

SAAQ launches fatigue awareness campaign

Record Staff
SHERBROOKE

The Quebec Automobile Insurance Corporation (SAAQ) has begun a new awareness campaign on driver fatigue from July 6 to Aug. 2. Addressed to all Quebec drivers, the message reveals the very real risks of not stopping to rest when driving while tired.

Driver fatigue is a major cause of accidents on Quebec roads and between 2010 and 2014, was linked to 20 per cent of road fatalities and 23 per cent of all injury accidents.

Stop in a safe place

According to the SAAQ, most drivers overestimate their attentiveness and underestimate their fatigue. They continue their journey despite their condition, which compromises their safety and that of other road users.

"Although recent polls indicate that 98 per cent of people feel that fatigue has a significant effect on the operation of a vehicle, only 40 per cent of drivers say they have stopped to walk, take a nap, or hand the wheel over to someone else because they were feeling the effects of fatigue. It is therefore important to remember that, at the first signs of fatigue, the best solution is to stop in a safe place to rest," said Transport Minister Robert Poëti.

Some people are more sensitive to fatigue than others but many signs of fatigue are obvious — frequent yawning, itchy eyes, difficulty concentrating, difficulty in maintaining trajectory, memory loss, and slower reaction time, among others.

"It is important to raise awareness of fatigue among drivers, as well as alcohol and drugs," says SAAQ CEO Nathalie Tremblay.

CONT'D ON PAGE 3

Fleurimont hospital expansion to go ahead... eventually



GORDON LAMBIE

Gaëtan Barrette (left), the provincial health minister, announced the children's and maternal health centre at the hospital formerly known as the CHUS on Monday afternoon in Sherbrooke. Beside him is Dr. Thérèse Côté-Boleau, the hospital's director of pediatrics.

By Gordon Lambie
SHERBROOKE

The long-awaited children's and maternal health centre at the hospital formerly known as the CHUS-Fleurimont will be built, with construction starting no later than 2018; this according to provincial Health Minister Gaëtan Barrette, who was in the Townships on Monday for a series of announcements at local health care facilities. Barrette, identifying crumbling infrastructure as the greatest challenge facing Quebec today, emphasized that although the project is currently listed as being under a fea-

sibility study, his announcement represents a clear commitment to see it completed within the coming years

"Last year I removed this project from the 2014-2024 Quebec infrastructure plan (PQI) because there was not enough money for it to go forward," the health minister said. "We passed a law requiring a specific procedure for the announcement of infrastructure projects, and in that law, from the moment we make the announcement, the project is guaranteed to happen. Last year we could not legally make that guarantee."

Though stating that he is of the mind that politicians should never

give precise dates, Barrette explained that the feasibility study will take place from now until February 2016 at the very latest. After that, 2016 will be devoted to the creation of an operating plan for the centre, with the call for tenders to go out in 2017. Emphasizing that he was looking at generous timelines, the Minister predicted a start of construction in 2018.

"If it can go faster, it will go faster," Barrette said. "If so, all the better."

The announcement was greeted with cheers from the staff and guests seated in the faculty lounge of the hospital, and with big smiles from fellow

CONT'D ON PAGE 3

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Weather



TODAY:
MIX OF SUN
AND CLOUD
HIGH 29
SUNRISE: 5:07
SUNSET: 8:39



WEDNESDAY:
SHOWERS
HIGH 23
LOW 10



THURSDAY:
SUNNY
HIGH 25
LOW 13



FRIDAY:
SUNNY
HIGH 27
LOW 12



SATURDAY:
SUNNY
HIGH 28
LOW 15

A weekend in the nest



DISHPAN HANDS

SHEILA QUINN

1:36 a.m. – The dishes are washed and put away, the last of the laundry is done, the shoes in the entryway are tidied up (How did so many shoes get there? How did everyone’s feet suddenly grow so much – there aren’t little shoes there anymore!). I even managed to clean the clothes of the day, once smallish people had put on their jammies. I crawl into bed late, but happy that the morning will be a clean start.

We have house guests. My teenaged nephews are visiting for a few days, and a walk to and from an incredible belated Canada Day fireworks show at Lions Park resulted in a much later night for the kids than usual.

My youngest survived and thrived through a third year of camping at Frontier Lodge with the United Church gang, rounding things up on Saturday afternoon.

Constantly through the day a laundry marathon saw bedding and two plastic tubs full of stinky laundry go through the wash, bedding hung on the line as well. Even the clean stuff that

came back went through – and hey, he alternated between two pairs of pajamas all week? Man, no wonder it was stinky. I felt a real sense of pride and accomplishment that by the time everyone landed in on Sunday evening that it was all washed and put away, his bed smelling of heavenly fresh air. I love my clothesline.

Sunday had been a day of constant stuff. My guy worked on a new, slightly smaller, space-saving deck around the edge of the pool. I felt like I was in constant motion. Straightening, putting away, wiping surfaces, scrubbing, tidying, putting away more, folding, hauling – there was no day of rest here. We didn’t nip out for a meal, not a motorcycle spin around the lake. We were in constant motion, all day long.

There was something supremely satisfying about it though, as mental checklists melted away. Moved by inertia, an occasional moment for a popsicle or a very quick lunch was about all she wrote. He didn’t stop for a moment to play his favourite game on his phone, I didn’t defer to my obsession with Mah Jong (an awesome, and ancient, game involving matching tiles) for a moment of rest. Steady as she goes.

Perhaps it was the nice day, maybe it was the fact that we both had social events on Saturday, or it might have been that somewhere inside ourselves we know we are Canadian, and summer is only so long... one way or another, as much as part of me craved for some relaxing time with my guy, the motivation to get things done was much stronger – and thankfully we were both equally motivated.

5:55 a.m., Monday morning – a loon is calling loudly. It must be close. My guess is that it is in the brook, just across the road from our house. That’s

the second time I’ve heard it this week. I make a mental note to plan an early morning kayak excursion soon. This is a new bird call in our sector. This could be an unwelcome awakening, but on the contrary, is an exciting discovery, a call to adventure.

I remain curled up, eyes closed, until 6:00 when the alarm sounds. Then I remain curled up, eyes closed, a little less sleepy, a little longer. A few minutes later, I hear my youngest’s voice, soft with morning, say, “Mummy?”

“Yes?”
“Is someone in the bathroom?”
“Yes, Stéphane is in the shower.”
He comes to curl in with me, his pajama-ed little boy frame is cozy and warm.

“You can use the bathroom downstairs if you really have to go badly.”
“OK.”

I instantly regret voicing this, but realize that this was likely an urgent visit. I lie there for a minute, but the magic is gone. I rise and make the bed. Descending the stairs with yet another small armload of dirty laundry, I look forward to coffee.

I write my column, Montreal-style bagel munched on between sips of Virgin Hill coffee (the Knowlton blend). I make breakfast for the first two risers, one being the smallest and the other the tallest, my nephew who slept on the couch, woken up by (albeit lower-volume) YTV. I prepare another load for folding. I contemplate the day.

It’s funny how we can make plans, see people, do things, keep busy, but there is something about spending a significant period of time nesting. I realize why I love the four fluffy, busy, chattering baby chickadees that flit about the yard, and part of what calls me about the loon. Nesting is good for the soul.

Popular Astronomy Festival at Mount Megantic

Record Staff
SHERBROOKE

The Mont Mégantic Popular Astronomy Festival takes off this Saturday with a special night of stargazing, and the splendors of the night sky.

The Festival is a unique opportunity to gaze through the most powerful telescope on Canadian soil and contemplate

the night sky in the world’s first International Dark Sky Reserve. The Mont-Mégantic Observatory will be open to the public all night for a unique opportunity for the Observatory team to thank the public for its support through the recent period of financial turbulence it has gone through.

In this International Year of Light, the theme of the Festival follows suit with

“Journey to the End of Light,” a presentation that explores the secrets of this messenger of the cosmos that carries with it the secret of the stars.

Reservations are required for all evening activities. Information on prices and schedules can be found at www.astronlab.qc.ca or by calling 1-800-665-6527 or 819-888-2941. Children under 17 are admitted free of charge.

Ben by Daniel Shelton



LOCAL NEWS

The Meganticois are a good example of solidarity and resilience for all of Quebec.

Lac Megantic marks sombre anniversary of 2013 rail disaster that killed 47

The Canadian Press
LAC-MEGANTIC

Church bells rang 47 times in Lac-Megantic on Monday as locals gathered to honour the victims of a rail disaster two years ago that forever changed the Quebec town.

