in some circles this is still the expectation. There are those who tell us to suppress our emotions in our search for spiritual growth, to enter a more meditative place. I prefer to believe that our passions, rather than being a problem, are a

gift from God.

One of my favourite stories from the Hebrew Scriptures is the birth of Isaac. Abraham and Sarah, when quite old, were promised that she would become pregnant and give birth to a son. She laughed out loud at the thought. How can a woman as old as I am give birth. Instead of being judged by God, she was told to name the child Isaac, which means laughter in Hebrew. I believe God was laughing too.

**2**) I have an admission to make. I am an easy crier. I will cry at poignant moments in predictable romance movies. I will cry at weddings. I will cry when I am happy and I will cry when I am sad. It used to be an occasion for shame and embarrassment, especially when I had something important to say. "How is anyone going to take me seriously if I have so little control of my emotions?" I thought. But life teaches us many things and the more comfortable we become with who we truly are, the better able we are to reflect our true selves to the world. Feeling deeply about events that occur is an integral part of being human. Our emotions motivate us to reach for impossible dreams. They also allow us to feel the suffering of others and then respond with compassion. Tears have a healing property to them. According to a Yiddish proverb, "What soap is for the baby, tears are for the soul." Grief can be a time when tears fill our days. Then for months and even sometimes years, at unexpected mo-

ments, we can feel overwhelmed and the tears well up. Now days when I cry, at an unexpected moment, for a loved one many years ago, I welcome these tears. They are witness to the love that does not die no matter how far away or how long the separation may be. Our emotions hold the memory of our hearts.

**3**) I have always thought of myself as a mostly even tempered person. I am usually happy, rarely angry and recover quickly from challenging situations. Of course this is not to say that I don't know how to get mad when it can help me win an argument, or that I don't know how to keep my mouth shut when necessary. Yet no matter what, I have found that being reflective about my emotions helps keeps everything in perspective.

In Jewish tradition, there is a spiritual practice called Mussar, usually translated as ethics or behavior. The core idea of Mussar is that we have different "soul traits" that control how we live and relate to others; traits like humility, quietude, pride, gratitude, truth and honor. Each of us as individuals have different levels of these traits at different times in our lives, depending on our interactions and our general emotions of the day. The great truth of this practice is that none of these traits are necessarily bad by themselves. We simply need to spend our lives regulating them, knowing that our individual personalities and the reality of life in general means that every day will be a wonderful mix of these

traits and emotions. There are times when pride is helpful, and there are times when humility holds sway. There are times for being quiet and for speaking up. Like the words of Ecclesiastes, there are times for every emotion under heaven.

And I do believe that our emotions, our reactions to what we encounter in our lives, are God given gifts like everything else. Even those challenging emotions of anger, sadness and fear, when encountered with intention and clarity can be helpful in making sense of it all. As long as we are willing to learn and reflect on our emotions, it can all bring us forward in life with strength.

**One word, three voices this week, - now it's your turn to reflect, what does the word emotions say to you?**

(Please note that the writers of Open to the Spirit will each their turn be taking some holiday time during the summer months. Our next column will appear the first week of August.)

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rabbi Boris Dolin, the spiritual leader of Congregation Dorshoi Emet in Hampstead Quebec

## Lennoxville residents bothered by shorter pool season

By Gordon Lambie

**T**he question period at Tuesday night's Lennoxville Borough council meeting began with a concern voiced by Matthieu Vinette, on behalf of a number of residents on Warren and Academy Streets, about the fact that the municipal pool in Lennoxville will be closing on August 11.

Vinette said that in his recollection the pool at Centennial Park is usually open later into the summer and asked why it is that the well-loved local resource will be unavailable in what are likely to be the hottest days of the summer, after the community day camp ends but before the start of the school year.

Borough Manager André Blais responded by pointing out that while Lennoxville's pool is closing earlier than some in the city, it is far from the only one set to close on the 11th.

Borough President Claude Charron, meanwhile, said that the pools have been set up to close in this way because of a workforce issue where the pools are mainly staffed by Cegep students who stop working to go back to school

"The workforce shortage is real," the Borough President said, adding that the city also faces hiring challenges because of union requirements. "It is not easy."

Vinette, undaunted, suggested that the borough should seek alternatives like making a deal with Bishop's University for free use of their outdoor pool.

"I believe that there must be another way to find a solution," he said, "and if we can be a part of the solution we will."

Asked after the meeting if the early closure has anything to do with the plan to demolish and completely rebuild the Centennial pool as a beach-style pool like the one at Saint-Alphonse-de-Ligouri Park in the north end of the city, Charron said that

the two are unrelated and that the issue is really more about a shortage of workers than anything else. He did state, however, that work on the pool is sup-

posed to begin this coming fall.

"That's what's on paper," the borough president said.

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Cheryl E. Grant is a stage and screen actor, playwright and an award winning director. She loves teaching and has worked to develop artists and get them ready for auditions, art college admissions, plays or television shows, corporate meetings, character development in contemporary or classic theater. She has helped many actors get the roles they hoped for, create one person shows and achieve their personal goals to connect with their talent and become the actors they want to be. Let me help you and let's get going!

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# Strange Sports in the Townships: Parkour and Freerunning

By Gordon Lambie

**B**ouncing off the walls; it's a phrase people use often with relation to hyperactive small children and their seemingly boundless energy.

It's also a pretty decent description of what parkour looks like at first sight.

Look up parkour on the internet and you will find videos of people running up vertical surfaces or leaping from rooftops onto the handrails of balconies or staircases in sometimes mind-boggling feats of balance and precision. Imagine running an obstacle course where the obstacles are walls and buildings around you.

According to Philippe Letourneau, who owns and operates Le Module, a parkour gym in Sherbrooke, obstacle courses are more or less where the activity began. The sport, he said, can be traced back to a training course (or parkour) for firefighters in France. Adopted by some of the firefighters' children and brought into an urban environment, parkour was born as a way of playing but also getting from point A to point B in more creative and efficient ways.

"At its base, it is a way of getting around," Letourneau said, differentiat-

ing parkour from what's known as "freerunning," a practice that builds more flips and acrobatics into the mix. "That is something different" he said, explaining that freerunning is showy and artistic, where parkour is about efficient movement in a complex environment.

Letourneau said that he fell in love with parkour while he was still in high school when some people came to his school to show off the discipline to others. Working a number of different odd jobs on the side, he gradually built up the expertise and resources to found Le Module, effectively turning his passion into his profession.

Since the founding of his gym four years ago, Letourneau and his team have been working to bring Parkour into schools in the same sort of way that the sport once came to him.

"I feel like in schools we are really limited to team sports," he said, reflecting that although there are benefits to all kinds of sports, the social dynamics of a team don't work for everyone. "It is great when we want to work on being social, but for those who are more introverted, who want to have a goal but don't work well with others, this provides that opportunity."

Parkour, Letourneau explained, is a very individual discipline that often appeals to children who would not otherwise be very active.

"These are kids who want to go on adventures," he said, explaining that it often manifests in videogames for lack

of a better outlet.

Letourneau said that Le Module offers a program focused on the creativity of movement, like a mix of dance and gymnastics, and focusing on teaching kids early before they learn to be afraid.

