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THURSDAY, MAY 31, 2018

Sherbrooke cops ready for reported Hells revival

Record Staff
SHERBROOKE

Sherbrooke Police Service (SPS) Director Danny McConnell issued a statement to reassure Sherbrooke residents that with a chapter of the Hells Angels returning to the city, the SPS will continue to work in cooperation with various police forces in the region to fight organized crime.

"The SPS is always committed to the fight against organized crime," he said. "Despite our withdrawal from the Organized Crime Regional Squad (ERM) last March, we reiterate our full contribution and support to counter this criminal phenomenon, but in a different and concrete form for the city of Sherbrooke. For example, SPS officers worked with the ERM in the large seizure of cocaine on May 9."

Instead of just one, there will now be five SPS drug squad members collaborating with the ERM if a major file were to be processed on the territory, McConnell explained, stating that the gang's return was not known at the time of the decision to withdraw from the ERM.

Dust off the lemonade stand, kids, the Grande Journee des Petits Entrepreneurs is just around the corner



GORDON LAMBIE

By Gordon Lambie

The third edition of Sherbrooke's Grande Journee des Petits Entrepreneurs, a day celebrating the business spirit of 5 to 12 year olds, is set to take place on June 16 at the Plaza de l'Ouest in Rock Forest, in front of the borough office at 1000 rue des Hauts-Bois. Between 9 a.m. and 12 p.m. the

public is invited to visit a marvel of miniature marketing as young businesspeople from across the city try to peddle their wares under the watchful eye of 12 local business ambassadors.

The initiative in Sherbrooke owes its start to Rock Forest Councillor Annie Godbout, who was inspired by the work of Mathieu Ouellet, Isabelle Genest, and Catherine Morissette who got the first

event going in Quebec City five years ago.

"Youth entrepreneurship is very important to me," Godbout said, explaining that the idea which started as a borough activity has grown into an event that is open to young people from all over Sherbrooke. The city councillor noted that although the focus of the

CONT'D ON PAGE 3



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LOW OF 20



FRIDAY:
SHOWERS

HIGH OF 26
LOW OF 15



SATURDAY:
CLOUDY

HIGH OF 19
LOW OF 7



SUNDAY:
SUNNY

HIGH OF 22
LOW OF 7



MONDAY:
CLOUDY,
SHOWERS

HIGH OF 17
LOW OF 8

The last tattoo: an oral history



ROSS MURRAY

“I was planning on getting a tattoo my freshman year. I was primed for it: a rainbow with birds flying over and the word ‘blessed’ in script lettering and inside the ‘B’ the face of a tiny Baby Jesus. But then I come home at Thanksgiving and find out my mom went and got a tattoo. My mom! She’s, like, 47! Stupid star on her stupid wrist. That’s what ruined tattoos for me, just like she ruined Facebook and twerking.”

-Delaney R., 21, junior

“When the biker gangs stopped getting tattoos, that’s when you really got the sense that tattoos had jumped the shark — that and everyone getting tattoos of people actually jumping sharks.”

-Orville R., 26, part-time drummer

“One day I saw this 13-year-old with a tattoo at the back of her neck. I mean, she can’t even see it on herself, so what’s the point? And all I could think of was a parent had to have allowed that, like maybe even took her to get it done. And I was filled with this rage, like when I’m at the mall and I see parents at the ear-ring kiosk puncturing their screaming toddler’s ears. But worse than that? An entire generation with ‘One Direction 4EVR’ across their backs. Or whatever the kids are listening to these days. Pret-

tyMuch? Never heard of them.”

-Rob L., 36, sports memorabilia trader

“For me, I knew it was over when Jared Kushner tattooed ‘YOLO’ on his ankle.”

-Shannon A., 24, unemployed

People just ran out of ideas. The whole point of a tattoo is to express your individuality, but there was nothing fresh anymore. All the flowers had been taken, every astrological sign, every piece of hardware and cartoon character, infinity symbols to infinity. Even the texts had proven unsatisfying. I mean, no one actually was being the change they wanted to see in the world, you know?

-Delores S., 28, retired tattooist

“There was a real tattoo fatigue. Like it was obligation. Like getting a tattoo was the same as giving blood or renewing your insurance. Clients would come in, and you knew right away their heart wasn’t in it. They’d spend, like, an hour flipping through the design books, and finally they’d say, ‘You know what? Just, whatever.’ I started doling out Chinese script like it was 2004, and when I was done, I’d ask, ‘Don’t you even want to know what it says?’ ‘Nah,’ they’d say, and they’d be gone. By the end, I was just tattooing signs from the windows of Chinese groceries like ‘Discount Lamb Chops’ or ‘No Spitting.’”

-Gary E., 32, former tattoo shop manager

“There were also market-driven forces in play. Everyone who was ever possibly going to get a tattoo had got their tattoo. It was only a matter of time. And the true tattoo enthusiasts at this point had 80% coverage, and that’s about maxi-

mum coverage, unless you shave your head, and not everyone can pull that off.”

-Melissa M., 51, sociologist

“People used to warn you that tattoos were permanent. Yeah, yeah, yeah, we get it. But if you chose wisely, thoughtfully, what could go wrong, right? Well, a few years ago, a friend of mine got the face of Morgan Freeman tattooed on her shoulder. Now there’s a cautionary tale.”

-Joan R., 31, accountant

“It’s something else to blame on the Millennials, probably. Like, you know, do I really want to commit?”

-Doug H., 26, temp

“Business just tailed off. The hipster dude market dried up when they realized they could achieve the same effect with man buns and kombucha. As for the women, well, a shop like mine can only rely on drunken bachelorette parties for so long.”

-Steve O., 43, tattoo shop owner

“The last tattoo I ever did, this guy walked in off the street, rolled up his shirtsleeve and requested I draw gravel.”

-Gary E., 32, former tattoo shop manager

“And then that was it: no more tattoos. It was over. There was sadness, sure, but in a way, there was a lot of relief.”

-Amy B., 25, aspiring actress

“Culturally, it was always a foregone conclusion that tattooing as a trend was, ironically, not permanent. But there will always be new trends. I hear that voluntary amputation is going to be huge.”

-Melissa M., 51, sociologist

“Watch me, Grandma!”

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Correction

The photo included with the article “Lampe Foundation offering a bright future to local students” on page 3 of yesterday May 30’s, *Record* was taken by Giuseppe Ruscigno.

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Ben by Daniel Shelton



LOCAL NEWS

In the coming weeks, the clinic will contact Dr. Monette's clientele with more information on the findings of the CMQ Discipline Committee.

Coaticook clinic ends ties to errant doctor

Record Staff

The Coaticook Medical Clinic has permanently terminated its business and professional ties to Dr. Steven Monette after the latter pleaded guilty to sexual misconduct on Tuesday at his disciplinary hearing before the Quebec College of Physicians, the clinic made the announcement Tuesday in a press release.

The decision to fire Monette was made under the anti-harassment and

discrimination policy, the code of ethics, and the contractual agreements governing members of the clinic, it added.

In March, it was announced that Monette would have to return to the Disciplinary Council at the end of May to face a charge of a sexual misconduct that included full sexual intercourse.

This is the second time Monette has been compelled to appear before the professional order in less than 18 months. He had been suspended for six months in October 2016. At the time, he pleaded

guilty to three counts of ethics violations.

In the coming weeks, the clinic will contact Dr. Monette's clientele with more information on the findings of the CMQ Discipline Committee.

"The clinic will therefore be facing exceptional circumstances in the coming months," the press release said. "The professionals remaining in place will probably not be able to meet all the needs of Dr. Monette's orphaned patients. However, we will work in collabo-

ration with the authorities concerned at the CIUSSS of Estrie-CHUS, the DRMG, and the MSSS, to promote the recruitment and entry into service of specialized nurse practitioners and family physicians to limit the inconveniences."

The Coaticook Medical Clinic has more than 13,500 patients and serves a territory of 1,339 km for home care. Some GMF physicians also work in the emergency room care or the follow-up of clients in long-term care at the MRC-de-Coaticook Hospital Center.

Nature Conservancy brings back turtle spotting website

Record Staff

The season for turtles to lay their eggs is fast approaching and the Nature Conservancy of Canada (NCC), is promoting the second season of carapace.ca, a website for reporting turtle sightings. In so doing, the NCC hopes to make Quebecers more aware of the fate of the reptiles, which tend to venture close to roads and trails at this time of year, putting themselves in significant danger.

The carapace.ca online tool, which is accessible to everybody, serves to help identify the most dangerous roadways for the animals. "Last summer, 55 specimens were reported victims of this type of accident in Quebec, according to data gathered on the platform. Fortunately - and this is good news - more than 90 per cent of the turtles spotted were alive," said Caroline Gagné, coordinator of the Carapace.ca program.

When spotting a turtle, the procedure is simple: take a picture, note the location, and fill out the short report form at carapace.ca. This allows the site to collect data on turtle road deaths while identifying the roads that present a high risk of collisions with vehicles. The platform also describes steps to take to help a turtle in danger on a roadway.

Last year, 500 people reported a total of 856 turtles, nearly half in the Montérégie and Outaouais regions, of five different native species. In addition, two exotic species, released into the wild by their owners, were reported. Such invaders are harmful to native species because they compete for food and habitat, among other things.

NCC not only protects turtles, but also safeguards their habitats, including riverbanks, by acquiring land, building relationships with landowners, and managing wetlands so that turtles can enjoy ideal conditions.



Grande Journée des Petits Entrepreneurs

CONT'D FROM PAGE 1

day is highlighting and promoting the entrepreneurial spirit of young people, the work often becomes a family affair.

"Family is at the heart of entrepreneurial development in Sherbrooke,"

Godbout said, reminding those gathered for the launch of this year's edition that the city was named the most entrepreneurial city in Canada by Futurpreneur Canada at the end of 2017.