Forty-seven people were killed and a large swath of downtown was destroyed on July 6, 2013, when an unmanned 72-car train jumped the track, spilling and igniting some six million litres of volatile crude oil.

At noon, people gathered outside Lac-Megantic's St-Agnes Church for a moment of silence and a ringing of the bells. Ongoing decontamination work was also halted briefly to mark the tragedy. A low-key mass was held Sunday night.

Politicians of all stripes marked the anniversary, vowing to continue to support the community.

Premier Philippe Couillard hailed the resolve of locals and said in a statement the province would keep helping the

town of 6,000.

"Our thoughts are with the families and relatives of the victims and to all citizens of Lac-Megantic," Couillard said. "The Meganticois are a good example of solidarity and resilience for all of Quebec."

Prime Minister Stephen Harper also praised residents as the town rebuilds and heals.

"It takes people of extraordinary strength to overcome such a disaster, and I was privileged to witness firsthand during my visits to Lac-Megantic the remarkable resilience, pride and spirit of those in the community," Harper said.

He added that those found guilty of breaking the law will be held to account.

In late June, several people and the defunct rail company at the heart of the disaster were hit with new federal charges. Among the accused were Montreal, Maine and Atlantic Railway, the insolvent company's former president, and train driver Thomas Harding.

All those charged will appear in court

in Lac-Megantic on Nov. 12.

Previously, Harding, two fellow railway employees and the company were charged by the Crown in Quebec with 47 counts of criminal negligence causing death. A trial date is expected to be set Sept. 8.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau also marked the anniversary and both said not enough has been done.

"Every possible precaution must be taken to ensure such an incident is never repeated," Trudeau said. "Unfortunately, two years have passed and too little has been done by this government to bring about the necessary changes."

Mulcair said the NDP called in January for an independent investigation into transportation of dangerous goods by rail. He said he'd grant a costly solution being sought by the city.

"An NDP government would build a railway bypassing Lac-Megantic, which has already paid a high price in human lives," Mulcair vowed.

Transport Minister Lisa Raitt de-

fended the government's actions, including stricter rules and lower speed limits for trains carrying dangerous cargo through urban areas.

In March, the government announced proposed new federal regulations that would give companies until 2025 to upgrade rail tank cars to a higher safety standard.

"Safety is Transport Canada's top priority," Raitt said. "And in the wake of the accident, we took immediate, concrete action to further protect Canadians and maintain the safety and integrity of the Canadian rail system."

Lac-Megantic residents are also waiting to hear the fate of a court settlement, where about 25 companies accused of responsibility have put up a fund of \$431.5 million.

The settlement is being opposed by the only firm that hasn't signed on: Canadian Pacific Railway Ltd.

If the legal challenge fails, lawyers representing victims and creditors hope money can start being disbursed later this year.

SAAQ campaign

CONT'D FROM PAGE 1

Decreased concentration impairs judgment and reflexes and the ability to drive is considerably affected."

The campaign includes a television commercial in French and two radio messages

in French and two in English.

These messages show the serious consequences of ignoring signs of fatigue and not stopping to rest.

To learn more about the campaign and to see the messages, visit the SAAQ website at www.saaq.gouv.qc.ca/fatigue.

STS offers \$1 rides for Fête du Lac

Record Staff
SHERBROOKE

The Sherbrooke Transit Society is continuing its policy of supporting major Sherbrooke events and encouraging people to use public transit. The transit agency is

offering a special fare of \$1 throughout the network during the Fête du Lac des Nations, which runs from July 14 to 19 inclusive.

The society pointed out that public transport is an ideal way to travel carefree and safely to attend the shows and partici-

pate in the activities offered by the city's signature summer event.

For the occasion, the special rate of \$1 will be in effect both for regular and paratransit service beginning at 4 p.m. between Tuesday and Friday, and all day Saturday and Sunday.

New hospital ward

CONT'D FROM PAGE 1

presenters Guy Hardy, MNA for the Saint-François riding; Dr. Therese Cote-Boileau, director of pediatric medicine; and Dr. Marie-Laure Collinge, director of emergency medicine.

"Many things have changed since my beginnings in pediatrics; the practice has evolved enormously and it is a whole new world," Cote-Boileau said, stating that the ever-growing and changing needs of the field require far more resources than the Fleurimont hospital is currently equipped to provide. "The realization of this centre is essential for our clientele, but it is also greatly needed for the personnel and the doctors working here every day."

Stating that the existing facilities are at capacity, the department directors both marveled at the idea of a firm foundation for the new centre, which will focus on all physical and mental health needs of individuals newborn to 18 years old as well as pregnant and delivering mothers, while also providing a much needed expansion to the existing emergency room facilities. The expansion project will be a multi-storey, 25,000 square meter structure directly adjacent to the existing emergency

ward.

Though he emphasized that the actual cost of the project is a part of the current feasibility study, Barrette estimated that final figure would be in the range of \$200 million. Using that figure as a guidepost, the Health Minister underlined the importance of his controversial healthcare reforms in making sure that the budget for such projects can exist now and into the future.

"In the PQI, when we look at the money available each year for new projects, we have an average of \$100 million," Barrette said. "Take stock of the infrastructure problems we have in Quebec and do the math and you will see why we need to make the healthcare system in this province as efficient as possible."

The Health Minister made a point of repeatedly referring to the process of integration currently underway across the province as a result of Bill 10, and said that the new regional health institutions would only serve to help streamline and improve the overall state of care in the province.

"The message today is get to work, because this plan is moving forward," Barrette said. "While I don't think we'll be cutting the inaugural ribbon in this

government mandate, I will gladly return to break the ground with Mr.

Hardy (...) This is not just a promise I'm making today, it is a commitment."



GORDON LAMBIE

A parade of dignitaries gathered at the hospital formerly known as the CHUS-Fleurimont for the health minister's announcement of the maternal and children's ward at the hospital. From left are Charles Auger, director general of the CHUS Foundation; Ginette Charette, director general of Operation Enfant Soleil; Dr. Marie-Laure Collinge, head of emergency medicine; Dr. Therese Cote-Boileau, interim head of pediatrics; Guy Hardy, the MNA for St-François; Patricia Gauthier, CEO of the CIUSSS de l'Estrie-CHUS, Health Minister Gaétan Barrette and Orford MNA Pierre Reid.

East Angus to get new long-term care centre

Work launched yesterday on new facility



RACHEL GARBER

EAST ANGUS

The lower part of the Haut-Saint-François is a shovelful closer to having a brand new long-term care centre in East Angus. It's slated for completion in the autumn of 2016.

Yesterday, Gaétan Barrette, the minister of Health and Social Services, and Ghislain Bolduc, MNA for Mégantic, joined in launching the construction of the new facility. It is to be located beside the current East Angus CLSC on Kennedy Street, on what is now a broad expanse of grass downhill from the Louis St-Laurent high school.

The overall budget is close to \$3 million. An additional \$672,000 is planned for furnishings and equipment. The Ministry of Health and Social Services is footing the entire bill. The final decision regarding the construction company is still to come, but at the moment the Unigertec firm in Laval is the lowest bidder for the contract.

The new structure is to measure



RA GARBER

The architect's rendering of the new East Angus long-term care centre.

6,845 square metres, and have three floors containing 64 beds. That's nine beds more than the current CHSLD in East Angus. People in the area know that building as La Sapinière. It's located across town, and occupies what used to be a hotel unit.

Speaking in French, Minister Barrette noted the old structure "is completely mal-adapted to the needs of persons who lack autonomy. The width of the corridors, the toilets, the bathtubs, everything that impacts the daily life of the residents is not good."

He's not alone in this assessment. "The bathrooms are very small, and it's very hard for a wheelchair to get around. It's a confined space," said a woman who has a family member in La Sapinière. She asked that her name not be used.

"It's about time, for the new facility. It's been a long time coming."

"This project was two decades in coming," said Mayor Robert Roy of East Angus. He described lengthy discussions between the CSSS personnel and his office during the past years. The new CHSLD is to be constructed on land acquired from the Town of East Angus and the Hauts-Cantons school board.

It was Mario Morand who shepherded the project to its present phase. He was the general director of the CSSS du Haut-Saint-François until the health system was restructured in the spring. Now he is director of two programs for the CIUSSS de l'Estrie - CHUS, and responsible for the transition of four CSSSs, including the Haut-Saint-François, into the new regional structure.