CONT'D ON PAGE 9



GORDON LAMBIE



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THE  
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# Local Sports

When it comes to maintaining a healthy lifestyle, Jarvie says, "I try my best to exercise."

## Canadian folksinger Suzanne Jarvie uses music and exercise for healing



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Canadian singer/songwriter Suzanne Jarvie's life changed forever on July 1st, 2011 when her eldest son Julius fell down a staircase, leaving him in a coma for a week.

Jarvie, also a lawyer and mother of four is an advocate for Brain Awareness. June is Brain Awareness month and according to a recent Health Canada report, each year in Canada more than 20,000 people are hospitalized for traumatic brain injuries.

It was during Jarvie's visits to the hospital that writing music came with little effort, which led to recording her debut album, *Spiral Road*, released in 2014. Jarvie has since released a second album, *In the Clear*, which touches on her son's triumphant journey to recovery.

Jarvie said in a recent interview, "When my son had his accident on a perfect hot summer day, the weather seemed to symbolize the opposite of everything that happened and now I al-

ways have this strange association with really good weather. My life as I knew it ended... all sense of order and logic melted away. There was denial too; I did not know if I would ever be happy again. So when I looked around I could not avoid noticing what was left - this awesome, magical love for my child, lying comatose. And then after about a week he suddenly began responding to commands. So I went from this pit into a state of ecstatic relief even though his injury was catastrophic and the road ahead was long and steep, I felt a joy unknown before."

She continues, "It was about a month later I picked up my guitar and wrote *Before and After*, the first song on *Spiral Road*. Music was coming out of me in this altered state. I wrote at home and at the hospital, the whole cluster came out in the poetry and the melodies. I would like listeners to share and connect with my experience through those songs."

So how does it feel to affect others that have gone through a family tragedy? "Very moved and humbled and connected," Jarvie answered, adding, "Often after a show someone will approach me with a story of their own loss, sometimes about brain injury, sometimes about losing or almost losing a child. They are moved by the music because it reflects (on) aspects of their own experience."

Jarvie explains, "*Spiral Road* is very close to the events. I had this strange observational creativity about my own ex-



COURTESY

perience and the experience of others. I saw my old life, my new life, death, the grief of others, which is a terrible thing to witness, more horrifying than your own in some ways. My son lives with a terrible injury. In spite of his miraculous recovery I still battle resistance to his reality and our new normal. I wish he was healed and that we were all just in the clear."

For Jarvie, *In the Clear* is, "... like a next chapter - writing about my son but also about his sister, who sings on the new record and just toured with me too, and other story songs that are not connected to the accident but still come from themes of loss, passing, addiction,

forgiveness, afterlife."

When it comes to maintaining a healthy lifestyle, Jarvie says, "I try my best to exercise. I run and go to yoga as often as possible, but it is a challenge to stay regular. Currently on my (to do) list is (getting) a treadmill...there's really no reason not to be walking continuously while typing and reading. I have to say touring is physically challenging - there isn't a lot of time on your backside and performing is a big energy output. So I always feel better exercised on tour."

Christine Blanchette is a TV host and producer of *Run With It*, a monthly running, fitness, health and lifestyle program. [www.runwithit.ca](http://www.runwithit.ca)

## Parkour and Freerunning

CONT'D FROM PAGE 8

"Some fear keeps you safe, but other fears keep you from growing and learning," the school's founder said, explaining that some early lessons involve showing kids how to fall safely, and overcome irrational fear. "We really try to use parkour as a development tool," he added. "Yes physically, but also mentally."

"We see ourselves as more of a discipline or a martial art than a sport," Le-

tourneau shared, explaining that once people grasp the principles of movement, parkour becomes a community-oriented activity based on problem solving. "Like in rock climbing, you must find the best route to get where you are going."

Although Letourneau has been immersed in the world of parkour for the last 15 years, he said that for the most part the sport is too new for there to be any large-scale structured competition in Quebec. On the international scale, he

said that there are style competitions and skills challenges that take place in the United States and Europe

"The best representation of parkour is the speed runs," he said. "You get a course, but no one tells you how to get from here to there."

That unpredictability and improvisation, Letourneau said, is at the heart of parkour

"Doing it inside is really not the same experience," the trainer said, explaining that while his gym is modular in order

to help mix things up for the users, the ideal scenario is for a parkour community to meet up in the real world and challenge each other. Rather than practice a pre-established course to perfection, he said, the focus is on having the skills and quick thinking to safely handle unexpected challenges.

More information on Le Module and its programs is available at <http://www.lemodule.ca>

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Penny Ward  
Consultant



**Death**



**Lois Roberta Blodgett (nee Hunting) 1935-2019**

Lois was a dedicated nurse at the Sherbrooke hospital for many years. She was a peaceful, quiet and caring lady to all who knew her. She had many plans for her retirement. She very much looked forward to rocking her grandchildren on the back veranda. Unfortunately, Alzheimer's slowly destroyed that along with her memory over time. Even with the disease, she refused to let go. Our Mom was predeceased by her husband, Gerald - December 2005. She leaves behind her four children: Chris (Tess), Penny (Dave), Peter - deceased 2002 (Jo-Ann) and Dave (Amy). Her six grandchildren: Kevin (partner), Katie (Adam), Kimberly (Andrew), Thomas, Peter and Jakob. And by her three, soon to be four great-grandchildren: Camden, Jordyn & Reagan.

The family would like to thank all the staff of the Wales Home in Richmond for the excellent care that they gave our Mom over the past 13 years. Following her wishes, there will be no visitation. A graveside service will be held at a later date.

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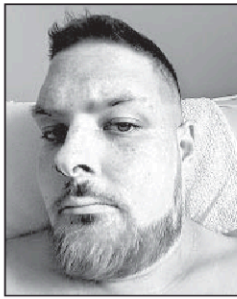
**Card of Thanks**

**LOWRY, Helen (Henderson)** - We would like to thank all who travelled near and far to support us at the funeral service for Helen. In particular, we wish to thank Rev. Barbara Fotheringham, Lise Fallot, Rufus Jamieson, Ross and Pauline Davidson, the members of the Kinnears's Mills Women's Institute and the UCW. To all who donated to the Kinnear's Mills Women's Institute and Candlish United Church, we thank you. We are grateful to all who prepared and delivered food to us. We will always remember with gratitude Helen Jamieson and Jan Lowry for your steadfast friendship and support.

**VICTOR AND FAMILY**



**Death**



**Matthew SPARKES (Feb. 5, 1987 - June 23, 2019)**

It is with great sadness that we announce the passing of Matthew Sparkes at the age of 32 on June 23, 2019 at the CHUS Fleurimont after a courageous battle with leukemia.

Matt leaves to mourn his loving wife Christina Vintinner and his precious daughter Alexis Rose. Cherished son of Frank and Nancy Sparkes and brother of Hannah, Rachel (Marc Diab) and Erin. Beloved son-in-law of Dan and Kathy Vintinner and brother-in-law of Justin. Matt will be greatly missed by his extended family and many friends.

Visitation will take place at the Cass Funeral Home, 3006 College Street, Sherbrooke (Lennoxville) Quebec on Friday, July 5, 2019 from 7 p.m. to 9 p.m. and on Saturday, July 6, 2019 from 9 a.m. to 11 a.m. followed by a memorial service at 11 a.m.