Among the business ambassadors helping out with this year's edition are Karen Hansen and Alexandre Hurtubise

of the Maison du Cinema, local MNAs Karine Vallières and Luc Fortin, and Anik Beaudoin, the owner of the Auguste restaurant on Wellington Street.

According to Isabelle Grenier of Commerce Sherbrooke, more than 40 businesses have already been registered by local youths, with registration still open

for others to join in. Anyone interested in registering a "petite enterprise" can do so for \$5 on the event's website, www.petitesentrepreneurs.com, keeping in mind that the site covers events all across the province.



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Bishop's University's class of 2018

By Ocean Francoeur
Special to The Record

This weekend another group of grads in caps and gowns will accept their degrees from Bishop's University.

Chancellor Brian Levitt, O.C. will preside over the Convocation ceremonies, which will take place on Saturday in the John H. Price Sports Centre.

Graduating students Raluca Petria and Shayne Cowen-Cholette are this year's Valedictorians and will each speak at one of the ceremonies where, this year, 629 degrees will be conferred.

In addition to the degrees for the Class of 2018, four notable individuals will be recognized for their outstanding professional achievements and their service to society. Alanis Obomsawin, Ron Joyce, Margaret MacMillan and Alexander Reford will be presented with honorary doctorates.

The first ceremony will take place Saturday, June 2 at 10 a.m. for graduates earning degrees in Humanities and Social Sciences. Dr. MacMillan and Mr. Redford will receive their honorary degrees during the ceremony.

The second ceremony will be held at 3:00 p.m. the same day for graduates earning degrees in the Business, Natural Sciences and Education. Ms. Obomsawin and Mr. Joyce will receive their honorary degrees in the afternoon.

Alanis Obomsawin

Filmmaker, singer, artist, activist

Alanis Obomsawin, a member of the Abenaki Nation, is one of Canada's foremost documentary filmmakers. Using her filmmaking as a platform for activism, Obomsawin has consistently focused her lens on the importance of roots and intergenerational bonds in preserving First Na-



Alanis Obomsawin

tions culture. Having entered the world of cinema through performance and storytelling, she was hired by the National Film board of Canada as a consultant in 1967 and has since put 50 films under her belt and more still are coming.

Ms. Obomsawin's many honours include being among the first 35 people named to the inaugural Ordre des arts et des lettres du Québec in 2015 and being named a Commander in the Order of Montreal and a Grand Officer of the National Order of Quebec just the year after. She has also received the Governor General's Performing Arts Award for Lifetime Achievement and has chaired the Board of Directors of the Native Women's Shelter of Montreal.

Margaret MacMillan

Historian, Professor

A leading expert on history and international relations, Margaret MacMillan was educated at the University of Toronto and the University of Oxford. She was a member of Ryerson University's History Department for 25 years. Professor MacMil-



Margaret MacMillan

lan's research specializes in British imperial history and international history of the 19th and 20th centuries. She has many publications under her belt. In 2006, she was invested as a Companion of the Order of Canada and became a Companion of Honour (UK) in 2017.

In addition to numerous articles and reviews on a variety of Canadian and world affairs, Professor MacMillan has co-edited books dealing with Canada's international relations, including with NATO. In addition to the honorary doctorate from Bishop's that she will be receiving, she holds honorary degrees from the University of King's College, the Royal Military College of Canada and Ryerson University, Toronto.

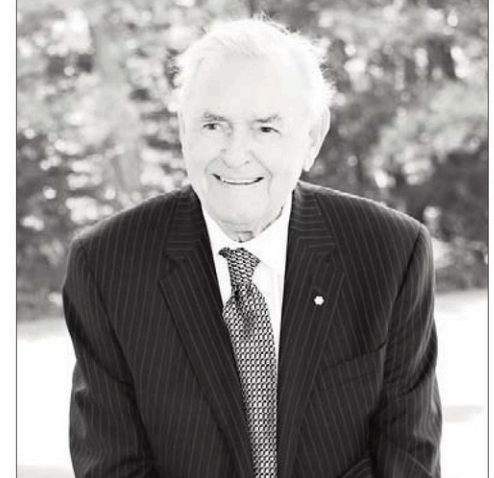
Ron Joyce

Co-Founder, Tim Hortons
Owner, Fox Harb'r Resort

Owner, Jetport Inc.

Advisor Trustee, The Joyce Family Foundation

Ron Joyce invested in the first Tim Hortons donut shop in 1964 in Hamilton, On-



Ron Joyce

tario. Though he sold the business to Wendy's International Inc. in 1996, after the passing of his business partner, Tim Horton, Joyce founded the Tim Horton Children's Foundation and has worked to support disadvantaged children and youth since. He founded The Joyce Family Foundation, which focuses on helping to provide bursary funds to students, so they may pursue a post-secondary education.

Besides this, Joyce has established the now critically-acclaimed Fox Harb'r Golf & Spa Resort and owns of Jetport Inc, a private jet charter company operating out of Hamilton, Ontario. He has won numerous awards and honors. He was honored by The Order of Canada for his dedication to underprivileged children and youth, was put in the Canadian Business Hall of Fame, and was given several awards as Philanthropist of the Year, among others. His achievements have also earned him several honorary degrees from Canadian universities.

Alexander Reford

Historian

Director, International Garden Festival

Director, Jardins de Métis/Reford Gardens

A historian by training, Alexander Reford holds master's degrees in history from the University of Toronto and Oxford University. From 1987 to 1995, he held the position of Dean of College at St. Michael's College at the University of Toronto, and afterwards he assumed the directorship of Les Jardins de Métis (Reford Gardens), which have become a leader in nature conservation.

Reford is the co-founder and director of the International Garden Festival. He has also served on the Board of Directors of the Canadian Tourism Commission and is President of the Board of Heritage Lower Saint Lawrence (HLSL). He has written numerous books and articles and is a frequent contributor to the Dictionary of Canadian Biography. Reford was a recipient of the Queen's Jubilee Medal in 2002 and has received several honours for his contributions to landscape architecture and gardens.



PHOTOS COURTESY

Alexander Reford

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Val Saint-François seduces aspiring entrepreneurs

Record Staff

Last weekend, from May 25 to 27, the Val Saint-François Place aux jeunes organized its first field trip with an entrepreneurial theme. Nine young entrepreneurs from Montreal, Quebec City, Laval, Saint-Eustache, and Sherbrooke, motivated to go into business, discovered the entrepreneurial potential of Val-Saint-François during their three-day visit.

During their stay, the aspiring entrepreneurs were inspired by local business men such as: Bull's Head's Dominic Pearson, Stéphanie Delorme of Yoga Libella Studio, Gaston Michaud of La Brunante and the Marché Locavore, Danaé Tessier, of the Marchand Général Chez Duff,

Joseph-Armand Bombardier through a visit to the Musée de l'Ingéniosité, storyteller and animator Donald Dubuc.

In addition to visits to several municipalities and a networking 5 à 7 with regional mayors, participants also had the opportunity to meet several socio-economic stakeholders from the community at an Entrepreneurship Resource and Funding Fair.

Those with a postsecondary diploma and who are 18 to 35 years old and newly arrived in the region or are interested in settling in the region, can benefit from Place aux jeunes services by contacting migration officer Catherine Beaucage at 819-845-3769 ext. 228 or at paj@val-saint-francois.com.



(COURTESY MRC DU VAL-SAINT-FRANÇOIS)
Participants in the Val-Saint-François MRC entrepreneurship visit, along with local business, economic, and political luminaries exploring the entrepreneurial potential of the region.

Réal Hébert (1908-1994) : Sweetsburg Merchant and Sherbrooke Daily Record Hunting and Fishing Columnist

By Jean-Marie Dubois (Université de Sherbrooke), Louise Hébert and Gérard Coté (Lennoxville-Ascot Historical and Museum Society)

In 2002-2003, in the process of naming the trout pools on the Magog River in the Sherbrooke limits, the one near Maurice-Gingues Bridge of Hwy 410 autoroute was named for an Eastern Townships merchant cum hunting and fishing enthusiast, Réal Hébert.

Réal Hébert was born in 1908 in Lachine. He was the son of Marie-Alma Valois (1883-1964) and Joseph Louis Hébert (1877-1960) from Bury, both printers in Lachine. Réal attended grade school and high school. When his parents were separated, he began to work quite young to help his mother support the family, doing deliveries by bike and also selling various consumer goods at train stations and stores around Montreal when he was in age to have his driver's licence. In 1934, he married Gladys Adams (1908-1982) in Montreal's Notre-Dame-de-Grâce Catholic church. As Gladys was an Anglican, the wedding could not be performed in the sanctuary and she had to promise that she would not oppose her future children being baptised as Catholics. The couple had three children: Monica (Monique), Louise and Norman (Normand).

The couple settled in Montreal where Réal continued as a salesman. Around

1940, wishing to be self-employed, Réal moved to Sweetsburg (Cowansville since 1964) where he bought their home in front of the Courthouse. With his friend Paul Francoeur, Réal opened a general store (then the only one in Sweetsburg) at the corner of the Main Street, facing the Brome-Missisquoi-Perkins Hospital. Few years later, in an extension to his house, he decided to sell building materials. His most important client was then construction promoter Roland Désourdy, of the well known family in the area. He operated his businesses until 1952. In that year, because he had been a good salesman of Glidden Paints for the previous ten years, the Glidden Company (later Betonel/Dulux) proposed that he become their representative for Eastern Quebec. As his affairs in Sweetsburg had slowed down, he sold his properties and settled in Rimouski. In 1958, the Glidden Company offered him the position of manager for their Eastern Townships district. The family settled for good in Sherbrooke and Réal renewed his link with nature and his passion for hunting and fishing. He retired in 1968. Living near Beckett Park, he became one of the most dedicated defenders to preserve this wooded area.