"This is an 'All Under the Same Roof' project for East Angus," he said, referring to the controversial project of the same name in Weedon. The new building will incorporate CLSC services as well as the CHSLD. Among the services will be a unit of 12 beds specially designed for persons who have severe cognitive problems, as well as food services,



RA GARBER

Many hands make light work. Turning the first shovelful to launch work on the new CHSLD in East Angus are (left to right) Mario Morand of the CIUSSS de l'Estrie-CHUS and former director general of the CSSS du Haut-Saint-François; Robert Roy, mayor of East Angus; Ghislain Bolduc, the MNA for Mégantic; Gaétan Barrette, minister of Health and Social Services; and Patricia Gauthier, the CEO of the CIUSSS de l'Estrie-CHUS.

a day centre, and both internal and external physical rehabilitation services.

Morand noted that the long-term care services in East Angus serve more than 60 percent of the population in the Haut-Saint-François, compared to only 35 or 40 percent using the services in Weedon. The final decision to proceed was taken by the CIUSSS de l'Estrie-CHUS, but, he said, "each step along the way was taken in concert with all the partners."

"The CIUSSS took a decision based on reality, the facts," said Minister Barrette. "And the facts are based on demographics. The balance will respect the demo-

graphics of seniors in the area. We'll have more beds than before, and we'll have modern rooms much better adapted to the needs of residents."

"One of the biggest problems in health is infrastructure, because it costs a lot. This illustrates better than anything else the importance of returning to a balanced budget. Because without a balanced budget, there's no investment. The greatest challenge in Quebec, over the coming years, with an aging population, is infrastructure. So this is a great announcement, and one that I hope to repeat in other parts of Quebec."

Some 11 percent of the population in the Haut-Saint-François reported English as their first language in the last two Canada censuses. That's about 2,400 persons, and most of them are clustered in the southern section of the regional county, near East Angus or south of it. Still, the population is not high enough to warrant services in English.

"We're not considered a bilingual establishment," said Morand, "but we offer care in a person's mother tongue when possible. And most of our documentation is available in English."

"We have no choice," said the woman whose family member is in the current East Angus facility.

"Where else do you go if you need long-term nursing care? They try their best. The only thing is they don't have enough time with each person; everything is rush rush rush. They have so many things to do they don't have time to communicate with anybody. That's what I find hard."

"The new building is not going to change much, I don't think. It's francophone, and that's it. But at least it will be new equipment, and it will be easier for the nurses."

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Sherbrooke High School reunion expecting a good crowd

By Matthew McCully
SHERBROOKE

Close to 90 graduates, former students and staff of Sherbrooke High School will gather in Lennoxville for a reunion on July 24-25.

Organizer Geroge Hendy is looking forward to reconnecting with old school mates, and hopefully revisiting the halls of the old school, which is now Sherbrooke Elementary.

SHS was established in 1924, according to Hendy, and closed as a high school in 1969 when Alexander Galt High School opened.

"I graduated in 1964, and I'm 68 years old," Hendy said, adding he doubts he will have the energy to organize another reunion of this type in 10 years.

Hendy said there was a tight-knit group from the 50's and 60's that has kept in touch.

"There are so many people from that era with an affinity to Sherbrooke," he said, adding that people will be coming from all over Canada and the U.S.

Hendy's father used to own the Luxor Grill, situated on Wellington Street North. Lawyers from the courthouse next door used to come to the Luxor regularly and talk shop. Even though he studied Chemistry at Bishop's, Hendy, influenced by the exchanges he overheard in his father's restaurant, eventually became a lawyer. He currently lives in Montreal.

Hendy has been compiling a list of contacts from the school in recent years. In contact with close to 300 graduates and people associated with SHS, he sends out birthday greetings and email updates, which prompt threads of old friends reconnecting and reminiscing online, he said.

Major renovations are scheduled at the school when the reunion is scheduled to take place. Hendy hopes attendees will get a chance to throw on a hard hat and walk the hallowed halls again.

If not, there is always the view of the school from Howard Park across the street. Hendy said it was common for students to sneak over there between classes for a cigarette.

Some pieces of the school carried on even after its closure, Hendy said. The Newton Memorial Trophy, shared among victors since the 1930s, moved on to Galt, but maintains the record of SHS years.

This reunion is the fourth of its kind, Hendy said. He helped work on the one that took place in 2004. This one seems to have a farther reach and better publicity, he said, pleased with the 87 confirmed guests so far.

Hendy's Grade 7 teacher was Doug Guthrie, well known in the area after a 40-year teaching career.

Sherbrooke Elementary was Guthrie's first teaching job in Quebec. His time at SHS was short but memo-



MATTHEW MCCULLY

Sherbrooke Elementary School, which began its existence as Sherbrooke High School.

orable, he said. He was paid \$1,800 per year at the time.

"I just heard about the reunion last week," Guthrie said.

Currently convalescing at Youville following surgery, if his health permits, Guthrie would love to make an appearance at the reunion.

He vividly recalled George Hendy, as well as Gary Connor, and a number of other students from his year at SHS, still living in the area.

"They're not spring chickens anymore," he laughed.

The reunion will start with a cocktail and barbecue on Friday, July 24 on the Bishop's University campus beside the dining hall.

The following evening there will be a dinner and dance, also on the campus.

For more information or to book a ticket to the reunion, contact George Hendy at 514-779-1041 or email georgerhendy@gmail.com.

POLICE BRIEFS

Record Staff
SHERBROOKE

A driver with a suspended license led police on a 40-minute chase that ended when both the suspect vehicle and a police car went off the road in Compton.

Just after midnight Monday morning, police on patrol noticed a minivan on the 5th Range Road in Ste-Anne de la Rochelle. When the driver noticed the patrol car he sped up. Police attempted to stop the vehicle but ended up chasing the driver all the way to Compton, where, at around 1 a.m.

The driver then took off on foot, while his passenger remained on the scene and was immediately arrested. The driver was quickly located and also placed under arrest.

The driver, a man in his 30s, was detained and could face charges of escape, dangerous driving, assault, and armed mischief. The passenger was released and faces no charges but the case is still under investigation.

Victoriaville man missing after failed river crossing

The search resumed Monday in the St. Francis River to find a horse rider who has been missing since Sunday after he failed in an attempt to cross the river at Ulverton.

The Sûreté du Québec asked for a helicopter to fly over the river to help locate the missing Victoriaville-area man.

Driver sends police straight in to Compton

Gilles Gagnon, 58, ended up in the river after trying to cross on horseback Sunday afternoon. The horse fell while crossing and the rider was swept away

by the current.

A distress call was issued at about 2:15 p.m. and the SQ began the search using watercraft and a sniffer dog. They

have been joined by local firefighters and citizens Sunday evening to no avail. The horse, however, has been found dead.

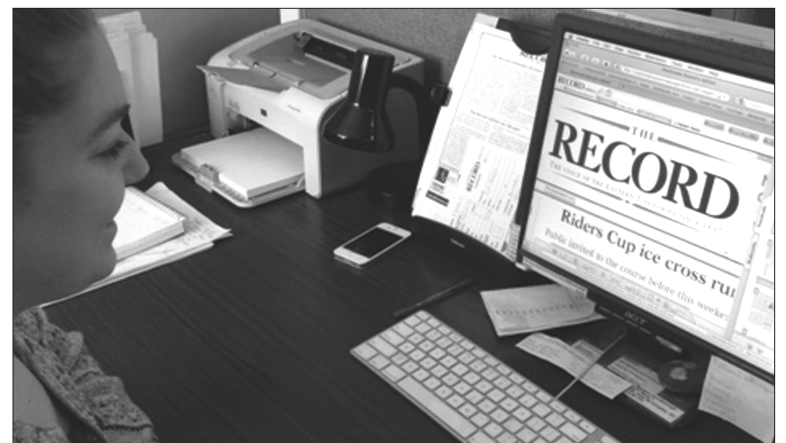
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EDITORIAL

Yes, society needs high achievers, but it also very much needs the rest of us.

Success in the Eastern Townships



SUSAN MASTINE

A 50-something Townships man recently introduced himself at a community event in Drummondville. When explaining who he was, he was almost apologetic. One of his comments has haunted me ever since. It went something like this: "I never thought I'd be born, live my life, and die in the same town."

He said this in a defeated voice, as though having spent all of one's life in the same city equated failure, something to regret. Clearly, he doesn't believe that he has been successful in life.