In lieu of flowers and in keeping with Matt's wishes memorial tributes may be made to the CHUS Foundation or the Rose des Vents.

The family would like to thank the staff of the 7th Floor of the CHUS Fleurimont for the excellent care and special thanks to Dr. Carl Bromwich and Patrick Dupuis.

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**Death**

**Death**

**Lois (Bean) WARD**

It is with regret that the family announces the passing of Lois (Bean) Ward on June 15, 2019 at the age of 82 in Teulon, Manitoba.

She was the wife of the late Kenneth Ward. She leaves to mourn her daughter Debbie (Hubert Drudge), her son Scott (Joyce), three grandchildren and four great-grandchildren, as well as her sister Judy (Fred Bryant) and two nephews Mark Bryant and family and Andrew Bryant and family.



**In Memoriam**

**In Memoriam**

**LODGE, David** - In memory of David Lodge who passed away June 30, 2018.  
*I don't need a special day  
To bring you to mind,  
The days I do not think of you  
Are very hard to find.  
Each morning when I awake  
I know that you are gone,  
And no one knows the heartache  
As I try to carry on.  
My heart still aches with sadness  
And secret tears still flow,  
What it meant to lose you  
No one will ever know.  
My thoughts are always with you.  
Your place no one can fill,  
In life I loved you dearly,  
In death I love you still.*

**Fondly remembered, always loved by,  
ROBERT, TIMOTHY, DONNA, KAYLA  
AND COMPANION PUPPY**



**In Memoriam**

**McBURNEY, Carlyle** - In memory of a dear husband, father, grandfather and great-grandfather who left us July 1, 2013.  
*The seasons pass so quickly,  
The years go by so fast,  
But every day some little thing  
Brings memories of the past.*  
**Sadly missed,  
CORINNE  
CAROLYN & JEFF  
JAMES & EVAN  
TIMOTHY & JOSHUA  
KATHRYN & TROY  
BETHANY & ANTHONY  
THOMAS & JACOB**

**In Memoriam**

**ROYER/ BOOTH, Beverly** - Passed away June 28, 2014.  
*Always so good,  
Unselfish and kind,  
Few on this earth,  
Her equal we find.  
Honorable and upright  
In all her ways,  
Loyal and truth  
To the end of her days.  
You are not forgotten,  
Dear sister and wife.*

**From your loving husband  
RUSSELL ROYER  
sister TRUDY, MAXINE  
and brother MIKE**



**WRATHMALL, Rachelle** (Sept. 5, 1975- June 29, 2007).

*It's been twelve years already  
Since we lost you so suddenly  
Time does heal, but doesn't erase  
The memories of your kind and generous spirit.*

*I can still see your smile,  
And hear your laughter, even now.  
Rest in peace, dear friend.*

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**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [clas-sad@sherbrookerecord.com](mailto:clas-sad@sherbrookerecord.com) - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Church Services

# Datebook

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. Christian meditation on Thursdays from 6 p.m. to 7 p.m. 819-346-5564.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

### SCOTSTOWN

St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon worship service on June 30 at 2:30 p.m. Minister: Rev. Susan Smith.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School at 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday school 11:15 a.m. with lunch provided each Sunday following the service in Magog. As we celebrate Aboriginal Sunday at both churches on Sunday, June 30, it is our great pleasure to welcome guest speaker Paul-Conrad Carignan. Paul is a Franco-Ontarian by birth with cultural roots in the Eastern Townships, in both the Indigenous and French-speaking population. He is a Sweat Leader and Sacred Pipe Carrier. He lives in Stanstead Township-Canton Stanstead and teaches Native chants and drum-making. All are welcome to join us. Minister: Rev. Lee Ann Hogle 819-571-7233.

## United

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to the worship with Zach Lapointe on Sunday, June 30. Everyone is welcome. 819-565-8449; website - lennoxvilleunitedchurch.com.

### SHERBROOKE

Plymouth-Trinity United Church welcomes all of you to our Sunday, June 30 worship service, at 10:30 a.m. It's a bilingual service with children's church (Sunday school), and a baptism! Come celebrate with us! Our July worship services will be held at Lennoxville United (corner Queen and Church streets), at 10 a.m. (note the earlier time!). We will return to Plymouth-Trinity on Sunday, August 4. Joignez-vous à nous pour un culte bilingue le 30 juin, à 10h30, avec culte des enfants et un baptême. Notez que nous célébrerons les dimanches du mois de juillet à l'Eglise Unie de Lennoxville (coin des rues Queen et Church), à 10h. Noter l'heure! Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansoko.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, June 30, no Service. Sunday School. Rev. Mead Baldwin 819-837-1112.

## FRIDAY, JUNE 28, 2019

Today is the 179th day of 2019 and the eighth day of summer.

**TODAY'S HISTORY:** In 1914, Franz Ferdinand, Archduke of Austria, was assassinated by a Serbian nationalist, sparking World War I.

In 1919, the Treaty of Versailles was signed, ending World War I.

In 1950, North Korean troops captured Seoul.

In 1965, the United States launched its first major military offensive in Vietnam.

In 2004, the U.S.-led coalition in Iraq transferred sovereignty to an interim Iraqi government.

**TODAY'S BIRTHDAYS:** Peter Paul Rubens (1577-1640), painter; Jean-Jacques Rousseau (1712-1778), philosopher; Joseph Joachim (1831-1907), violinist; Richard Rodgers (1902-1979), composer; Mel Brooks (1926- ), actor/filmmaker; Kathy Bates (1948- ), actress; John Elway (1960- ), football player/executive; John Cusack (1966- ), actor; Mary Stuart Mas-

terson (1966- ), actress; Mike White (1970- ), filmmaker; Elon Musk (1971- ), business magnate/inventor; Rob Dyrdek (1974- ), skateboarder/actor.

**TODAY'S FACT:** President Woodrow Wilson was the first of the leaders at Versailles to sign the treaty ending World War I.

**TODAY'S SPORTS:** In 1997, Mike Tyson was disqualified from a heavyweight title fight when the former champion twice bit titleholder Evander Holyfield's ears in the third round.

**TODAY'S QUOTE:** "Virtue is a state of war, and to live in it means one always has some battle to wage against oneself." - Jean-Jacques Rousseau

**TODAY'S NUMBER:** 1 - Academy Award given to Mel Brooks (for the screenplay of "The Producers" in 1969) over his more than half-century-long career.

**TODAY'S MOON:** Between last quarter moon (June 25) and new moon (July 2).



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DIFFICULTY RATING: ★★★★★

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

6/28

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## PREVIOUS SOLUTION

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

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

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

## PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

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# Your Birthday

FRIDAY, JUNE 28, 2019

Let your emotions lead the way this year. Bring about change because it makes you happy, helps you feel secure, or gives you a sense of accomplishment. Partnerships should be a priority. Choose people who bring out the best in you and who complement what you have to offer, not those who bring you down.

**CANCER** (June 21-July 22) — Make positive suggestions and lend a helping hand. Don't make a change just because someone else does. Don't react or respond impulsively.

**LEO** (July 23-Aug. 22) — Let change come to you. Refuse to let your emotions take control or lead you into an unsavory situation. Choose peace and love over discord, and health over excess and indulgence.