In 1970, he decided to share his knowledge and experience of hunting, fishing and living in the great outdoors. Because he suffered from emphysema, he had to give up his hunting trips and his salmon fishing expeditions in the

1980s. He settled for fishing hikes in the area, often with his friend Sirice Huard, columnist at La Tribune. Réal first became known as a columnist with CJRS radio station and also in a series of 55 programs in 1973-1974 for CHLT TV station. At the request of the City of Sherbrooke, he also offered fly-casting courses. He wrote articles for a few magazines such as the periodical Sentier chasse et pêche and the almanac Guide De Kuyper du pêcheur et du chasseur. In the spring, he gave conferences at a few fishing fairs. For a few years, during lunch hour, he met with high school students interested in fishing and passed on his knowledge and his tricks of the trade. Having caught the bug for fishing when his father had given him his first fishing rod when he was 8 years old, he convinced the City of Sherbrooke, for a few years, to stock trout in June in the Domaine-Howard Park pond, so as to give youngsters a taste of the sport. And finally, for over 20 years, starting in 1970, he was a faithful hunting and fishing freelance columnist for the Sherbrooke Daily Record. His last article was published the day before his death in Sherbrooke, March 19, 1994. He was buried beside his father in Sainte-Rose-de-Lima cemetery in Cowansville, Gladys having been interred in St. Peter's Anglican cemetery in Sherbrooke.

Réal Hébert had been made an associate member of the Federation of Fly Fishermen in 1967 and an honorary life



PHOTOS : COURTESY OF LOUISE HÉBERT, SHERBROOKE

Réal Hébert Sherbrooke Daily Record columnist in 1979

member in 1989 of The Eastern Townships Fish & Game Club Alliance. He was also a member of the Canadian Wildlife Federation and of the Outdoor Writers Association of Canada. In 1990, the Quebec Community Newspapers Association awarded him a Certificate of Excellence, and in 1991, the Association de presse de plein air et de tourisme du Québec awarded him their Certificate of Merit.



General Store building in front Sweetsburgh Hospital



Réal Hébert's home and store in front of Sweetsburg Courthouse

EDITORIAL

The worrisome thing in all of this is not just the fact that fans will increasingly be divorced from what is actually happening on the ice but that the Vegas-style hoopla will come to be expected.

Bread, circuses and the end of hockey



TIM BELFORD

The Roman poet Juvenal, who was doing his thing in the late 1st and early 2nd centuries A.D., would have felt right at home this past week. Juvenal who is famous for deriding his fellow citizens for selling out for nothing more than “bread and circuses,” may not have had Kiev, or Las Vegas in mind but both sure fit the bill.

First up was the annual soccer extravaganza in Europe, known as the Champions League. This pits the best club sides in all of Europe against each other in a season-long, play down that culminates in a winner-take-all match-up. The finalists this year were Spanish side, Real Madrid, against Britain’s Liverpool playing in Kiev’s Olympic stadium. It promised to be a dandy and it didn’t disappoint. The only problem was the pre-game idiocy which is gradually sneaking into these sort of events.

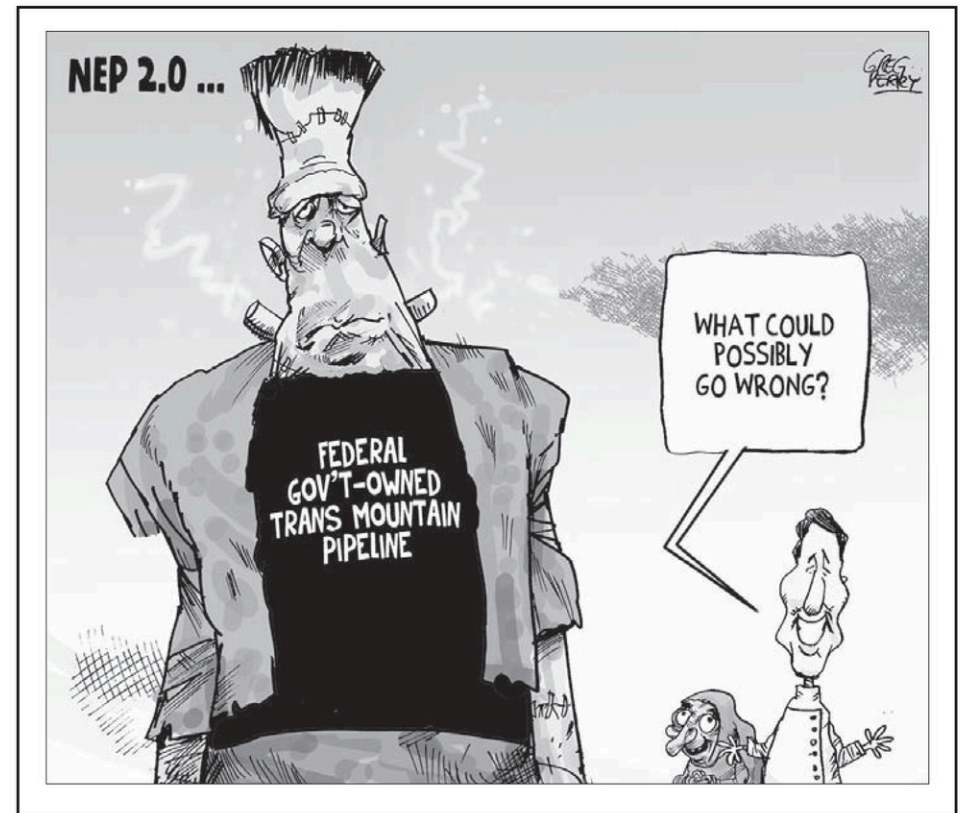
Time was that the opening of any soccer match followed a few simple rules. Both teams were introduced, as a team not as individuals. The game officials were introduced. Everybody shook hands. The team captains exchanged team pennants. National anthems were

played and the game was on. Unfortunately, the organizers from the Ukrainian Football Association had obviously watched too many Super Bowl half-time shows and decided to out-do the NFL in trashy television.

For a full half hour before the actual kick-off the fans were treated to a display of fire works, coloured smoke, semi-clad dancing girls and a rock concert featuring what I can only guess was the third runner up from the 2017 Eurovision Song Contest. The whole thing came complete with the usual computer-generated eye bogglers and enough volume to make the music easily heard as far away as Amsterdam. All this to hype up the notoriously sedate soccer crowd.

If this wasn’t enough, good old Juvenal would have loved the opening of the Stanley Cup finals in Las Vegas. Putting aside the entire question of “What in God’s name are we doing playing hockey in Vegas in June?”, you still have to wonder who came up with the pre-game show. To put it mildly, the opening act was a combination of season two of Game of Thrones and Walt Disney’s Ice Capades.

Starting outside with the sandal and shorts wearing hordes we were treated to someone named Lil John who I presume is a rap artist of sorts and then a feature with Gladys Knight minus her Pips. But it was only when the cameras covered what was going on inside that things got really weird. Once again there were sparklers, coloured smoke, flashing lights and booming music. This time, however, there was what ap-



peared to be an entire three-act play with armed knights engaging in a sword fight, soldiers dropping from the ceiling and the Ride of the Valkyries blaring in the background. The only thing missing was the medieval version of the slot machine.

To top it off, the starting line-ups of the two teams were introduced by a well-known Las Vegas boxing announcer who included name, position and how long each had been around the league. Thankfully we were spared their weights and previous won-loss records. He ended it all with that familiar boxing and NFL yell, “Are yooooo ready to rumble?!?! With that kind of intro how long could it be before somebody dropped their gloves and punched the nearest player in the nose. By the third period the crowd would be expecting a

bite on the ear a la Mike Tyson.

The worrisome thing in all of this is not just the fact that fans will increasingly be divorced from what is actually happening on the ice but that the Vegas-style hoopla will come to be expected. When the teams head to Washington for game three will the organizers there start things off with a model of the capitol building being lit up with sparklers at centre ice while 200 senators attempt triple axels or toe loops? And if the Las Vegas Golden Knights can hold a pre-game on-ice battle, what will the Winnipeg Jets or the Nashville Predators have up their sleeve, to say nothing of the Ducks.?

Nope. Sadly, N.H.L. Hockey as we know it is over. And it ended as so many marriages do, in Vegas.

Quebec City mayor confident Ottawa will reimburse citizens for G7 protest damage

The Canadian Press

Quebec City Mayor Regis Labeaume says he believes federal dollars will be available for any citizens who suffer property damage during next week's G7 summit.

Labeaume told reporters today the federal government wants to ensure people don't file fraudulent claims.

But the mayor says he is confident Ottawa will have money left in its \$600-million budget for the G7 to pay citizens with damage to their business or property if protests get out of hand.

The mayor is in Montreal today vaunting Quebec City's attractiveness to the business community and hoping to recruit immigrants to work in his town.

World leaders from Canada, the United States, the United Kingdom, France, Germany, Japan and Italy will participate in the annual G7 meeting June 8-9 in La Malbaie, Que.

Protesters are expected to converge during the same period in Quebec City, about 140 kilometres south of the summit meeting, for three days of events and demonstrations.

THE RECORD

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The Border Report

According to Norrie, other locals have also seen bears recently in the Ayer's Cliff/Stanstead area, but it is unknown whether or not it was the same family.

Bears on the Tomophobia trail

By Matthew McCully

Hikers and bikers frequenting the Tomophobia Nature Trail should be aware that there have been several black bear sightings recently in the area.

These photos were taken by Suzan Norrie while out on the trail around 5:30 p.m. on Monday evening.

She and Carole Muir-Norrie happened upon the black bear and her two cubs near Km 9 of the trail. The bears were on the opposite side of the pond on Curtis Road.