What is success? Many eloquent speakers recently pondered and pontificated upon this question as they addressed this year's graduation classes.

The Gage Canadian Dictionary defines "success" first as a "favourable result; a wished-for ending; good fortune" and secondly as the "gaining of wealth, position, etc." To many, the concept of "success" involves some combination of obtaining a university degree, earning a six-figure salary, writing a book, creating a business, discovering a cure, coming up with an ingenious invention, travelling around the world - not attainable locally in most minds.

Can success not be defined as being generous and thoughtful, being honest and true to one's word, showing respect for others, caring for the environment, giving to causes, supporting the local economy?

So maybe you haven't invented a great gadget, created a business, led a community organization, been a politician, or written a best-seller. But if you have been a Townshiper all of your life, you have undoubtedly given your heart and soul to this region; supported local institutions, organizations, businesses, and events; cared for your loved ones;

and carried on our tradition of maintaining harmonious relations with our French-speaking neighbours.

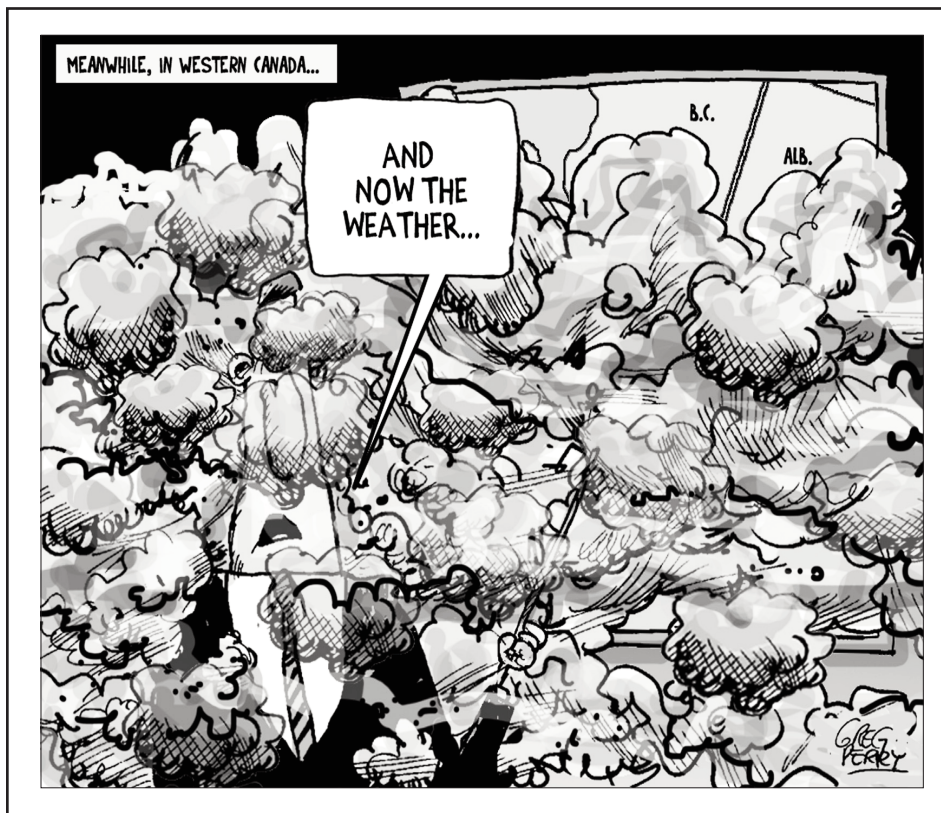
Those who have stayed here have helped preserve the legacies of our ancestors - schools, churches, and community organizations; have continued to operate generations-old family farms; and have ensured the survival of local events - church suppers, school concerts, Canada Day celebrations, strawberry socials... - that bring us together socially and give us a sense of community.

Much has been written and said about the brain drain from Quebec in the 1970s - that the smartest and the best left the province when they could. What an insult to those who stayed. Those who departed sometimes regret it and feel the pull of their deep roots and these alluring hills and valleys. Some who went away have later returned.

To have stayed in one's home town does not reflect a lack of success. It is indicative of a sense of appreciation for this beautiful area and of commitment to a way of life that we value. It means being geographically closer and more connected to family, often being physically closer to and more in tune with nature, and playing a role in continuing the traditions of our forebears.

Yes, society needs high achievers, but it also very much needs the rest of us. Happily, more and more young Townshippers seem to view choosing to stay in the area as an option (an observation with no scientific support). And in this age of the global economy, more and more of those who once left have the option of returning.

Success is being true to yourself, kind to others, and connected to and supportive of your community - all of which can be accomplished by spending one's entire life in the same municipality.



Letters

DEAR EDITOR:

My mother Mrs. Elda Cloutier-Doucet lived at the Pineroft Residence for five years. At first she was autonomous and then semi-autonomous. During her illness she was very well supported and taken care of by competent and caring group of people. My mother was happy living there.

I find this residence is a wonderful home for elderly people; they are very well taken care of. I would like to thank the personnel that helped my mother during the years she spent at the Residence Pineroft.

DENISE DOUCET-SHAW
MAGOG

DEAR EDITOR:

Once again, the Société de transport de Sherbrooke is offering a significantly reduced rate for public transit during the City of Sher-

brooke's Fête du Lac des Nations in an effort to encourage the use of public transit for major cultural events. While I applaud any attempt to popularize this means of getting around the city, I wonder if it has gone unnoticed that those who take advantage of this offer find themselves with an unhappy choice at the end of each evening's entertainment. As the "headline" act does not take the stage until almost 11 p.m. on most nights, STS clientele face the problem of missing out on a significant portion of the show in order to use the service to return home because the STS does not extend its service hours to accommodate those who wish to take full advantage of the evening's entertainment. Either one leaves early or one has to find another way home.

It's a nice gesture, to be sure, but it would be nicer still if it could be more than just a half-measure.

MIKE McDEVITT
LENNOXVILLE

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

THE RECORD

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PRINT SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
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6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and for other services available on request.

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Local Sports

They are a team on and off the floor.



THE SCOOP MABLE HASTINGS

The Internet defines lacrosse as a team game, originally played by North American Indians, in which the ball is thrown, caught, and carried with a long-handled stick having a curved L-shaped triangular frame at one end with a piece of shallow netting in the angle.

For the Magog Memphrès bantam lacrosse team, lacrosse is an opportunity to join together as a team for skill, sport,

Let's hear it for the underdogs

competition and fun. Team members include goaltender Ashton Guilbault, Martin Lefebvre, Nick Rheaume, Justin Schoolcraft, Mirko Martineau, Jeremy Tremblay, Cedric Fautoux, Matthew Choquette, Caleb Goudreau, Raphaël Raymond, Nathan Girard, Lou Beaupré, Ryan Logan along with coaches Eric Lefebvre and Xavier Latulippe.

From the get-go, the team has been considered the underdogs but to date, they have not lost a game yet this season. Recently, they won the Sherbrooke Extreme tournament, and also were challenged to defend their title in the Challenge des Patriotes in St-Hubert. Again, the Memphrès did not back down and became the champions; and are now considered one of the top bantam lacrosse teams in Quebec. Not too shabby for the underdogs.

The parents of goalie Ashton Guilbault, Jennifer and Allan,

could not be prouder of their son and the entire team.

"There is just something so special happening for this team," said Jennifer recently. "They truly support one and other and it is their camaraderie and sportsmanship that have made them the champions they are. We could not be prouder."

There is no doubt that the team plays well together. They are in tune with each other's moves before they even happen with each player giving chances to his teammates with no one person being singled out. They are a team on and off the floor.

"They have proven to themselves and others that anything is possible," continued Jennifer. "The key, as they have shown, is teamwork!"

With their playoffs coming up this weekend, the team continues to focus on having fun. They credit great coaching as well as parent and community



COURTESY

The Magog Memphrès bantam lacrosse team after winning the title at the Patriotes Lacrosse Challenge in St-Hubert, their second tournament championship of the year.

support as the key to their success. Likely, it does not hurt that the guys function as a well-tuned machine.

So, let's hear it for the underdogs. Please be reminded that this team, like many youth sports teams out there are con-

stantly looking for sponsors and support in the purchase of team jerseys and so on... From the looks of things and the success this team has had this year, sponsorship should be an honour for some kind individual or company.