**VIRGO** (Aug. 23-Sept. 22) — An attitude adjustment will encourage you to make a change. Let go of people and situations that have been dragging you down. A practical lifestyle will get you back on track.

**LIBRA** (Sept. 23-Oct. 23) — Force issues and make things happen. If you don't, someone else will take charge and control what you can and cannot do. If you don't take action, you'll have only yourself to blame.

**SCORPIO** (Oct. 24-Nov. 22) — Your emotions will dictate the changes you make. Try not to let anger or irrational behavior lead to a no-win situation. Think matters through before you take action.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Review your relationships with others. Reducing stress can be as easy as eliminating the people or situations that are causing you grief. Do what's best for you.

**CAPRICORN** (Dec. 22-Jan. 19) — Deals can be made if you are direct about what you want and what you have to offer. Don't expect everyone to be pleased by a change to how you think or do things.

**AQUARIUS** (Jan. 20-Feb. 19) — Do your own thing and don't let what others say or do interfere with your plans. Use your skills and experience to help you get ahead.

**PISCES** (Feb. 20-March 20) — Take a time-out and do something that you find relaxing. Catching up with an old friend or curling up with a book will ease stress. Put your health and emotional well-being first.

**ARIES** (March 21-April 19) — Read the fine print if you are negotiating a contract. Make an adjustment to your living arrangements or help an older relative get used to inevitable changes. Put some time aside for romance.

**TAURUS** (April 20-May 20) — Handle people with care. How you deal with others will make a difference in how well you are treated in return. Choose to be kind and sensitive, not critical or demanding.

**GEMINI** (May 21-June 20) — A professional change that offers greater freedom should be looked at seriously. Money is important, but not more so than your mental and emotional health. Aim to lower stress.

SATURDAY, JUNE 29, 2019

Share your joys and triumphs, and live life in the moment with the people who understand you and your goals. Life is about moving forward, not looking back or dwelling on regret. Make each day a positive experience.

**CANCER** (June 21-July 22) — Observation will keep you from blurting out something that you probably should keep to yourself. If you are a good listener, the information you receive will become an asset.

**LEO** (July 23-Aug. 22) — Be aware of situations that could lead to confrontation. Keep your opinions to yourself and opt to offer compliments, not criticism, when dealing with others.

**VIRGO** (Aug. 23-Sept. 22) — If you don't share your hopes and dreams, no one will know what you want. Being open about your plans will allow others to offer suggestions and help you reach your goal.

**LIBRA** (Sept. 23-Oct. 23) — Either make a move or don't, just stop procrastinating. Your unsettled state gives others a chance to take advantage of you. It's time to put your needs and desires first.

**SCORPIO** (Oct. 24-Nov. 22) — Pursue your goals. Once others see the progress you are making, you'll be offered enough help to reach your destination, with time left over for a little fun with friends.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Be up-front about what you intend to do before you begin. Taking proper precautions and doing everything by the book

will help you avoid setbacks. Romance will ease stress.

**CAPRICORN** (Dec. 22-Jan. 19) — Pick a path that is conducive to meeting people who have something to contribute. The incentives you offer will pay off. Positive change is heading your way.

**AQUARIUS** (Jan. 20-Feb. 19) — Follow what feels right and best for you. Refuse to let anyone take charge or goad you into something you don't want to do. Updating your image will boost your morale.

**PISCES** (Feb. 20-March 20) — You should consider making a personal change that will promote new beginnings. Traveling, learning and interacting with others will provide the encouragement you need to proceed. Do what makes you happy.

**ARIES** (March 21-April 19) — Ask for everything you want and be willing to negotiate until you find common ground. Whether it's with a personal partner or regarding an upcoming professional position, don't be afraid to dicker.

**TAURUS** (April 20-May 20) — If you are too pushy, you may have to take no for an answer. Be intelligent and willing to compromise. The impression you make will affect how others treat you.

**GEMINI** (May 21-June 20) — Take better care of yourself. Make adjustments to your lifestyle, eating habits and exercise program. Professional and personal matters will turn out better if you have the vitality to do your best.

Sunday horoscope on page 15

## Kicking the coffee habit

Dear Annie

FRIDAY, JUNE 28, 2019

**Dear Annie:** I used to drink coffee only now and then, just for enjoyment. But since my job has become more intense and stressful, I've found myself needing at least a cup a day to keep me alert and functioning at full capacity. I don't like that I'm dependent on caffeine now. I notice that when I haven't had coffee by noon or so, I feel crabby and headachey. So I keep drinking it daily so I can get my work done. Is there some alternative? I want to be able to work without relying upon everyone's favorite bean. — Caffeine Dependent

**Dear Caffeine Dependent:** If caffeine is the only thing you are trying to quit, then you are in pretty good shape. However, if you really want to stop drinking coffee, there are lots of great alternatives. Matcha tea is a very popular one. It is a form of green tea made by steaming and grinding the leaves of the *Camellia sinensis* plant. In contrast to drinking green tea, you are getting the entire leaf with matcha.

A second alternative could be lemon water. While it won't give you quite the jolt of caffeine, it will provide your body with lots of nutritious vitamin C. Chicory root and B vitamins also help with energy lev-

els. Ginseng is found in many popular energy drinks.

Becoming dependent on coffee is a legitimate concern, and it can produce headaches and all sorts of other problems.

But my real concern is the stress of your job. Stress is a lot more dangerous than caffeine. I would have an honest talk with your boss about your workload. Do it in a very professional manner — not coming from a place of laziness but rather wanting to make sure your body is able to do the work demanded of you at an optimal pace. Sometimes setting boundaries for yourself is the healthiest thing you can do for all parties involved.

**Dear Annie:** I have two best friends from college. I have good relationships with both of them, but one is much more emotionally available. The other is hard to pin down. When we want to hang out as a group — which takes coordinating, as we've since moved to different states — he more often than not makes excuses to get out of meeting up. I don't think he's lost interest in being our friend. During college, he was super down to do stuff with us all the time. But now that there's distance and logistics involved, we don't appear to be worth the effort. We've brought this up to him before, that it hurts us to feel like he doesn't care. His defense

is that he "cares about everyone equally," so we're not given any sort of extra effort for being closer-than-normal friends. How do we deal with this? I know we can't force him to make himself available, but it is heart-breaking to watch a yearslong relationship fizzle due to something so meager as distance. — Angry at Apathetic Amigo

**Dear Angry:** Best friends might not be around all the time or even most of the time, but they're there when you need them. What matters is that you can still count on this amigo when it counts. In the meantime, stop putting in extra effort to coordinate with him if it's causing you to resent him. Give him some time and space, and let him reach out when he's ready to commit to getting together. Distance — whether of space or years — is not enough to dissolve the bonds of true friendship.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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



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**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.