According to Norrie, other locals have also seen bears recently in the Ayer's Cliff/Stanstead area, but it is unknown whether or not it was the same family.

While black bears don't generally attack humans and the recent sightings shouldn't deter people from enjoying local nature trails, it is important to be prepared in the event of an unexpected encounter.

The Quebec Ministry of Forestry, Wildlife and Parks website offers some tips on how to act around black bears.

For starters, it is suggested to never feed or approach a bear. Once black bears become accustomed to humans and associate them with sources of food, they will be more likely to approach populated areas.

When encountering a black bear, there are four likely reactions.

In most cases, a bear wants nothing to do with humans and will flee immediately.

If a bear has grown accustomed to human contact, it will likely ignore people and continue about its business, or possibly approach with curiosity.

If the bear feels threatened or surprised, it could act defensively, huffing and blowing air loudly through its nostrils, exhaling loudly and "popping" its teeth. It may also swat the ground with its fore paws, lowering its head, and drawing back its ears. A defensive bear may resort to bluff charges.

On very rare occasions a black bear will be in predatory mode. In that case, it will stalk silently, waiting for an opportunity to approach undetected and attack.



SUZAN NORRIE

Regardless of the type of black bear encounter, the main rule to remember is not to turn away from the bear and run. It could trigger a response.

Bears can run much faster than humans. They are also better swimmers and tree climbers, so fleeing the scene isn't an option.

The website suggests that people remain calm and back away slowly, speaking in a soft low voice, and make sure the bear has a clear escape route.

If a black bear appears extremely agitated, people should raise their arms,

yell, and use any means necessary (sticks, rocks, bear spray) to appear aggressive.

If a confrontation seems unavoidable, do not play dead. Fighting offers the best chance of persuading the bear to halt its attack, the website said.

The bulk of a black bear's diet is plant based. On occasion insects, fish, birds and mammals up to the size of a young deer or moose calf may be on the menu, but interactions with humans are very rarely food driven and often accidental.



By Clea Corman

Phelps' weekly sessions are winding down, but there is still lots happening at Phelps. Two of our level 5 students, Marissa and Katrina, recently received awards from the Lampe Foundation and Phelps for their school perseverance. They have been attending Phelps for two years now, and will be pursuing their educational goals at Champlain Regional College in the fall. We are also approaching the end of the school year, which means the exam period has begun and students are hun-

gering down to study and complete memory-aids and practice questions. One of Phelps partners, Global Excel, decided to lend a helping hand during this stressful time. Every year Global Excel dedicates time to give back to their community. This year, they chose to make Phelps Helps high school students care packages for their exams! With help from the Grace Village residents, each care package has an inspirational quote and essential study materials to motivate our students throughout their exams. A big thank you to Global Excel's Manage Care Team! Moreover, Phelps'



last session will be on June 7th, and students are invited to book individual appointments after that date for specific subjects. With care packages and extra help, we hope our students will excel in their final exams, ending the school year on a good note.

Phelps Aide Phelps Helps is a rural community non-profit striving to reduce the elevated drop-out rate in the Stanstead area. Phelps was started in 2012 by two community members, and has grown from a single program to seven unique programs, providing

Stanstead area youth with free tutoring, educational and career support and hands-on learning from Grade 3 to the end of high school and further. We are currently looking for volunteers to help with our weekly sessions. If you have a couple of hours a month to spare and are available Tuesday or Thursday afternoons, please consider joining our dynamic group of volunteers. For more information, please email us at info@phelpshelps.ca or call our offices at 819-704-0799.

Frontier Animal Society

Our annual dog walk fundraiser is just around the corner. This year it will take place on Saturday, June 2nd. This is our biggest single fundraiser, and we're counting on your support. The walk takes place along the beautiful Tomifobia nature trail. It's a fun event and a great way for us to reconnect with our adopted dogs. Didn't adopt from us? No problem, all dogs welcome!

The event takes place rain or shine but we're hoping for shine. Given that this is a fundraiser, we ask for a suggested donation of \$30.00 per family to participate. If you prefer you can help us out by having your walk sponsored by

friends, family and co-workers. Pledge sheets can be downloaded from our website at safas.ca.

Sandwiches, drinks and snacks will be served following the walk free of charge.

Here is just a small sampling of the many adoptable dogs attending this year's walk.

Maggie a sweet and friendly two year old lab mix, Patty, our friendly 1 year old Giant Schnauzer and Carlo a 6 year old Cavalier King Charles Spaniel. If you are looking to adopt, the walk is a great opportunity to meet and interact with our dogs.

The dog walk starts at 65 Chemin Embury in Tomifobia. Registration begins at 10:30 a.m and the walk starts at 11.

We really hope to see you there!



Tips for a great yard

(NC) Warm summer days mean more time spent tending to our lawns and gardens. Here are some tips to help make your yard one of the best on the block:

Mow high. Keeping the blade raised for a 2.5 to 3-inch cut is best because it helps a strong root system develop and discourages weed growth.

Don't water too often. By watering deeply and infrequently, you can encourage deep root growth. If you water in the morning, you'll lose less moisture to evaporation.

Keep an eye open for pests. A small number of weeds or bugs is nothing to worry about, and if you catch a problem before it gets out of hand you will have an easier time dealing with it. If your problem reaches a point where you need to use a pesticide, just follow the label. The products in Canadian stores are approved by Health Canada before they are made available to consumers.

A healthy yard is not only a beautiful way to add value to your property, it's also a good way to enhance the environment by filtering rainwater, attracting birds and good insects and absorbing pollution. Regular maintenance and keeping a watchful eye out for potential problems are two simple ways you can make the most of your personal outdoor oasis while contributing to a beautiful, vibrant urban environment.



5 ways your lawn can benefit your home interiors

(NC) The green space around your home does more than add curb appeal.

For starters, experts estimate that landscaping can add anywhere from 15 to 25 per cent to the value of your home, depending on where you live. But your lawn also provides some more surprising health and environmental benefits, as well as a soft, safe place for kids and pets to play.

Water filtration. Healthy turf acts as a water filtration system, purifying the water as it filters through the root zone and down into our underground aquifers.

Preventing erosion. Lawns keep soil in place, helping to prevent erosion from wind and rain.

Air purification. Grass also acts as an air purifier by trapping and removing exhaust and other pollutants from the air that are then broken down by the root system.

Oxygen boost. Lawns produce an amazing

amount of oxygen. A 50-by-50-foot lawn releases enough oxygen for a family of four every day.

Cooler temperatures. A lawn that size also has the same cooling power without the energy cost, as three or four air conditioning units, cooling the air temperature around a home by 4°C to 8°C compared to hard surfaces. And before you think about replacing your natural turf with synthetic, consider that on hot days, grass will be up to 39°C cooler than dry, synthetic turf.

If you're worried about the health of your lawn, remember that all grasses have the ability to go dormant when water intake is reduced, as it is during the driest parts of the summer. They will bounce back healthy and green again when the rains return.

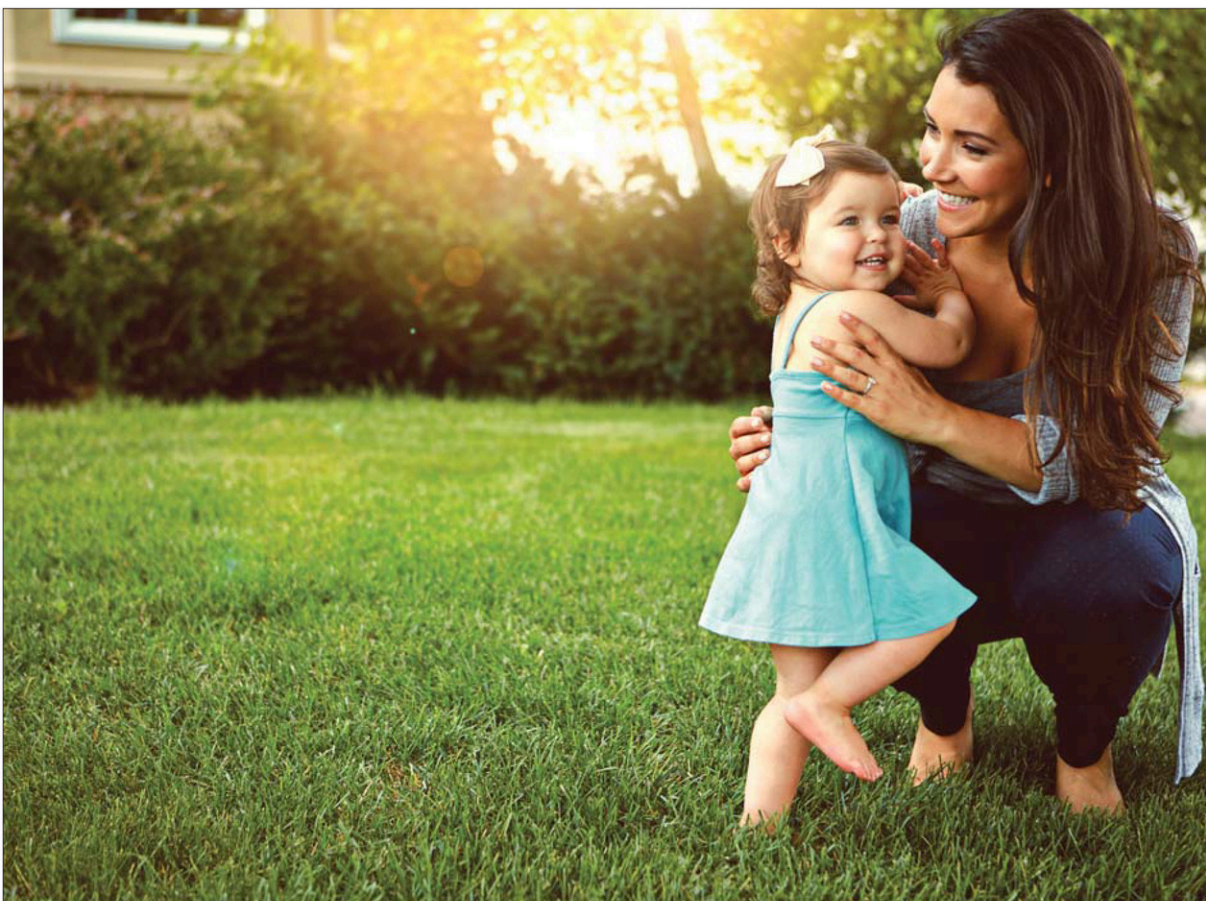
Learn more about the health and environmental benefits of healthy green space online at: greenerworld.ca.