Aigles in the driver seat as Senior lacrosse heads into playoffs

Record Staff
SHERBROOKE

The Windsor Aigles are in the driver's seat after finishing the 2015 Quebec Senior Lacrosse Circuit regular season comfortably in first place with an record of 11-1, identical to their mark from last year.

In their last game of the regular season on Saturday, the Aigles defeated the East Angus Wolves, 10-3.

Francis Côté scored four goals, ensuring his spot as the Aigles top scorer on the season with 73 points. The only East Angus goals came off the sticks of Derek Carpentier (2) and Mathieu Ainslie.

East Angus closed out the 2015 QSLC season on Sunday

against Wendake. While playoff seedings were already decided, the Wolves were able to end the regular season on a high note, defeating Wendake 14-10.

East Angus' Derek Carroll amassed eight points, including five goals, in the win. Patrick Turgeon also had a strong evening with three goals. Wendake's offense was lead by a hat trick from Mathieu Lavoie.

East Angus finished the regular season in third place with a 5-7 record, while Wendake was last with a 1-11 record, only winning their first game of the season.

The 2015 QSLC playoffs kick off with the top-ranked Aigles hosting Wendake on Saturday at 4 p.m. in a sudden-death semi-final game. At 7 p.m. that

evening East Angus will be in Laval for their semifinal.

The final series will be a best-of-three. If Windsor knocks off Wendake, the first game would take place Sunday at the JA Lemay arena at 4 p.m. Game 2 would be Saturday, July 18 at either Laval or East Angus. Game 3, if necessary, would be July 19 in Windsor.

Extreme and Aigles to meet as Juniors head to playoffs

The Quebec Junior Lacrosse League also saw its regular season draw to close this weekend, with a single game between the Windsor Aigles and the Longueuil Patriotes on Friday. The trip to Longueuil for the Aigles was not fruitful, however, as the home team pulled

out an 8-6 win, in a four-goal night for the Patriotes' Alexandre Brault.

The Patriotes had build a 7-3 lead 10 seconds into the third period, but three Windsor goals later in the frame, including two from William Beauvais in the ninth and 13th minutes, brought the Aigles to within one. This was a close as they would get, after giving up their eighth goal with five minutes left.

The defeat dropped the Aigles to third with a final record of 5-6-1.

The only other scheduled game was called off as the Montreal Shamrocks forfeited Saturday's game to Longueuil.

The Shamrocks finish 0-6, while the Patriotes improved to 9-3.

The Sherbrooke Extreme (6-5-1) were off this week after finishing the 2015 regular season on June 27th. They finished the season in second place.

Heading into the playoffs, the two Townships teams will face off for the chance to play Longueuil in the final. The Aigles and Extreme have battled all season, finishing one game apart in the final standings. Their five meetings during the regular season have been split 2-2-1.

The best-of-three series will begin on Saturday at the Julian Ducharme arena in Sherbrooke at 8 p.m. Game 2 will be on Sunday at Windsor's J.A. Lemay Centre at 7 p.m. Game 3, if necessary, is set for next Tuesday night.

A dozen locals off to Pan-Am Games

Twelve athletes from the Eastern Townships will be heading to Toronto to compete in the 2015 Pan American Games, which run from July 10-26.

Philippe Duchesneau will be part of the K4 1000-metre kayak team that is on the water on July 12. The third-year law student at University of Sherbrooke won two medals at the 2011 Pan Ams in Guadalajara, taking silver in the K-4 1000 metres and an individual bronze in the K-1 1000 metres.

Hugo Barrette will be a key part of the Canadian track cy-

cling team competing in the individual sprint, keirin and team sprint events. He ended the World Cup season ranked 14th in the world in the kieran, but is the first Canadian man in 20 years to crack the top 10 in the event. He won a silver medal in this event at the Pan American Championships in 2014.

Marko Medjugorac will be his first Pan Ams competing in the table tennis events that run from July 19-25. The 19-year-old only shifted into senior competition in 2015.

Julien Bahain will take to the

water as part of the Canadian mens fours and eights rowing teams. Bahain, who won bronze at Beijing 2008 when competing for France, began racing for Canada in 2014.

Marc-Antoine Dugas-Lafrenaye, a discus thrower who trains with the Sherbrooke athletics club was a triple medalist at the 2013 Canada Games and will be in action on July 23-24.

Three local lifters will also test their strength in Toronto. Pascal Plamondon, who competes in the 85 kilogram category, Jerome Boisclair, who is in

the 77 kilogram category and Marie-Ève Beauchemin-Nadeau, who is the 75 kilogram category for the women, will each try to reach the podium.

Sherbrooke will also be represented on a number of team events.

Audrey Marcoux and Emily Routhier will both be in Toronto as members of the national handball team. The two are based in Sherbrooke and both have been a members of the national team since 2011.

Jérémy Gagnon-Laparé will be taking the field with the

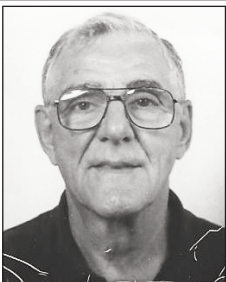
Canadian men's soccer team. The midfielder has appeared in six games with the Montreal Impact and has earned five international caps between 2013 and 2014. He currently plays for the Impact's farm club, FC Montreal.

Nicolas Hoag will be on the court with the men's volleyball team. Hoag, who currently plays professionally in France, will be participating with his father Glenn Hoag, another Sherbrooke native, who has been coaching the men's national team for nearly a decade.

Death

Cemetery Meeting

Datebook



Ronald Francis Jenne (1932-2015)

Ronald Francis Jenne, former businessman (Beckwith-Bemis) and avid sportsman and outdoorsman, passed away at the Hôtel-Dieu on July 3, 2015. Son of the late Llewellyn and Margaret (Dyer) Jenne and brother of Ross (Judy) and the late Frank (Lina). Husband of the late Dorothy Pearce and the late Gabrielle Lavarière.

He leaves to mourn his beloved stepchildren Gregory (Linda), Stephen and Jeffrey (Linda) Tribble and grandchildren Megan, Lindsay, Trevor, Matthew, Jennifer and Timothy, as well as the Jenne and Lavarière families.

Visitation will take place at Cass Funeral Home in Lennoxville on Tuesday, July 7, 2015 between 6 p.m. and 9 p.m. A private graveside service will be held in Malvern Cemetery at a later date.

In lieu of flowers donations to the CHUS Foundation (530, 10e Avenue Sud, Sherbrooke QC J1G 2R9) or the Malvern Cemetery (P.O. Box 306, succ. Lennoxville, Sherbrooke QC J1M 1Z5) would be greatly appreciated.

CASS FUNERAL HOMES

3006 College St., Sherbrooke QC

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HUNTINGVILLE CEMETERY

Huntingville Cemetery annual meeting on Tuesday, July 7, 2015 at the School Hall at 7 p.m.



DO JUST ONE THING

By Danny Seo

Hummingbirds may be among the most beautiful and unusual bird species in the world, but they are also vulnerable to extinction. To help protect them, avoid using insecticides outside the home. Hummingbirds get their nutrition from nectar, so any trace chemicals can make them sick. Added bonus: They eat insects to get their protein, which keeps the insect population in check naturally.

TUESDAY, JULY 7, 2015

Today is the 188th day of 2015 and the 17th day of summer.

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

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

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

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

TODAY'S BIRTHDAYS: Marc Chagall (1887-1985), painter; Leroy "Satchel" Paige (1906-1982), baseball player; Robert Heinlein (1907-1988), author; Doc Severinsen (1927-), trumpet player; David McCullough (1933-), author/historian; Ringo Starr (1940-), drummer/singer; Shelley Duvall (1949-), actress; Jim Gaffigan (1966-), comedian;

Jorja Fox (1968-), actress; Lisa Leslie (1972-), basketball player; Michelle Kwan (1980-), figure skater.

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

TODAY'S SPORTS: In 1985, 17-year-old German tennis player Boris Becker became the youngest men's singles title winner in history at Wimbledon.

TODAY'S QUOTE: "Morals — all correct moral laws — derive from the instinct to survive. Moral behavior is survival behavior above the individual level." — Robert Heinlein, "Starship Troopers"

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

TODAY'S MOON: Between full moon (July 1) and last quarter moon (July 8).

Stanbridge East Women's Institute

The members of the Stanbridge East Women's Institute met on June 4 at Avante Women's Centre in Bedford with President, Betty Perry, presiding. Betty welcomed everyone and thanked members for their contributions to lunch.