"C'FF IOFF DXA IVCY HABV WMXAI  
JXECY JWD: C FXUO IVWI SCEF! YVO'Y  
XKO XL IVO SEOWIOYI TEXY C'UO  
OUOE PXEROJ PCIV." — EXJ IWDFXE

Previous Solution: "Doris Day I love you, my Calamity Jane. An iconic woman who I was hugely honored to meet. ... Rest in peace." — Stella McCartney

TODAY'S CLUE: *Cheats*

**CELEBRITY CIPHER**

by Luis Campos

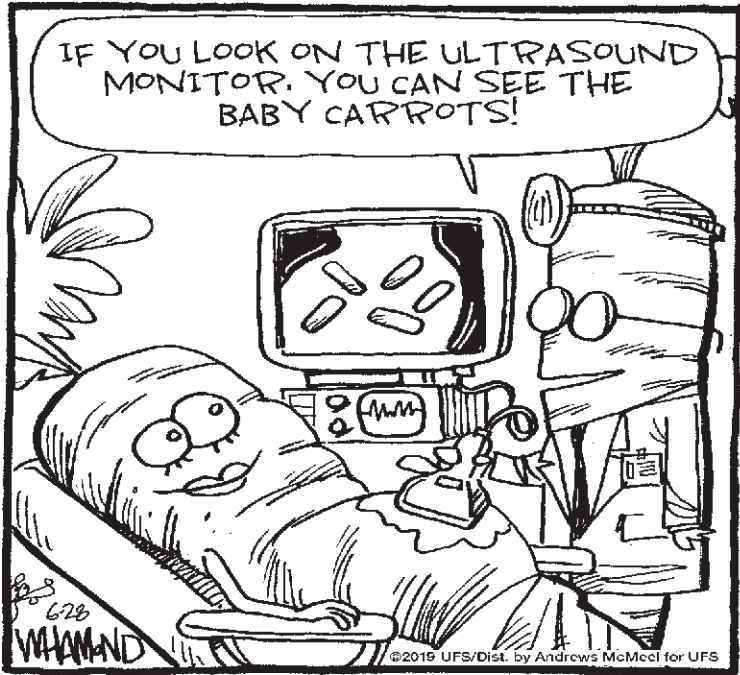
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"(VPWYI) VTF VAOP LIGWTGAV GDTG  
GDA BCGWA UTL HA OTVA HAGGAW  
GDWPCJD TUGRYIO ... T IOYZA TLV T  
IPLJ." — MTGDZAAL NTWMAW

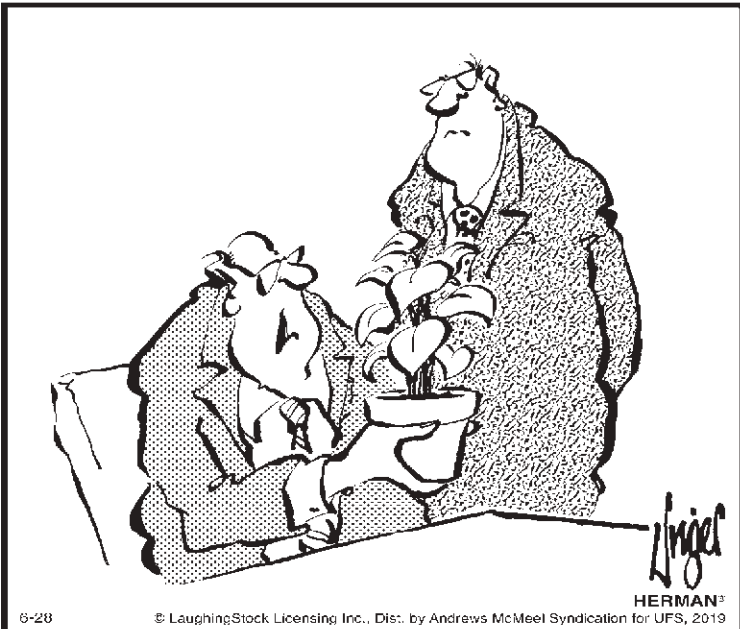
TODAY'S CLUE: *Requiem*

Previous Solution: "I'll tell you this much about Doris Day: I love that girl! She's one of the greatest pros I've ever worked with." — Rod Taylor