Did you know you can help keep honey bees buzzing?

(NC) Honey bee populations in Canada are at an all-time high. That's good news, because they and other pollinators help many of our fruits, vegetables, crops and flowering plants reproduce. In fact, pollinators, like honey bees, are responsible for one out of every three bites of food we eat.

There are many factors that can impact honey bee health, like harsh weather, parasites and a lack of nutrition. But even still, all of us can help them continue to thrive.

You can start by planting a pollinator-friendly garden in your backyard. Better still, it's easy (and free) to get a seed kit from organizations like Bees Matter, which is committed to honey bee health. Sign up for yours at www.beesmatter.ca.



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- June 21 @ 8:00 am - June 25 @ 5:00 pm : Firecracker Baseball Tournaments
- July 3 @ 3:00 pm - 6:00 pm: Annual Ocean Park Sand Sculpture Competition.
- July 4 @ 10:00 am - 10:30 am: Ocean Park Annual 4th of July Parade
- July 4 @ 6:00 pm - 8:00 pm: Patriotic Concert featuring Don Campbell!
- July 4 @ 9:45 pm - 10:00 pm: Fourth of July Fireworks
- July 28 @ 7:00 pm - August 3 @ 9:00 pm: Evening Entertainment in the Square
- August 4 @ 6:30 pm - 10:00 pm: Ocean Park Illumination Night -
- August 17 @ 8:00 am - August 19 @ 5:00 pm: Old Orchard Beach Olympics
- August 26 @ 8:00 am - 5:00 pm: Ironman 70.3 Triathlon
- September 8 @ 7:00 am - 10:00 am: Eastern Trail Alliance-Lighthouse Bike Ride
- September 8 @ 10:00 am - 1:00 pm Annual Bikefest on the Pier -
- September 14 - September 15 25th Annual OOB Car Show
- September 15 @ 12:00 pm - 4:00 pm 10th Annual Chilifest on the Pier
- September 22 @ 10:30 am - 5:30 pm Wings 4 Wishes.

For additional information on family vacations in Old Orchard Beach, contact the Old Orchard Beach Chamber of Commerce at 207-934-2500.



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Local Sports

"This will be the first time in 31 years that we have a snowmobile-on-water event in Sherbrooke and there is a lot of enthusiasm," Fortier said

Provincial Snowmobile Championship comes to Sherbrooke

Record Staff
SHERBROOKE

The City of Sherbrooke will host the Provincial Snowmobile-on-Water Championship for the first time on June 16 on the site of the former Saint-Élie quarry.

The Championship event will be the first of five stages of the Quebec Snowmobiling Circuit (CMEQ) this summer. Promoter André Fortier, expects more than fifty competitors, including a handful from Sherbrooke and the surrounding area, to gather for the occasion.

"This will be the first time in 31 years that we have a snowmobile-on-water event in Sherbrooke and there is a lot of enthusiasm," Fortier said. "The drivers, like our partners, are excited to participate in a Provincial Championship in Sherbrooke, especially since Estrie is known as the cradle of snowmobiling."

When the Circuit québécois was born

in the mid-1980s, several Sherbrooke drivers were already practicing snowmobiling on the water, so the return of the sport to the region is natural with thousands of fans expected to attend, Fortier explained.

Honorary President Steven Marquis

Cookshire-Eaton snowmobiler Steven Marquis will act as honorary chair of the new event. Although he specializes in snow racing, Marquis will take part in one of the aquatic events.

In addition to the several racing events, there will be jump competitions, as well as a jetski show presented by local stuntmen.

The Sherbrooke race is the first of the 31st season of the Quebec Snowmobile Circuit. The series will also go to Notre-Dame-des-Monts (Charlevoix) on July 7, Victoriaville (Center-du-Québec) on July 28, Lavaltrie (Lanaudière) on August 11, and Frampton (Beauce) on September 8.



COURTESY

Snowmobiler Steven Marquis will try out his skills on water at the Provincial Championship in Sherbrooke in June.

Canadian Peter Polansky drops first round match at French Open in four sets

The Canadian Press

The Canadian contingent in the men's singles draw at the French Open is down to one.

Peter Polansky of Thornhill, Ont., dropped a 6-3, 4-6, 6-2, 6-2 decision to Pierre-Hughes Herbert of France in a first-round match that concluded Wednesday. Rain suspended the match after two sets on Tuesday.

The loss leaves No. 24 seed Denis Shapovalov of Richmond Hill, Ont., as the lone remaining Canadian in singles. Vancouver's Vasek Pospisil lost his first-round match Tuesday.

Shapovalov, 19, will play Germany's Maximilian Marterer in the second round. The match will likely be played Thursday.

Meanwhile, Gabriela Dabrowski of Ottawa is off to a winning start in doubles.

The fifth-seeded team of Dabrowski and Yifan Xu of China downed Tessa Andrianjafitrimo and Fiona Ferro of France 6-3, 6-1 in a first-round match Wednesday.

Dabrowski and partner Mate Pavic of Croatia are the top-seeded duo in the mixed doubles draw. Dabrowski won the mixed doubles title last year at Roland Garros with Rohan Bopanna of India.

In men's doubles Wednesday, the 11th-seeded duo Pablo Cuevas of

Uruguay and Spain's Marcel Granollers defeated Toronto's Daniel Nestor and Jeremy Chardy of France 7-5, 6-2.

Toronto's Adil Shamsadin and Dutch partner Sander Arends were scheduled to play the second-seeded team of Pavic and Austria's Oliver Marach while Pospisil was to team with American Ryan Harrison against Argentina's Federico Delbonis and Benoit Paire of France.

Martinez's homer leads Boston over Blue Jays 6-4 for sweep

By Ken Powtak
THE ASSOCIATED PRESS

J.D. Martinez hit a tiebreaking, two-run homer over the Green Monster and out of Fenway Park, and the Boston Red Sox beat the Toronto Blue Jays 6-4 on Wednesday to complete a three-game sweep.

Martinez tied for the major league lead with his 18th homer, breaking a 2-2 tie in the sixth.

Eduardo Nunez had a solo homer and RBI double, and Jackie Bradley Jr. had a run-scoring double for Boston, which has won nine of 11 and has the best record in the major leagues at 39-17.

Toscar Hernandez hit a two-run homer for the Blue Jays, who have lost 13 of 17 and dropped to 2-7 against the Red Sox this season. Toronto, which opened the season 13-6, is a season-high

five games under .500 at 25-30.

Eduardo Rodriguez (6-1) gave up two runs and three hits in 6 2/3 innings with seven strikeouts and one walk. Boston is 10-1 in his starts.

Craig Kimbrel allowed two inherited runners to score on Kendrys Morales' double, then got three straight outs for his 18th save in 20 chances.

Making his third start since his May 11 recall from Triple-A, Sam Gaviglio (2-1) gave up four runs and seven hits in six innings.

Boston opened a 2-0 lead on Jackie Bradley Jr.'s RBI double in the third and Nunez's fifth-inning homer off a table-top above the Green Monster in left.

Hernandez's homered tied the score in the sixth.

TRAINER'S ROOM

Blue Jays: 3B Josh Donaldson missed

his second consecutive game with right calf soreness.

Red Sox: OF Mookie Betts missed his fourth straight because of tightness in his left side that flared up during BP Sunday. "If he's OK, most likely he'll be in the lineup tomorrow," manager Alex Cora said. . 2B Dustin Pedroia also had the day off.

TWO REVERSALS

The Blue Jays challenged two safe calls with the same batter up in the third _ one at second on a steal attempt and the other at the home with a runner looking to score when a pitch bounced away. Both were overturned.

FOND MEMORIES

Cora is excited to get his World Series ring before Thursday's series opener in Houston.

"It was an amazing ride," he said.

He plans to bring a jersey he wore last season as the team's bench coach, have it signed by the Astros and hang it "probably at home."

HARD SHOT

Plate umpire Jerry Layne was dazed by a foul ball off his chest but stayed in the game. Boston catcher Christian Vazquez held up Layne when the umpire was wobbly.

UP NEXT

Blue Jays: LHP Jaime Garcia (2-3, 5.52 ERA) is scheduled to start Friday's series opener at Detroit.

Red Sox: LHP Drew Pomeranz (1-2, 6.75) is to be on the mound Thursday for the opener of a four-game series against Houston. He 0-1 with a 9.53 ERA in his last three starts and hasn't gone past four innings.

Death



Gerald Austin 'Joe' LADD
(Retired Master Corporal - Canadian Air Force)

Peacefully in hospital on Monday, May 28, 2018 at the age of 83, surrounded by his loving family. Gerald 'Joe' Ladd, beloved husband and best friend of Madeleine (nee Dumoulin). Cherished father of Diane (Greg Beamish), Kathleen (Kevin Beamish), David (Lynn Graham), Richard (Veronica Dupont), and Brian (Kiera Hill). Very proud grandfather to his 13 grandchildren. Survived by his siblings Robert and Bonnie, predeceased by sisters, Betty, Dorothy and Mary Lou.

A memorial service/celebration of life to be held this summer in the Eastern Townships.