The meeting opened with the Collect and Salute to the Flag.

Motto: The irony of life is that by the time you are old enough to know your way around, you're not going any where.

Roll Call: Share a health tip.

Agriculture: Dianne Rhicard reported on the launch of the Roland and Shirley Maxwell Pasture of the Year prize, awarded to farmers displaying exceptional pasture management. Guidelines and criteria are in the May 2015 issue of Quebec Farmers' Advocate.

Education: Pearle Ingalls Yates reported on the energy possibilities of Bio-Mass (wood byproducts). We are overlooking a wealth of energy.

Publicity: Pearle had sent report to

The Record and to Jean Page.

Jasmine Perry won the travel bag.

Grace was said. The ladies of Avante joined us for a pot luck lunch.

The next meeting will be at Jean Cogwells in Sutton on July 2.

August 6 will be at 11:30 a.m. at Barbara and Junior Harvey's in Cowansville. We are to provide salads and desserts.

Submitted by Pearle Ingalls Yates

Memorial Cemetery service at Adderley

This year the Megantic County Historical Society held their annual service at St. Luke's Anglican Cemetery, Adderley on June 21, 2015. This service was conducted by Rev. Barbara Fotheringham. The scripture were Ecclesiastes 3:1-14 and John 6:25-40 and the message was entitled, "Community of the Faithful."

This is a brief history of St. Luke's, Adderley taken from a write up by Canon Harold Brazel.

In 1875 the preaching station of St. Luke's congregation was added to the Ireland Mission - approximately 12 miles from Maple Grove. A service was held

once a month on a Sunday evening with an average congregation of 25.

In 1876, Donald Kerr sold 3/4 acres, 11 rods square of his land, Lot 13, Range 1 of Inverness to the Lord Bishop of the Diocese 'in trust'. In the same year, the church was under construction and on St. Luke's Day in 1877 the church was opened for service. The cost of the Church was \$600.

In 1878, Adderley lost families by moving to other parts of Canada. In 1880, the Church was consecrated and by 1883 the congregation had increased.

In 1886, services were held on every second Sunday and a set of burner lamps

were given to the Church so that evening services could be held. A new foundation was placed under the church in 1889.

St. Matthew's Guild of Quebec City provided an Alter-Cloth Fair Linen and a set of book markers.

Around 1900, St. Luke's Church, Adderley was added to the Mission of Inverness and the Rev. H.A. Dickson held services every two weeks.

There was a steady decline in the Anglican population. By 1934, Inverness parishes were serviced by the clergy at Leeds.

Around 1949, St. Luke's Church,

Adderley was sold. The building was used for a time as a sugar camp, later used as a machine shed.

Some of the names buried in the cemetery are: Bullard, Currie, Davidson, Dick, Forbes, Greaves, Henderson, Ives, McKillop, Parsons, Phoenix, Walker, Walsh and Wright. Many others have been buried there but have no markers.

Following the service, light refreshments were served at the I.O.O.F. Hall in Inverness.

Submitted by Sheila Allan

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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.

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 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.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE/WATERVILLE

The Lennoxville and District Community Aid will be holding their Blood Pressure clinic on Tuesday, July 14 at 164 Queen, suite #104, from 1:30 to 2:30 p.m. Waterville: clients are invited to come to the Blood Pressure Clinic in Lennoxville.

BROOKBURY

500 card party to be held on Tuesday, July 7 at 1:30 p.m. at the Centre Communautaire de Brookbury (former Brookbury Hall). Admission charged and lunch served. Everyone welcome.

Info: Brenda 819-884-5984.

WATERVILLE

The Waterville-North Hatley United Church will be holding their annual Ice Cream Social on Thursday July 9 from 5:30 p.m. to 7:30 pm. Ice Cream sundaes with cupcakes, ice cream cones, hot dogs, chips, soft drinks and coffee. Rain or shine. Everyone welcome.

ULVERTON

Ice Cream and Strawberry Social held by the A.C.W. and U.C.W. on Wednesday, July 8 starting at 6 p.m. at the Ulverton Community Centre. Bring a friend and enjoy ice cream, strawberries, various toppings, cupcakes and beverage.

LENNOXVILLE

Uplands Cultural and Heritage Centre invites the general public to its new art exhibition featuring the work of Catherine Young Bates. Her paintings will be displayed all summer from until September 6 at 9 Speid Street in Sherbrooke (Borough of Lennoxville).

SHERBROOKE

The Alumni and friends of Sherbrooke

High School, which closed in 1969, will be holding a Reunion at Bishop's University, featuring a cocktail/BBQ on July 24, 2015 and a dinner/dance on July 25. So far, 87 people have registered. For further information, please contact George Hendy at georgerhendy@gmail.com or at 514-779-1041.

RICHMOND

Come and visit the Museum of Richmond County Historical Society at 1296 Route 243 in Melbourne Township during six weeks from July 1 - August 9, Wednesday to Sunday afternoons from 1 p.m. to 5 p.m. Bilingual guides will help you appreciate a special Scots heritage exhibition which is displayed throughout the Museum together with the many other collections.

GEORGEVILLE

The 23rd annual general meeting of the Georgeville Historical Society will take place in the Murray Memorial Hall in Georgeville on Sunday, July 12 at 2 p.m. The guest speaker will be Dr. Forrester Lee of Yale University who will tell the

fascinating story of fellow Dartmouth graduate (a class in the 1820s), the Rev. Edward Mitchell, a Georgeville farmer and Baptist Minister. The Rev. Mr. Mitchell caused quite a sensation at the college. Guests are welcome.

KINNEAR'S MILLS

Annual Beef, Ham and Salad Supper, with rolls, beans and assorted desserts, on Saturday, July 11 from 4 p.m. to 7 p.m. at the Community Hall, 400 Lowry St., Kinnear's Mills. Everyone welcome.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7. fee, \$10. for 2 insertions of same notice, \$13. for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10. per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Admission charges and trade names will be deleted. No dances.

...trying to tell someone else how to discipline their kids is a very delicate subject

TUESDAY, JULY 7, 2015

Annie's Mailbox

Dear Annie: How do I tell my neighbors that it's annoying and frustrating to listen to their teenaged daughters shrieking and screaming as they're having fun outside?

Often, I want to go out and play with my dog, but I can't because these girls are behaving like 5-year-olds, screaming their heads off. There are things I need to do outside, but the noise makes it impossible. And it's horrible to have to listen to it inside as well.

The mother says she doesn't like to interfere with the girls when they're having a good time. Well, they may be enjoying themselves, but the rest of the neighborhood is not. People are just too polite to say anything.

I don't want to be offensive, rude or hurt my neighbors' feelings. These parents and their girls are sweet, good-hearted people, but it seems that the discipline and consideration for others is simply not there. I don't want the girls to stop having fun. I'd just like them to keep other people in mind, too. But trying to tell someone else how to discipline their kids is a very delicate subject.

This has been going on since the weather has warmed up. I can't even entertain outside because of the shrieking. Please help, Annie. — A Frustrated Neighbor

Dear Frustrated: You say your neighbors are sweet and good-hearted. Surely they would not want people to think their children are so annoying and disruptive. There is nothing rude or hurtful about saying to your neighbors, "We're happy the girls are having such a great time outside, but we would deeply appreciate it if they could tone it down a bit. I'm sure they don't realize how loud they are."

Unless they are breaking some local noise ordinances, there isn't much more you can do. But you can repeat to yourself that "this, too, shall pass." Soon enough, those shrieking teenagers will be off to college (or adulthood) and this will no longer be a problem. Until then, you might want to invest in some noise-blocking headphones and a fan.

Dear Annie: Two of us work with a woman in our office who sleeps propped up at her desk. She snores lightly and wakes herself up numerous times.

We have spoken to her about this, to no avail. We

don't want to tell the boss and get her into trouble. But as you can imagine, it is both irritating and distracting. How should we handle it? — Very Frustrated

Dear Frustrated: Your co-worker is not getting enough restful sleep at night. She may be burning the candle at both ends, or she may have a sleep disorder. Suggest to her that she see a doctor immediately because you are worried about her. And please don't feel guilty about reporting her to the boss. She is sleeping on the job, which affects your ability to work and your boss' bottom line. But more importantly, she may have a serious health issue that should be addressed, and that is how you should approach it — with genuine concern.