**REALITY CHECK**



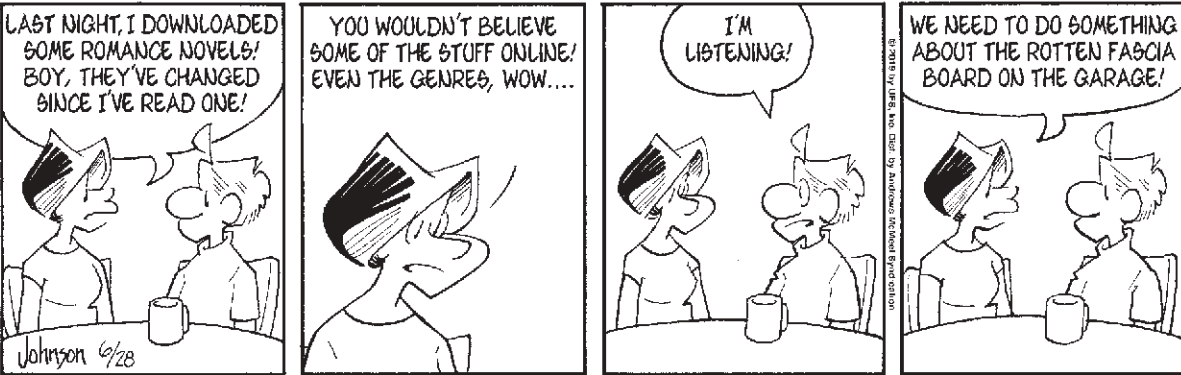
**HERMAN**



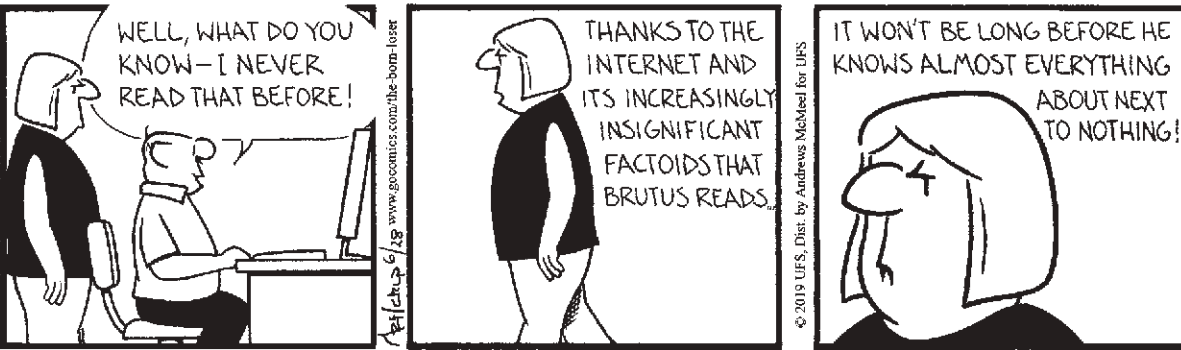
**ALLEY OOP**



**ARLO & JANIS**



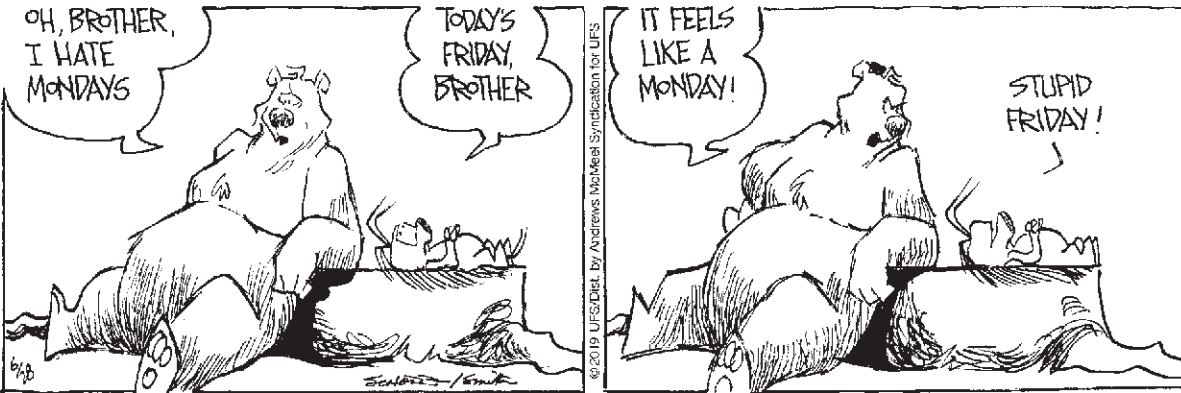
**THE BORN LOSER**



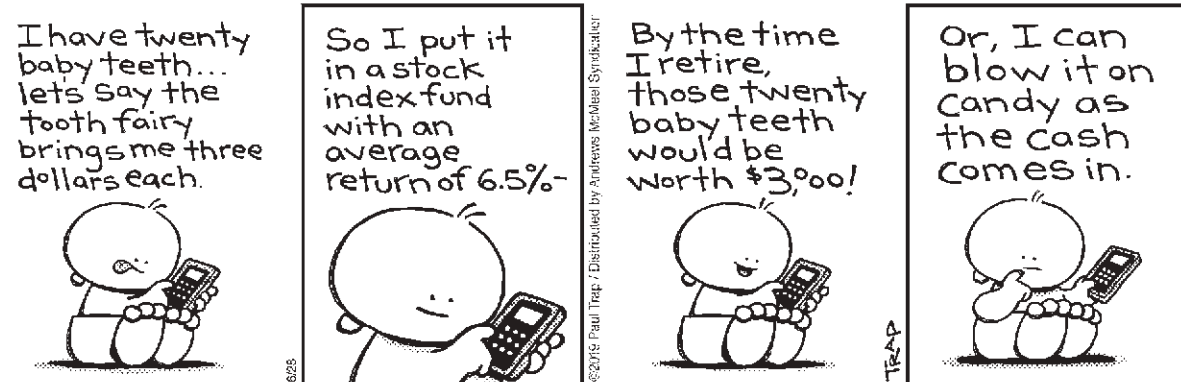
**FRANK AND ERNEST**



**GRIZWELLS**



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**395 Home Improvement**  
**TAPIS STEVE** - Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.



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

**340 Garage Sales**  
**CANTON HATLEY** 890 Sherbrooke Road, Saturday, June 29 & Sunday, June 30 from 8 a.m. to 4 p.m. Bikes, rack, lamps, dishes, chairs, collectibles, baskets, wildlife prints, cross-country ski pkg.

**EASTMAN**  
 Garage Sale at the Longhouse, 205 Rang du Rocher, Eastman, from 9 a.m. to 4 p.m., June 29, 30 & July 1. Snow Shoes (excellent condition), train books, dishes & some furniture. Will be open July 27 & 28 and Labour Day weekend or can call by appointment 450-297-2803. We will open just for you.

**LENOXVILLE**  
**52 Champigny, Sherbrooke (Lennoxville) on Saturday and Sunday, June 29 & 30. Small fridge, dishes, microwave, patio set, tools, etc. and lots of perennial plants.**

**WATERLOO**  
 Garage sale at Saint Luke's Church Waterloo, Saturday, June 29 from 9 a.m. to 3 p.m., 400 de la Cour, Waterloo, in the church basement. Everything is for sale, antiques, dishes, stove, fridge, microwave, tables, books, chairs, Roxton armchairs, crock pot, toaster, and the list goes on!

**395 Home Improvement**  
**TAPIS STEVE** - Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.

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**AUCTION for FERDINAND PIT PRIMEAU**  
 405 Principale Ouest, Cookshire, Quebec  
 Saturday, July 6, 2019 at 10:00 a.m.  
 Viewing: 9 a.m. to 10 a.m.  
**ANTIQUES:** Edison gramophone, dressers, steamer trunks, A.B.C., sewing machine, licence plates, washing machine, oil cans, cross-cut saws & more! **HOUSEHOLD:** Refrigerator, electric stove, microwave, table 4 chairs & more! **SHED STOCK:** Craftman 18.5 hp lawn tractor 42" cut, M.F. lawn tractor trailer, Stihl 44 chainsaw, Stihl 440 chainsaw, Stihl 180 chainsaw, Tanaka weed eater, utility trailer, Yardman lawn tractor, Lawn Boy push mower, chain binders, wheel barrow, air compressor, 12 cord of block wood, & more! **MACHINERY:** Mitsubishi MT 160D 4x4 diesel tractor, Craftsman front end snow blower, 3 pt scraper, Everest wood splitter, tandem truck trailer, Trac Vac for leaves, Craftman 14 hp snow blower, M.T.D snow blower. **VEHICLES:** 1978 GMC 25 4x2 pick up 54,000 miles, 1994 Mercury Grand Marquis 70,000 km.  
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## Pineapple upside down cake

Makes 10 servings  
**Topping**  
 1/2 cup packed brown sugar  
 1/4 cup vegan buttery spread  
 7 canned or fresh pineapple slices  
 7 maraschino cherries  
**Cake**  
 3 tablespoons boiling water  
 1 tablespoon ground flaxseed  
 2 cups all-purpose flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 cup granulated sugar  
 1/2 cup vegetable oil  
 1 teaspoon vanilla  
 1 cup refrigerated coconut milk beverage  
 1/2 teaspoon baking soda  
 1 tablespoon apple cider vinegar  
 Preheat oven to 350 F. Grease 9-inch round baking pan.  
 For topping, cook and stir brown sugar and buttery spread in medium skillet over medium heat until melted and smooth. Remove from heat. Pour into prepared pan. Arrange pineapple slices in pan, placing cherries in centers of pineapples.  
 Combine boiling water and flaxseed in small bowl. Let stand until cool. Whisk flour, baking powder and salt in medium bowl. Whisk granulated sugar, oil and vanilla in large bowl until well blended. Whisk in flaxseed mixture. Stir in flour mixture just until moistened. Stir in coconut milk just until blended. Place baking soda in small cup; stir in vinegar. Gently stir vinegar into batter just until blended. Pour batter over pineapple.  
 Bake 45 to 50 minutes, or until toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Run thin knife around edge of pan to loosen cake. Invert onto serving plate. Cool completely.  
**Note:** The cake can also be baked in a 12-inch cast-iron skillet. Melt the buttery spread and brown sugar in the skillet, add the pineapple and cherries and pour the batter over the fruit. Check the cake for doneness at 40 minutes.  
 (Metro Creative)

# The Village Newsletter July 2019

**June Recap**  
 We spent the month of June soaking up as much sunshine as we could! Our Garden Club was in full swing with a quickly growing Swallowtail Butterfly garden, morning glories, various vegetables and thriving microgreens. This month gave us the opportunity to celebrate our male residents with a Father's Day Country Dance, and we celebrated the local community with a float in the Friendship Day parade flocked with giant butterflies that we made as a group art project. We spent several mornings enjoying morning tea out in the garden, where we also played a few outdoor games throughout the month and enjoyed music and strolls among the flowers any chance we got. We enjoyed celebrating everyone with a June birthday at our monthly Birthday Bash with music by Herb & Ann and delicious banana cake and Coaticook ice cream. The Grace Ladies from North Hatley came to serve tea for the last time before their summer break and we happily accepted the delicious ice cream treat they brought around! We cannot wait for their return in the fall! Likewise, the Lennoxville Quilter's began their summer vacation this month and they finished up their year with a show & share of the beautiful projects they have been working on. What a talented bunch, our residents love getting to see them working hard on creating such meaningful pieces! We celebrated National Indigenous People's Day with a craft and information session that allowed us to learn more about Aboriginal culture. To celebrate St.Jean weekend, we enjoyed a Quebecois sing-along and a patriotic dessert. We will finish the month with a Canada themed Barbeque. June was a lovely snapshot of the summer to come.