Donations in his memory to the Ottawa Heart Institute would be greatly appreciated by the family.

Arrangements entrusted to The Whelan Funeral Home, tel. 613.233-1488.

Death

Frederick (Ricky) WRIGHT
(1961-2018)

Rick passed away on Thursday, May 24 at 9:00 p.m., in his 57th year, after a very long battle with cancer.

He leaves to mourn his Mom, Winnifred Wright, the late Fred Wright and the late Sheila Maryann Wright. His wife, Helen Wright (Sadumiano) and his two girls, Ericka and Stephanie. His sister Carolyn Wright (Dallas Campbell) and two nieces, Melanie Campbell and Sheila Campbell (Garth Smith) and their two children Kylie and Colby.

I would like to thank the many doctors, nurses and caregivers at the Calgary hospital and Southwood Care Hospice, for the care they gave to Rick while he was there.

There will be a memorial service at a later date.



THURSDAY, MAY 31, 2018

Today is the 151st day of 2018 and the 73rd day of spring.

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

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

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

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

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

Joe Namath (1943-), football player; John Bonham (1948-1980), drummer; Tom Berenger (1949-), actor; Lea Thompson (1961-), actress; Brooke Shields (1965-), actress; Archie Panjabi (1972-), actress; Colin Farrell (1976-), actor.

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

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

TODAY'S QUOTE: "Oxen that rattle the yoke and chain or halt in the leafy shade, what is that you express in your eyes? / It seems to me more than all the print I have read in my life." — Walt Whitman, "Song of Myself"

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

TODAY'S MOON: Between full moon (May 29) and last quarter moon (June 6).

Scientists still learning how fats are stored and metabolized

ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: I hate dieting and have been putting off losing these last 12 pounds of baby weight. My husband says I should at least start exercising because it makes your fat healthier. Can this really be true?

Dear Reader: For all the bad press the fat within our bodies receives, it's actually a vital resource. With more than double the calories per gram than proteins or carbohydrates, it's an efficient system for storing energy that helped our ancient (and not-so-ancient) ancestors survive uncertain times. And while we tend to think of body fat in terms of its physical manifestation, as in the bulge of a waistline, it's actually a dynamic nutrient with multiple forms and functions within our bodies.

In addition to being an energy source, fat helps to manage temperature, cushion vital organs, regulate hormone production, build cell membranes and stockpile certain vitamins. It plays an important role in immune function and brain chemistry, as well as many other metabolic processes. Of course, too

much stored fat is problematic, and can lead to adverse health consequences, including diabetes, heart disease and metabolic syndrome, to name just a few.

The complex cycle of how the various fats within our bodies are formed, stored, mobilized and metabolized is still not completely understood. (It's only a decade ago that we learned about the existence of "brown fat," which are fat cells within our bodies that burn rather than store lipids.) Now the results of recent studies have shed light on another question that has long puzzled scientists. That is, why do some overweight individuals develop insulin resistance, which is often a precursor to diabetes, and others do not?

One of the problems with stored fat is that it tends to release fatty acids into systemic circulation. This leads to inflammation, which is a common denominator in developing insulin resistance. But it turns out that not everyone who is overweight or obese has the same degree of release of fatty acids. A study last year from researchers at the University of Michigan found that certain individuals, despite being obese, have low rates of fatty acid release, few markers for inflammation and therefore

do not develop insulin resistance. But why?

In a second study, the Michigan researchers looked at whether exercise might play a role. When they compared a group of overweight individuals who exercise regularly with a similar group of overweight individuals who did not exercise, they found that the subcutaneous fat of the active group contained more blood vessels. The two groups then took part in a session of aerobic exercise. Post-exercise biopsies of subcutaneous fat revealed that, after that single session, the stored fat in both groups became less "leaky," and this was considered healthier.

While it's important to note that these were both small studies, the results are intriguing. They add to what we already know about the health benefits of exercise and suggest some interesting directions for future study. In the meantime, we agree with your husband that no matter what you're doing with your diet, adding an exercise component to your daily life is a good idea.

Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health.

DO JUST ONE THING

By Danny Seo

Do you have tiled kitchen or bathroom countertops? There's an easier way to keep the grout lines clean without scrubbing or cleaning products: Use leftover soda. Dark-colored sodas (like Coke or Pepsi) have high acidity in them, which makes them an excellent cleaner to disintegrate dirt and grime. When you have leftover soda, just pour the excess right on top and let it sit there for a few minutes (when it stops fizzing, it's done working). Then wipe away. You'll be left with clean, gleaming, almost-like-new grout lines.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
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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 - They will not be taken by phone.
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NEA Crossword Puzzle

- ACROSS**
- 1 Competed for
 - 5 Like whitecaps
 - 10 Paddock
 - 12 Submarine
 - 13 May or Stritch
 - 14 Bullish trend
 - 15 To be, to Brutus
 - 16 Cat or turkey
 - 18 Loft filler
 - 19 Camera setting (hyph.)
 - 21 Man in a mask
 - 25 Tracked down
 - 29 On the plane
 - 31 Deleted data
 - 33 Lawmen
 - 34 Insist on
 - 35 Chief's advisers
 - 37 Disturb
 - 38 Long stories
 - 40 Vote in favor
- 43 — take forever!
- 44 Immediately following
- 48 Hitching post?
- 50 Very ambitious
- 52 Galley slaves
- 53 Not making a sound
- 54 Before Polk
- 55 Plateau
- DOWN**
- 1 Tennessee gridders
 - 2 Some nest eggs
 - 3 Canal of song
 - 4 Dapper fellow
 - 5 Vain dude
 - 6 Courtroom ritual
 - 7 Water, in Baja
 - 8 Muddy
 - 9 Itch
 - 10 Passing grade
 - 11 Allows

Answer to Previous Puzzle

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

- 12 Indulged
- 17 Homer-hitter Mel
- 19 Pries open
- 20 Kitchen gadgets
- 21 Nuke
- 22 Band member
- 23 Wallpaper unit
- 24 Surprise attack
- 26 Hunter's wear
- 27 Hairy twin
- 28 Caves, often
- 30 Goes off track
- 32 Banned bug spray
- 36 Army off.
- 39 Explains further
- 40 Hello, matey!
- 41 Ketch cousin
- 42 Touche provoker
- 44 Shade of green
- 45 Poetic twilights
- 46 Warrior princess
- 47 Atlanta-based station
- 48 Old PC monitor
- 49 Blow it
- 51 Brink

	1	2	3	4		5	6	7	8	9	
10					11		12				
13						14					
15					16	17			18		
				19				20			
21	22	23	24			25			26	27	28
29					30		31				32
33							34				
	35					36		37			
				38			39				
	40	41	42		43			44	45	46	47
48				49			50	51			
52							53				
54								55			

Your Birthday

THURSDAY, MAY 31, 2018

Consider what changes need to be made. Boredom will set in if you have been in one place too long or feel like you have stagnated. Look for a fresh start by trying something exciting. Let the humdrum fade away as you replace the old with the new.

GEMINI (May 21-June 20) — A thirst for knowledge will lead to conversations with people who spark your imagination and motivate you to take on new projects. Keeping busy, taking a day trip or attending a conference is encouraged.

CANCER (June 21-July 22) — Listen and be receptive to what's said. What you learn will help you make adjustments that will improve your relationships and reputation. Personal improvements are favored.

LEO (July 23-Aug. 22) — Slow down, observe what others are doing and make your choices based on firsthand information. Know what you are up against before you make a move.

VIRGO (Aug. 23-Sept. 22) — Your actions will take precedence over your words. Don't talk about what you should do or make promises that aren't reasonable. Do what you can without being asked.

LIBRA (Sept. 23-Oct. 23) — Find out what others want from you, and do your best to deliver. Holding back will send the wrong signal to someone who depends on you. It's best not to disappoint someone in command.

SCORPIO (Oct. 24-Nov. 22) — Commu-

nication will clear up uncertainty you've been feeling. Look for alternative solutions that will encourage you to use your skills and be more creative.

SAGITTARIUS (Nov. 23-Dec. 21) — Your knowledge and intelligence are your best weapons. Don't engage in situations that are based on false information or an unreliable offer. Take care of matters yourself.

CAPRICORN (Dec. 22-Jan. 19) — Make positive changes that bring you closer to loved ones. Pick up the pace and do the work rather than hire someone at a premium. Get everyone you live with involved in your plans.

AQUARIUS (Jan. 20-Feb. 19) — Don't let someone's bravado get to you. You are best off rejecting any offer to be indulgent or frivolous with a simple "No, thanks." Offer suggestions or hands-on help, not cash.

PISCES (Feb. 20-March 20) — Make personal changes that will leave you feeling good about the way you look. You'll attract attention, and you should consider an offer that someone presents. Romance is in the stars.

ARIES (March 21-April 19) — Rely on what you know, not on what someone suggests. Dig deep and get to the bottom of any situation that appears to be unfair. A proactive approach will bring the best results.

TAURUS (April 20-May 20) — Stick to tried-and-true methods and avoid getting caught up in someone else's dream. Know what's best for you, and steer clear of someone looking for an argument.

THURSDAY, MAY 31, 2018

If one road is out, find an open way

By Phillip Alder

Noam Bardin, the CEO of Waze Mobile Limited, said, "Maps are living, breathing organisms that change on a daily basis: You see it in new roads, bridge closures and demolitions."

Are bridge deals living, breathing organisms that change every seven or eight minutes?

How should South be breathing happily at the end of this deal? He is in five hearts, and West leads the diamond ace.

West's two-no-trump overcall showed at least 5-5 in the minors. East had a more balanced hand than usual for a leap to game, but he was hoping to drive South out of the auction. However, here, South was not going to hit the brakes.