Dear Annie: Over the summer, I had a falling out with my best friend, "Alicia." I had invited all of our friends to a party, and one of them brought along a boy, "Andrew," whom she specifically wanted me to meet. I liked him. But Alicia literally pushed me out of the way so she could talk to him and made a point of diverting his attention away from me. I didn't get too upset about it.

The girls slept over, and Alicia and I were both texting Andrew. I also texted Alicia, asking her to please back off, but saying if she really liked him, I'd back off instead. She threw her phone down, screamed at me and ran off crying. We had a huge argument, and she told me I am ugly, fat and stupid and everyone hates me.

Earlier in the year, Alicia had a friends-with-benefits relationship with my boyfriend. It took a while for me to forgive her, and I never forgot. After that fight, I'd had enough. She was constantly criticizing me, making mean jokes about me and ditching me for other people.

But, Annie, she's driven away all of my friends. I feel so alone at school. Alicia has already found a new group, and they make fun of me and draw mean pictures of me. While I don't miss Alicia, I do miss the friendship. Any advice? — Lost and Lonely

Dear Lost: You are the victim of "mean girl" bullying. Alicia must have been terribly jealous to go after whatever boy was interested in you. We know it's small comfort, but in time, you will be stronger for this experience and will understand what true

friendship is. In the meantime, talk to your school counselor about the bullying, which should stop. Also, look to make friendships with others, both in and out of school. And hold your head up. This, too, shall pass. We promise.

Dear Annie: We have two groups of friends with whom we dine about every other month in restaurants. There is always someone who suggests separate checks. I find this to be poor manners, since all of these people have been to our home for lunch, dinner or holidays at some point during the year. I also believe it is a burden on the server.

And I almost forgot to mention that the host of these restaurant dinners brings the wine. What is your opinion? — RLS

Dear RLS: We aren't sure what you object to. Are these restaurant dinners supposed to be a way of reciprocating for your home meals? If so, they are not doing the job. But in general, it is neither poor manners nor a burden to ask for separate checks, provided you do so when you order.

Dear Annie: I understand "Concerned Grandpa's" pain. He noticed things on his granddaughter's Facebook page that disturbed him, and his subsequent comments created a rift.

I'm 50 and have two kids in college. All four of their grandparents are in their mid-70s and on Facebook. We have found that sometimes it is best for our kids to block not only Grandma and Grandpa, but also us, from their posts. This is easy to do and saves a lot of minor grief for everyone.

No one wants to see their child or grandchild at a party playing beer pong, doing shots, dirty dancing or taking off clothing. Honestly, they are not doing anything much different from what their mother and I did when we were in college 30 years ago. But thankfully, that was before the digital age and social media, and we weren't broadcasting our behavior to the entire world. — Scott in Northern California

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnies.

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.

"FBTSFGTLFYG CYIZ GYL RIOYBI
SDITL XGLFK VXB TG RIFGSZ, SFIG
LVI OYXDTSI TGC LVI ZLDIGSLV, XZI
FL LY ODTLI." — BTDFT BYGLIZZYDF

Previous Solution: "I was cursed with interests and some talent in many different areas. It confuses people." — Dirk Benedict

TODAY'S CLUE: A equals P

KIT N' CARLYLE



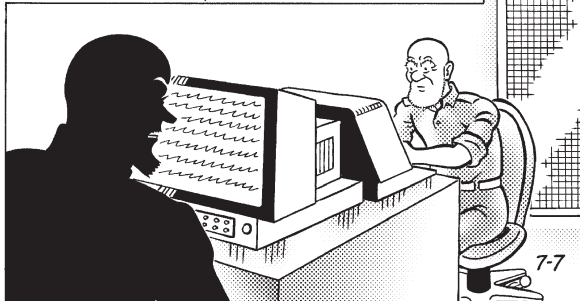
HERMAN



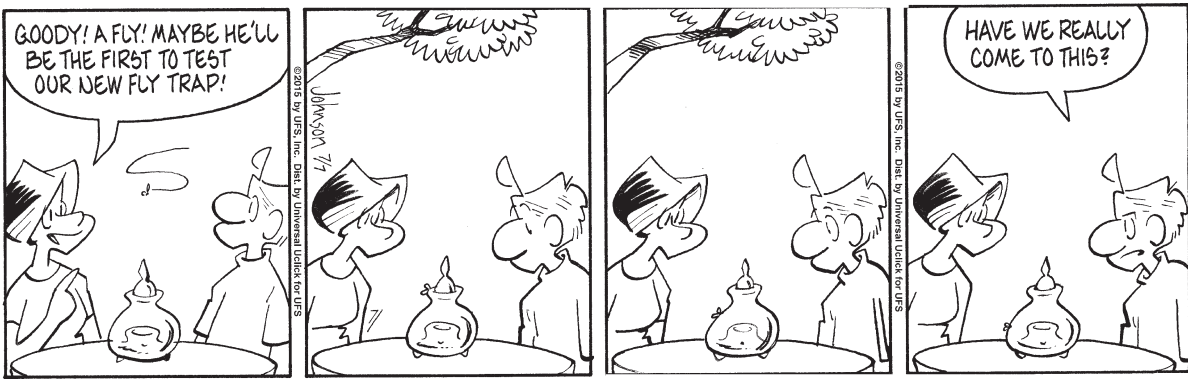
"Hey Pop! Your hearing aid has slipped down the leg of your pants!"

ALLEY OOP

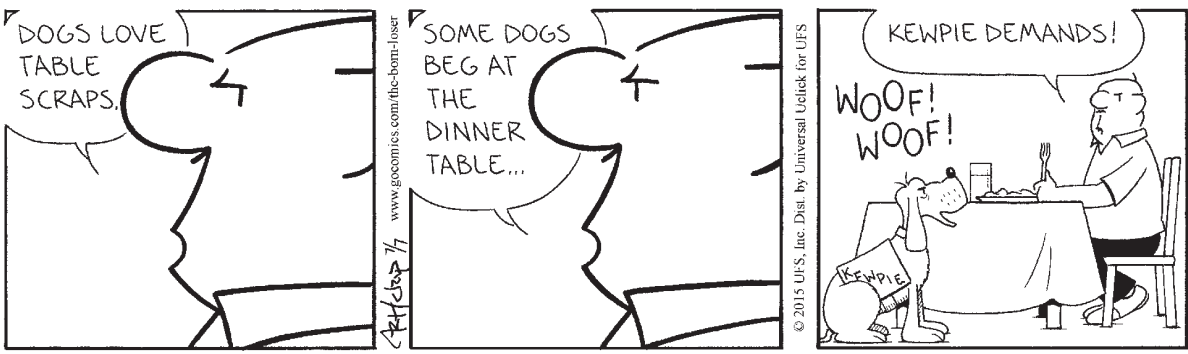
DOC WONMUG AND OSCAR TRY TO TRACK DOWN OOP AND OOLA, WHO ARE LOST IN TIME...



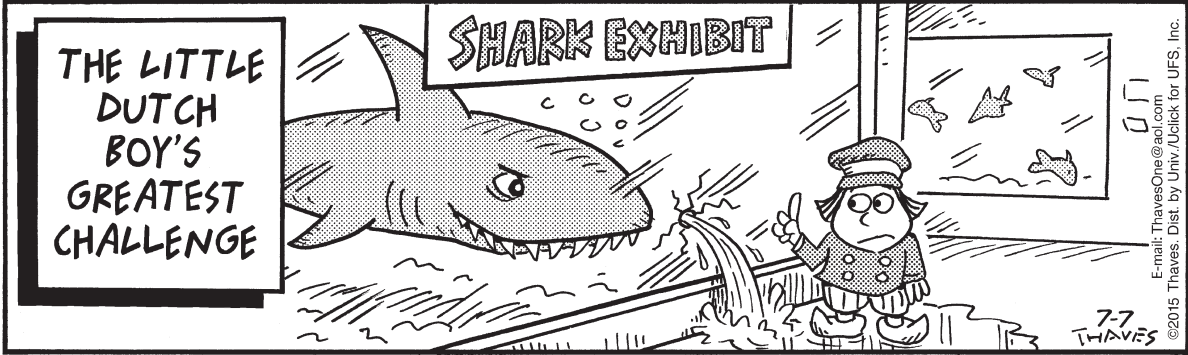
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

155 Travel

DRY CLEANING CENTRE in Medicine Hat Alberta voted #1 in the city 2 years running. 2 locations. Turn key business for sale includes building, equipment, land & phone number. Excellent experienced staff in place. Land has clean phase 3 environmental assessment report. In business for 65 successful years. Owner is retiring and will train new owners for 6 weeks. \$950,000 all in share sale. Call Gerry 403-548-0757

170 Auctions

BOAT & RV AUCTION, July 9. Selling boats, RVs, ATVs, PWCs, side/side, and more. Online timed auction. Pre-bidding begins July 7. New consignments daily. For more information, visit www.areoauctions.ca. Consignments welcome. Call 705-730-2411 or 866-375-6109.