**What to Look for in July**  
 July begins with a celebration of Canada, and we will be watching a video of the Hatley parade the following day. We will continue to focus on getting outside for the sunshine and fresh air through Bocce Golf, Chair Volleyball, Outdoor Word Games and other outdoor games like cornhole, ladder ball and washer toss. We are doing a weekly sing-along activity in the garden featuring a different artist each week, come and sing along to Elvis, the Beatles, and Johnny Cash this month! At the beginning of the month we will welcome Toutous Pilous for some Zoo-Animation in the Grand Hall, and we will be having High Tea with guests from St.Francis Manor on the 10th of the month. Our outing this month will be to Coaticook Ice Cream for a delicious, local summer treat (Sign-Up Required). The big event of the month will be our Annual Strawberry Social where friends and family of Grace Village are invited to enjoy Strawberry Shortcake on Saturday, July 13th at 2pm (Entrance is 5\$). We will also be having a Summer Carnival Day where residents are invited to come play some traditional carnival games, and invite any children (or children-at-heart) in their family to do the same. At the end of the month, in honour of National Tree Planting Day, we will be planting our 2nd anniversary tree alongside the lovely apple trees we planted last year on the same date for our 1st anniversary! Please note that the Bistro will be on summer hours for the month of July, with meals served only Thursday, with possibility of additional days added in throughout the month. Keep an eye on the calendar and activity boards for information about these, and many other weekly, bi-weekly and one-time activities!

## Special Events and Activities

- Canada Day! - July 1st
- Hatley Parade Movie - July 2nd
- Bocce Golf - July 2nd
- Toutous Poilus: Zoo Animation - July 3rd
- Nursery Rhyme Coffee Hour - July 4th
- Musical Bingo - July 6th
- National Sugar Cookie Day- July 9th
- Sing-along Series: Elvis - July 9th
- High Tea w/ St.Francis Manor - July 10th
- Coaticook Ice Cream Outing (Sign-up) - July 11th
- Strawberry Social (rsvp) - July 13th
- Eco-Maps Activity - July 16th
- Sing-along Series: The Beatles - July 16th
- Birthday Bash - July 17th
- Summer Carnival Day - July 18th
- Game with Khalilah - July 20th
- Morning Tea in the Garden - July 23rd
- Sing-along Series: Johnny Cash - July 23rd
- Outdoor Word Games - July 24th
- Tim Hortons Coffee Hour (Sign-up) - July 30th
- Planting a Second Anniversary Tree - July 30th
- Chair Volleyball - July 31st

For information, or to learn how to volunteer at Grace Village, contact the Recreation & Leisure Department 819-569-0546 ext. 5007 & 5008  
 kpyle@massom.ca drobertson@masscom.ca  
 or visit gracevillage.ca



Les Communautés de Retraités  
**MASSAWIPPI**  
 Retirement Communities

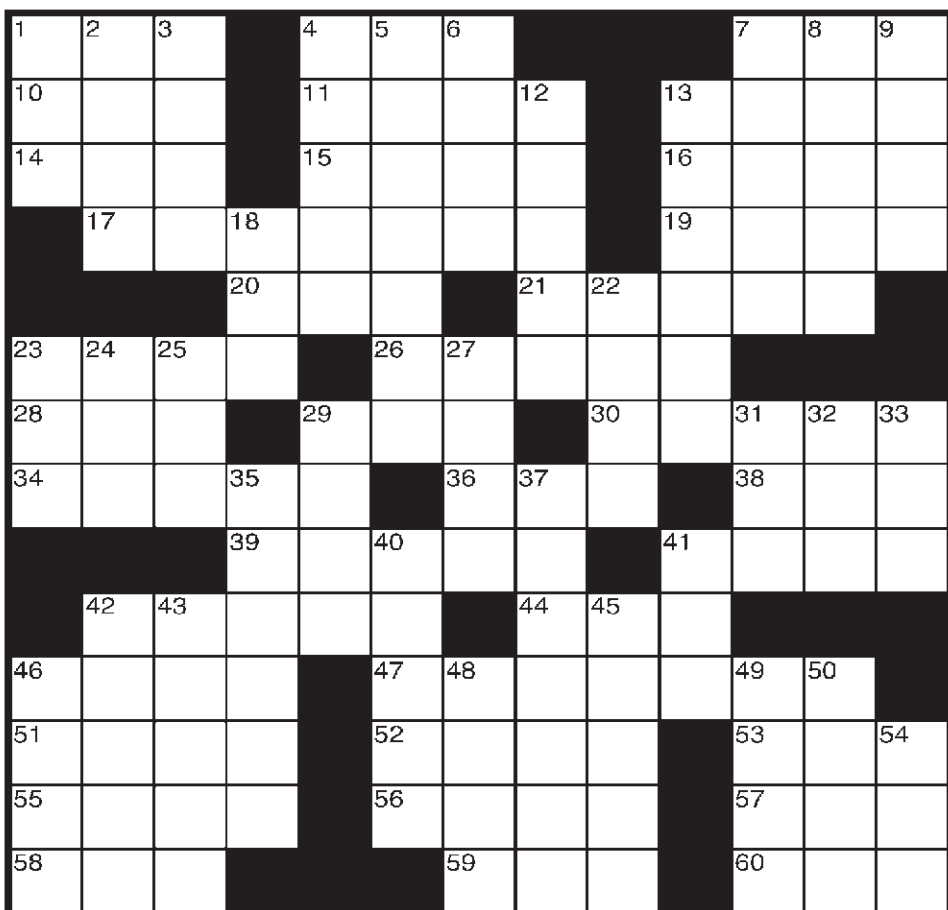
# NEA Crossword Puzzle

- ACROSS**
- 1 Fill with wonder
  - 4 Hag's cry
  - 7 Kenya's loc.
  - 10 Music genre
  - 11 Not "pro"
  - 13 Curdle
  - 14 Ornamental knot
  - 15 Desktop symbol
  - 16 Whetstone
  - 17 Suspecting down
  - 19 Winds down
  - 20 Adherent
  - 21 Sweater letter
  - 23 Percussion instrument
  - 26 Banana oil, e.g.
  - 28 Aries
  - 29 Wood residue
  - 30 Fancy scarf
  - 34 Be lovesick
  - 36 Nose-bag morsel
  - 38 Have
  - 39 Pungent veggie
- 41 Mare's offspring**
- 42 Drip-dry fabric**
- 44 Not I**
- 46 Summer hangout**
- 47 Burritos' kin**
- 51 Similar**
- 52 Son of Aphrodite**
- 53 Overeat, with "out"**
- 55 Drew on**
- 56 Trevi Fountain coins**
- 57 Ait, on the Seine**
- 58 Avg. size**
- 59 Some, to Yvette**
- 60 Item in a tent**
- DOWN**
- 1 Gallery display
  - 2 Urchin
  - 3 Fencer's weapon
  - 4 County events
  - 5 Eggs on
  - 6 Collar style
  - 7 As a companion