South has three potential losers: one spade and two clubs. He has only 10 top tricks: two spades and eight hearts. South needs either East to hold the club ace, or the spades splitting 3-2 and the trumps 2-1. Which of those roads should he take first?

Usually, a line that requires a specific card to be in a particular opponent's hand should be tried last. So, initially, declarer should hope for good major-suit splits. But if East can win a spade trick, he might — and here will — shift with effect to a club.

		North	05-31-18
		♠	K 8 7 5 4
		♥	A 10
		♦	6 3 2
		♣	9 7 6
West		East	
♠	10 6	♠	Q J 9
♥	3	♥	4 2
♦	A K J 9 8	♦	Q 10 7 5 4
♣	A Q 5 3 2	♣	J 10 8
		South	
		♠	A 3 2
		♥	K Q J 9 8 7 6 5
		♦	—
		♣	K 4
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
1♥	2NT	Pass	5♦
5♥	Pass	Pass	Pass
Opening lead: ♦ A			

Instead, South, at trick one, must not ruff, but discard a spade. Suppose West plays another diamond. South ruffs, crosses to the heart 10 (lucky!), plays a spade to the ace, a spade to the king and ruffs a spade. Then he leads a heart to the ace and discards his two clubs on the long spades to score an overtrick.

If hearts are 3-0 or spades 4-1, then South plays East for the club ace.

CELEBRITY CIPHER

by Luis Campos

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

" P CLAF BSEHHZ HPWS GYLAFYV
XSADPFS PFA RBENPVSA A. FGSBS PA
E ASVAS YM SVSBKZ EVX E WPVX YM
SJRPFSSUSVF." — KEPH RYHHPVA

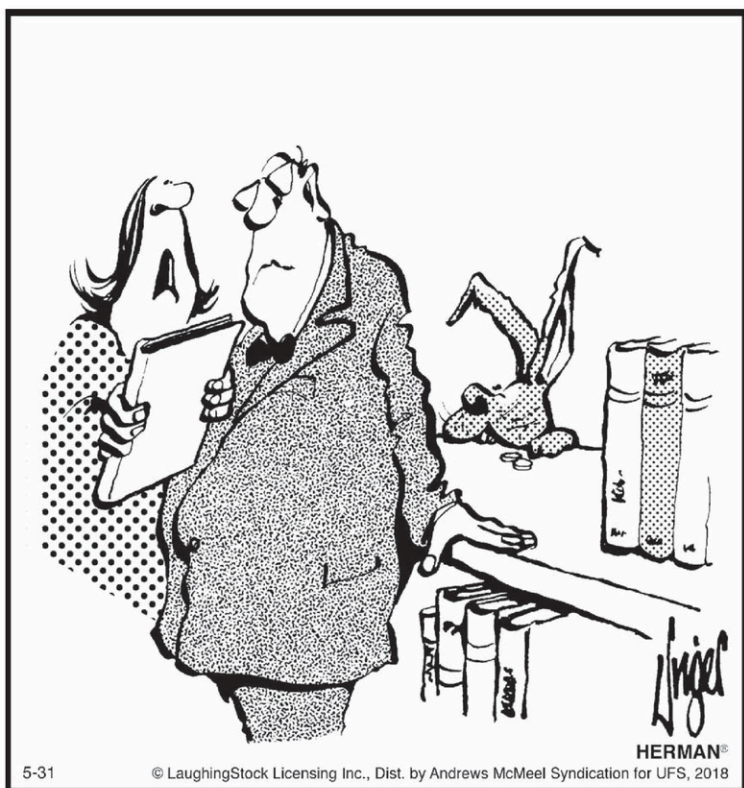
Previous Solution: "My version of 'Georgia' became the state song... That was a big thing for me, man. It really touched me." — Ray Charles

TODAY'S CLUE: X sjenba r

REALITY CHECK

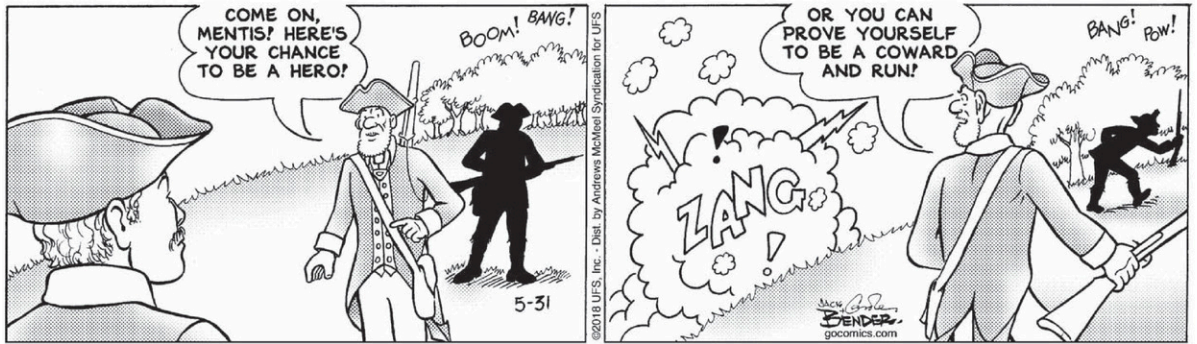


HERMAN



"He wants this book on witchcraft."

ALLEY OOP



ARLO & JANIS



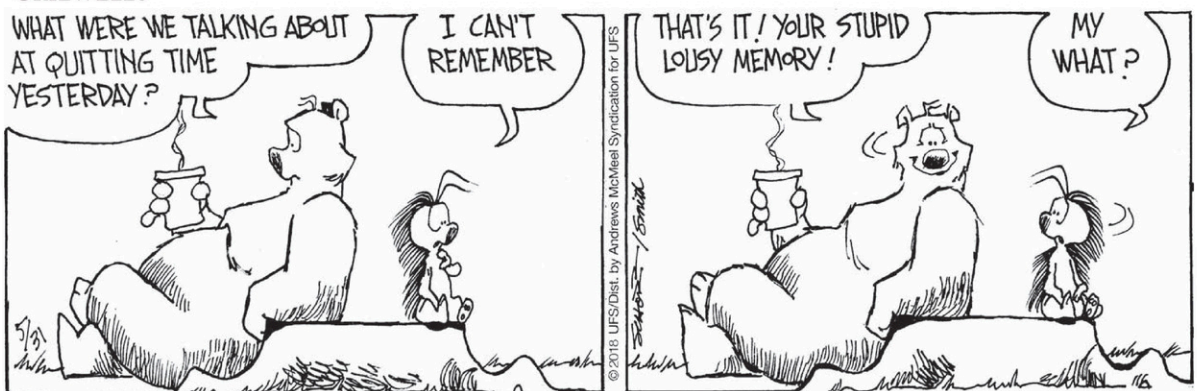
THE BORN LOSER



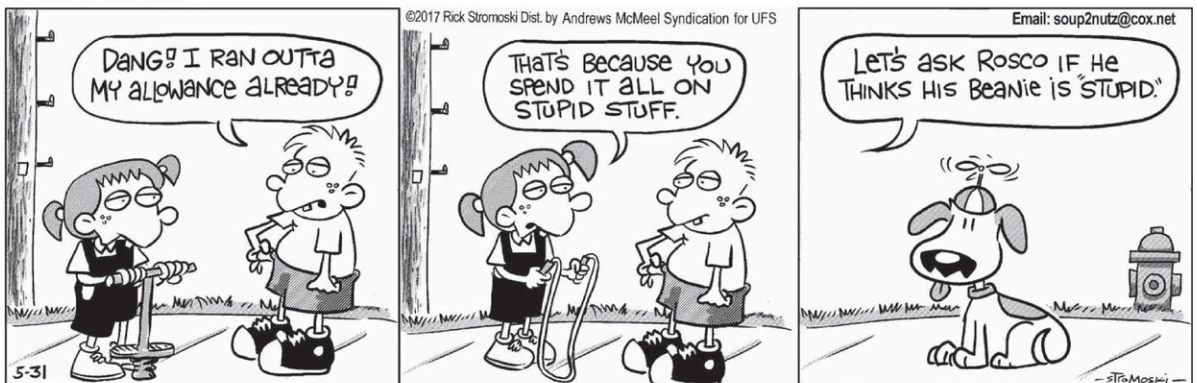
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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035 For Rent

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275 Antiques

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294 Events

CLASSIFIEDS ONLINE!
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340 Garage Sales

LENNOXVILLE
 Huge multi-family Garage Sale at 35 Charles Lennox, Friday, June 1, 8 a.m. to 5 p.m., and Saturday, June 2 from 8 a.m. to noon. Large variety of items!

AUCTION SALE
 for **PIERRE JEAN & JOHANNE THIBAUT**
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 Sainte-Catherine-de-Hatley, JOB 1W0
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 DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Loving grandmother kept at arm's length

Dear Annie

THURSDAY, MAY 31, 2018

Dear Annie: I'm very frustrated, and I would like your opinion, please.

My daughter-in-law doesn't seem to realize that some of the things she does really hurt me. I've always been there for my son and daughter-in-law. I try very hard to be a good mother-in-law. I never interfere. I never show up without calling, and I hardly ever ask them for help because I know how busy they are.

I have changed my plans and moved my work schedule around so I could baby-sit, take my grandchild to some activities or watch their house and pets while they've gone away (which I've been happy to do because it makes their lives easier).

Her mom is not reliable and not allowed to baby-sit because she can't be trusted. I'm asked to do most things, which I don't mind, but I feel as though her mother gets invited to so much, whereas I have to ask. She just shows up at their house anytime and sleeps over for every holiday, and that seems to be OK with them.

I try to make time for my grandchild, but it seems that unless I'm baby-sitting, I don't get the same respect and leniency as the other grandmother. I'm often told they need family time when I ask to be more involved, which I keep to a minimum so as not to intrude. On one very special occasion, her mother knew what I was buying for my grandchild (which was supposed to be sentimental between my grandchild and me) and basically bought the same thing and gave it to her first. My daughter-in-law was aware of the gift I had gotten and how excited I was but allowed it all to happen anyway.