190 Cars For Sale

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290 Articles For Sale

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294 Events

25TH ANNUAL ECHOES OF A PROUD NATION Pow Wow, July 11 & 12, on both days gates open at 9 a.m. 10 minutes south of Montreal, Kahnawake Mohawk Territory, Routes 132 & 138 (off the Mercier Bridge). General admission \$8., aged 5 and under free, 60 and over \$4. For information call 450-632-8667. Email: info@kahnawakepow-wow.com

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001 Job Opportunities

URGENT

THE RECORD

is looking for a carrier in **Sawyerville** for the following streets

Bedard, Church, Clifton, Cookshire, de la Station, High Forest, J.A. Lowry, Lisée, Principale, Randboro, St-Germain (36)

If interested in this route, please call

THE RECORD **819-569-9528**
between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

001 Job Opportunities

100 Job Opportunities

THE RECORD

is looking for a carrier for the following route in **Lennoxville** starting August 31

194 = College Street (7)

Ideal for anyone of any age in need of a little pocket money or some morning exercise.

You can contact our offices at **819-569-9528** (please leave a message after hours) or by e-mail at **billing@sherbrookerecord.com**

100 Job Opportunities

Want your ad to stand out?
For **.50** a word - **bold** it.

SUDOKU

Difficulty: 3 (of 5)

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

7-7-15

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PREVIOUS SOLUTION

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

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

Your Birthday

TUESDAY, JULY 7, 2015

You will go far this year. A new direction will lead to rewards and recognition. You may be hesitant to accept a new role, but the end result will be worth the effort and disruption. Troublesome health matters should not be ignored.

CANCER (June 21-July 22) — With some digging, you will discover more about your family history. Someone from your past will shed light on an issue that confused you. Younger family members will ask for advice.

LEO (July 23-Aug. 22) — You will get along with everyone, but your easygoing nature will make others think they can take advantage of you. Don't get coerced into taking on someone else's responsibilities.

VIRGO (Aug. 23-Sept. 22) — Joint ventures will not work in your favor. Resist the urge to criticize or correct your peers, or you will end up looking very bad.

LIBRA (Sept. 23-Oct. 23) — A healthy attitude should be your goal. Some minor adjustments to your routine will have a positive impact on your emotional well-being. You know what is best for you, so take action.

SCORPIO (Oct. 24-Nov. 22) — Enjoy spending time with a loved one. A romantic getaway will bring you closer. If you are unattached, make an effort to attend social functions geared toward singles.

SAGITTARIUS (Nov. 23-Dec. 21) — Difficulty with authority figures will surface if you have not kept your records in order. Investment, tax and legal documents should be brought up to date.

CAPRICORN (Dec. 22-Jan. 19) — Someone will want to spend more time with you. Don't lead anyone on. It's best to be honest. An old quarrel will be resolved if you make a point to clear the air.

AQUARIUS (Jan. 20-Feb. 19) — Having too many projects on the boil will tire and confuse you. Stick to what you know best and dedicate the time and focus necessary to make it a success.

PISCES (Feb. 20-March 20) — Your heightened emotional state will cause you to overreact. Make sure you understand what's being said before you respond with a remark you may later regret.

ARIES (March 21-April 19) — Your intuition will come in handy. You will be able to make wise choices in the blink of an eye. Romance is in the stars, providing a boost to your personal life.

TAURUS (April 20-May 20) — A political or charitable organization will benefit from your expertise. The experience will enhance your resume and provide you with valuable connections that will lead to a higher profile.

GEMINI (May 21-June 20) — Don't go out on a limb for someone you just met. You may end up in a compromising position if you become involved in something you didn't anticipate or approve of.

TUESDAY, JULY 7, 2015

They had to be card perfect

By Phillip Alder

Salvador Dali, a brilliant artist who had some eccentricities, said, "Have no fear of perfection — you'll never reach it."

On a given bridge deal, sometimes declarer or the defenders reach perfection, finding the winning line or defense — as in this deal. It was played by four of my students, who (unusually) requested anonymity.

How did the defense go against four spades following West's diamond-10 lead?

After East's opening bid and South's overcall, West made a negative double. That showed four hearts, but she might have held five hearts in a hand too weak for a two-heart response. Then, North was overly exuberant. She should have settled for a game-invitational sequence. (This could have been via an old-fashioned jump to three spades or a modern three-diamond cue-bid raise.) But with a surge of adrenaline, she bid four spades, hoping either that the contract would sneak home or that her opponents would make an indiscreet foray at the five-level. East was tempted with her strong hand, but allowed her quasi-balanced pattern to dissuade her from going higher.

East won the first trick with her diamond ace and accurately shifted to

North 07-07-15			
♠ Q 9 5 2			
♥ Q 9 7 4			
♦ 7			
♣ A 6 5 3			
West			East
♠ J			♥ A 7
♥ A J 5 3			♦ 6 2
♦ 10 9 6 4			♠ A Q J 8 3
♣ J 9 4 2			♣ K Q 10 8
South			
♠ K 10 8 6 4 3			
♥ K 10 8			
♦ K 5 2			
♣ 7			
Dealer: East			
Vulnerable: Neither			
South	West	North	East
1♠	Dbl.	4♠	1♦ All Pass
Opening lead: ♦ 10			

the heart six. Now West, correctly judging that this was not a singleton, put in her jack.

South won with dummy's queen and led a trump, but East dashed in with her ace and played her second heart. West won with her ace and returned the suit, which East ruffed to defeat the contract. Perfection!

Phillip has got a new website at www.bridgeforeveryone.com.

CROSSWORD

Across

- 1 Rope-a-__: Ali boxing style
- 5 French wine valley
- 10 Tough
- 14 Agile deer
- 15 Widish computer key
- 16 "Typee" sequel
- 17 Craggy outcroppings
- 18 Fielder's gear
- 19 Goes down in the west
- 20 Nautical distance unit
- 22 Twyla Tharp forte
- 23 How a 49-Across goes
- 26 Weaver turned into a spider by Athena
- 27 Zodiac division
- 28 Roping and riding contest
- 29 Daddies
- 30 Height: Pref.
- 34 L.A.-to-N.Y. direction

- 35 Paths described when things go 23-Across
- 39 Rowing need
- 40 Flag maker Betsy
- 42 Bon __: quip
- 43 Much of Santa's mail
- 45 Big name in hair trimmers
- 47 Marshmallowy treat
- 49 Hotel entrance, often, and, literally, what each set of four puzzle 35-Across contains
- 51 Actress Kelly of "The Cutting Edge"
- 53 Earns
- 54 Airing, as a miniseries
- 55 Some plum tomatoes
- 56 Concerning
- 59 Move like sludge
- 60 China company based in Stoke-on-Trent
- 61 Jordan's Queen __

- 12 Campus recruiting org.
- 13 Medicinal measure
- 21 Like a specially formed committee
- 22 Grooved on
- 23 Not as well-done
- 24 University of Maine town
- 25 Seine tributary
- 29 Cut for an agt.
- 31 Jointly underwrite
- 32 Math relationship
- 33 Skater Brian
- 36 "As I see it," in textspeak
- 37 Popular antique desks

- 38 Trudges (through)
- 41 Tries to avoid a pothole
- 44 State whose name is part of its capital
- 46 Actress Gardner
- 47 Operetta set in Japan, with "The"
- 48 "Be right there!"
- 49 Swanky
- 50 "Let's go, amigo!"
- 51 Frame of mind
- 52 __ about: approximately
- 55 Pres. Mandela's land
- 57 Also
- 58 Command from a maj.

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

- Down**
- 1 "__ & the Women": 2000 Gere film
 - 2 "Hollywood Squares" win
 - 3 Convinces
 - 4 Basic nature
 - 5 Errand runner
 - 6 Ready to chat, nowadays
 - 7 "__ you so!"
 - 8 Unfavorable change of fortune
 - 9 Before, in verse
 - 10 Hallelujah kin
 - 11 Improve

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					
51	52								53					
54						55					56		57	58
59						60					61			
62						63					64			