## Answer to Previous Puzzle



- 8 Peter — of "Easy Rider"
- 9 Tpk.
- 12 Silver bar
- 13 Makes happier
- 18 Prepare to fire
- 22 Ribs and chops
- 23 Run through a kiln
- 24 — Dawn Chong
- 25 Ms. Thurman
- 27 Frighten a fly
- 29 Part of A.D.
- 31 Murmur
- 32 Harry Potter's messenger
- 33 Cable channel
- 35 Pitched, as a ship
- 37 From now on
- 40 Computer chip maker
- 41 — -de-sac
- 42 Squawk
- 43 United
- 45 Camel stops
- 46 Deep purple
- 48 Bone-dry
- 49 Saga
- 50 Rural structure
- 54 Obtain



# Your Birthday

SUNDAY, JUNE 30, 2019

Consider the best way to move forward without too many disruptions. Change is only useful if it improves your life. Consider what you already have and how you can turn a decent year into a spectacular future. A realistic plan will attract the love and support of people who count.

**CANCER** (June 21-July 22) — Secrets are meant to be kept. You'll score more points if you are trustworthy and offer insight and sound advice. Question motives if someone pries or meddles in your affairs.

**LEO** (July 23-Aug. 22) — Jump into the spotlight. A social event will lead to a chance encounter. Focus on what you do best if you want to make a lasting impression. Romance is in the stars.

**VIRGO** (Aug. 23-Sept. 22) — It's probably best not to take on additional work or make promises that you will have trouble fulfilling. You should be aiming to ease stress, not trying to be superhuman.

**LIBRA** (Sept. 23-Oct. 23) — Attending a reunion will lead to an interesting turn of events. You will meet someone who will have an impact on the way you do things moving forward.

**SCORPIO** (Oct. 24-Nov. 22) — A joint venture may not go as anticipated. Be on guard, but don't rule out following through with your plans. Ask questions and contribute only as much as you wish.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Trying to please everyone won't lead to success or satisfaction. Protect yourself from people who take advantage of you. Acquire a minimalist attitude and avoid excess and indulgence.

**CAPRICORN** (Dec. 22-Jan. 19) — If you don't share your plans, you'll end up in a compromising position. Honesty and integrity should guide you to do what's right and best for everyone.

**AQUARIUS** (Jan. 20-Feb. 19) — There is plenty to do and to decide. You can get ahead if you reveal what you want to unfold to those who can help you achieve your goal.

**PISCES** (Feb. 20-March 20) — You will end up in a tug-of-war and an unsavory situation. Put a stop to what's happening before it has a chance to grow out of control. Take charge.

**ARIES** (March 21-April 19) — Take a breather and rejuvenate your body, mind and spirit. Make plans with a loved one. Having something to look forward to will bring you and a special someone closer together. Romance is encouraged.

**TAURUS** (April 20-May 20) — Think before you make an irreversible change. A hasty decision will lead to regret. Bide your time and consider talking to someone you trust to help you revamp your plans.

**GEMINI** (May 21-June 20) — Don't react to something that may get you into trouble with a loved one. Keep a lid on your feelings and intentions for the time being.

FRIDAY, JUNE 28, 2019

## All four suits are in the play

By Phillip Alder

Andre Maurois, a French author who died in 1967, claimed: "Conversation would be vastly improved by the constant use of four simple words: I do not know."

Bridge results would be vastly improved if players remembered that there are four suits available. Look at the obvious one first, but before proceeding, take a peek at the others to see if it might be better to use one of those instead.

In this deal, how should South plan the play in four spades after West leads the heart queen?

South thought he saw 10 easy tricks: seven spades, one heart and two diamonds. How could there be a problem? He took the first trick on the board and played a spade to his ace. West's heart discard was a blow.

South next led the club queen, but West took the trick and played a second heart. East won with his king and shifted to the diamond queen. Then declarer had to lose one trick in each suit.

Since the only danger is a 3-0 trump break, South should have assumed that. Then he might have noticed two better lines. At trick two, lead a club to the

North		06-28-19	
♠ 10 6 3			
♥ A 8			
♦ 9 5 4			
♣ K 7 6 3 2			
West		East	
♠ —		♠ Q 7 2	
♥ Q J 10 5 4		♥ K 9 7 2	
♦ 8 6 3 2		♦ Q J 10	
♣ A J 9 4		♣ 10 8 5	
South			
♠ A K J 9 8 5 4			
♥ 6 3			
♦ A K 7			
♣ Q			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	Pass	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♥ Q			

queen. It loses, and the defenders cash a heart and play a diamond, but declarer wins and takes the spade ace. When the bad break is revealed, South continues with the spade jack, giving East his trick, but making dummy's spade 10 an entry, allowing declarer to discard his diamond loser on the club king.

Alternatively, when East follows to the first spade from the board, South plays his jack. Even if the finesse loses, South takes six spades, one heart, two diamonds and one club.



## The Wales Home welcomes Réseau Planetree

On June 11 and 12, 2019, the Wales Home hosted Réseau Planetree Francophone's annual general meeting. The event was launched on June 11 in the afternoon, with twenty-eight members touring both the Résidence Wales Home and the CHSLD Wales Inc., the first and only gold certified long-term care facility in the province of Quebec.

Planetree members from Quebec, New Brunswick, and a guest speaker from Chicago witnessed several Best Practices which contributed to the Wales's acquisition of Planetree International's Gold Certification for Person-Centered Care, such as the Therapeutic Garden, virtual skylight by Sky Factory, Wellness Room, Petting Zoo, Sleep/Wake Awareness Project, and the fish pond, among others. The tour also allowed visitors to peek in on the Wales's state-of-the-art Therapy department, including the therapeutic bath. Guests also visited the cinema and billiards room.



*Petting zoo*



*Therapeutic garden*

## Annual general meeting held June 12



*Réseau Planetree Francophone, AGM at the Wales Home, June 2019*

The annual general meeting was held Wednesday, June 12. The group of over fifty participants enjoyed conferences on various subjects, including the sharing of Best Practices, compassionate interactions, and the link between art, culture, and health.



*Mr. Keith Baldwin, President of the Users' Committee, welcoming Planetree guests*



*Mrs. Karin Jay from Planetree International receiving gifts from Wales Home resident/member of the Users' Committee Mrs. Lena Ross*

Guest speaker Mrs. Karin Jay spoke about current trends in the evolution of care and services within person-centered care around the world. Mrs. Jay is Vice President of Global Services for Planetree International and is based in Chicago.