Her mother is included in getting my grandchild ready for special events. Yet I'm told things will be too hectic. I can't say anything because my daughter-in-law has a short fuse at times, and my son doesn't get involved.

I'm just afraid I'm losing the close-

ness that I had with my grandchild, and I'm really at a loss as to what to do next. Please help. — Left Out in California

Dear Left Out: It's time to stop bending over backward for them and start standing up for yourself. Flexibility and generosity are great attributes — but without communication, they're a recipe for resentment.

Talk to your son about how you're feeling. Let him know that you respect their need for space and family time but you don't want the only time you see them to be when they're dropping off your granddaughter to be baby-sat. And you shouldn't only get to see your granddaughter when you're baby-sitting her. Express your desire to be there for special events. And set personal boundaries, such as deciding not to rearrange your work schedule just so you can baby-sit.

Whatever happens, know that their deferral to her mother is most likely a matter not of playing favorites but of avoiding fights. It sounds as though she has some serious personality issues that they're just trying to manage.

Dear Annie: I would like to add to your advice to "True Lies." You said he "may be confusing criticism with honesty" when giving advice. To this, I would add the Buddha's take on telling the unvarnished truth. He observed that telling the truth only is not enough. He said that in order for your input to be effective, it must be both kind and true. Kindness works. — Dr. Stewart A. Denenberg

Dear Dr. Denenberg: True wisdom. Thank you for sharing.

"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.creatorpublishing.com> for more information.

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

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May 24

NORTH HATLEY

The Memphremagog Community Learning Centre is hosting a fundraiser on Friday, June 1, 8 p.m., at the Piggery Theatre in North Hatley. Back by popular demand, Ray Seguin "The Country Stranger" will be singing traditional country music. Each ticket we sell will benefit our group, call Christine 819-847-2769 or Patsy 819-843-7687.

DRUMMONDVILLE

The directors of St. George's Church Foundation are pleased to invite everyone to its annual Feast of St. George fundraising barbecue to be held on Saturday, June 2 from 5:30 p.m. to 7:30 p.m. at St. George's Church Hall, 276 Heriot St., Drummondville.

AYER'S CLIFF

24th annual Music Fest will be held on June 2 & 3 at the Ayer's Cliff Fair Grounds. Live music all weekend long. Lots of children's activities, silent auction, canteen, game room, etc. Fun for the whole family! Camping available. Rain or shine. To benefit the Children's Wish Foundation. Admission charged. Info: www.themusicfest.org or 819-823-2009.

AYER'S CLIFF

Come see what's at our Spring Rummage & Bake Sale at St. George's Church, 1002 Main St., Ayer's Cliff on Saturday, June 2, 8:30 a.m. to 2 p.m. Fresh baked

goods, lots of clothes, household items, sports equipment and much more. Sponsored by St. George's Anglican Church.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, May 31 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. This will be the last luncheon until September.

COOKSHIRE - LAWRENCE COLONY

Craft Sale/Flea Market on Saturday, June 2 from 9 a.m. until 2 p.m. Lunch available starting at 11 a.m. Tables still available. Contact 819-875-5227 or 819-872-3431.

NORTH HATLEY

Naomi Bristow, The Yodelin' Cowgirl, at The Piggery Theatre on Wednesday, June 27 at 8 p.m. Come and hear music of Loretta Lynn, Dolly Parton, Patsy Cline, Tammy Wynette, Patti Page and many more. Tickets are available by contacting Janet McBurney at 819-565-9716 after 6 p.m. Proceeds to benefit Plymouth-Trinity's UCW.

STANSTEAD

Plant Sale, organized by the Museum Boutique, Colby-Curtis Museum, Stanstead on Saturday, June 2 from 9 a.m. to noon. Perennials. Raffle. For donation of plants, please identify them and bring them to Colby-Curtis Museum on June 1 between 9 a.m. and 4 p.m.

NORTH HATLEY

The Rotary Club of the Boundary's Don Patterson Memorial "Nine and Dine" - Nine holes of golf with dinner or just dinner, Friday, June 8, North Hatley Golf Club. Golf and Dinner - price includes 9 holes of golf, cart, golf prizes & dinner; registration starts at 1 p.m. - Shotgun start at 2:30 p.m. Dinner only - price includes Gourmet Buffet Dinner (Rosemary Pork Tenderloin & Herbed Chicken

Breasts). Social hour: 5-6 p.m.; Supper & Silent Auction 6-9 p.m. For more information or to register contact: Bill May at 819-876-5484, wrmay8@gmail.com, or Tom Richer @ 819-876-5495, tom.richer@videotron.ca or register @ North Hatley Golf Club.

LENNOXVILLE

The Lennoxville Elementary School P.P.O. presents Silent Auction and Bazaar on June 9, Friendship Day, from 9 a.m. to 3 p.m., in the school cafeteria. Some items up for bid: ski tickets; jewellery and other pampering essentials, large array of gift certificates, event passes for some summer fun, gift baskets, author signed books and so much more. Tables available, contact lennoxvilleppo@gmail.com

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, June 12 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, June 12 at the Town Hall from 10 a.m. to 11 a.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, June 5 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

ANAF Unit 318 Decoration of Graves on Sunday, June 3 at St. Antoine Cemetery, off St. Francis Street, at 12:00 noon, and at the Cenotaph in Lennoxville for D-Day Remembrance at 1:00 pm. All veterans and members of the public are welcome.

DANVILLE

The next Country Gospel Hour will be held on Sunday, June 3 at 2 p.m. at St. Augustine's Anglican Church in Danville. Music will be provided by Dave McBurney and friends. Come and enjoy an afternoon filled with some of your favourite country gospel hymns.

LENNOXVILLE

Community Aid will be hosting, in partnership with the Concertation Estrienne contre la maltraitance des personnes aînées (committee against elder abuse), a comedy play entitled "Grandpa is Not a Cash Cow & Grandma Won't Take Any Bull," on Tuesday, June 5 at 1:30 p.m. at Lennoxville United Church, 6 Church Street, Sherbrooke. Admission charged. Tickets will be available at our offices: 164 Queen Street, Suite 104. For more information about the play or any of our services please call: 819-821-4779.

AYER'S CLIFF

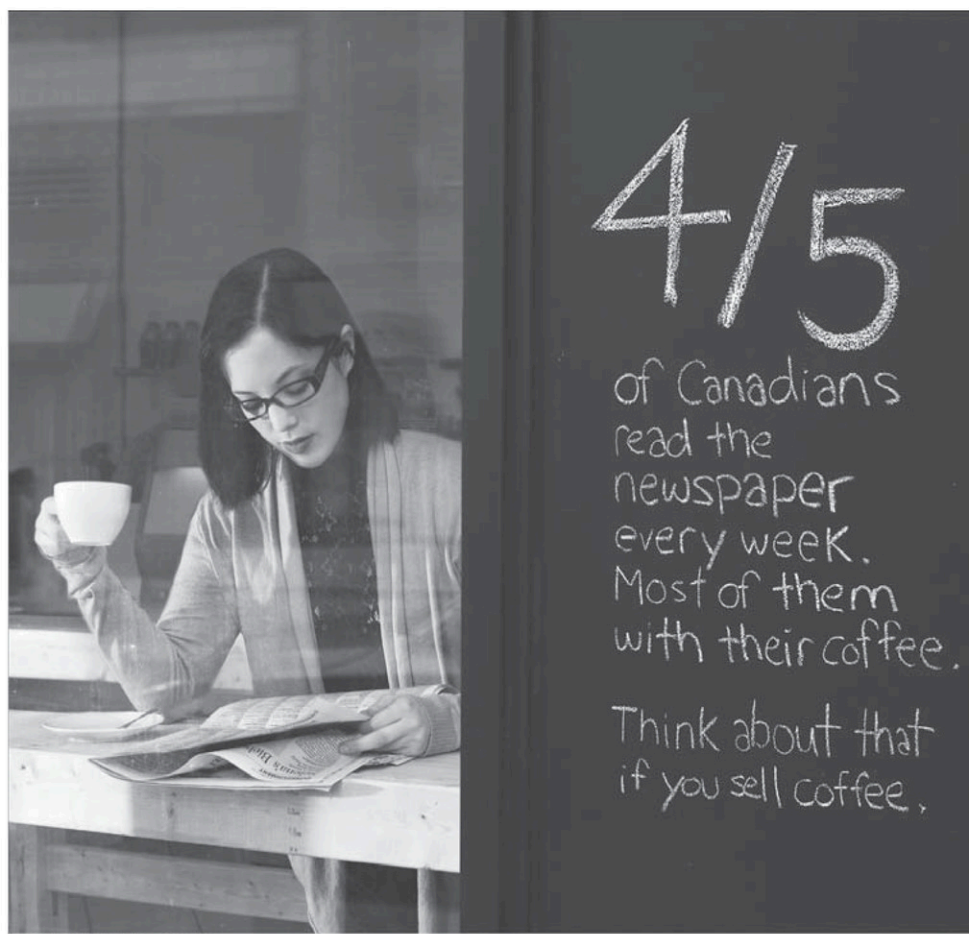
Father's Day Brunch on Sunday, June 17 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. Admission charged, children under 5 are free. All are welcome.

BULWER

500 card party at the Bulwer Community Center, Jordan Hill Road, on Thursday, June 7 at 1:30 p.m. Admission for cards and lunch with prizes following the card games.

BISHOPTON

Bishopton United Church, 54 Main St., church service on Sunday, June 3 at 2:30 p.m. Planting of the labyrinth following service. We still need beet seed. Leftover seedlings available for helpers.



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