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MRC Haut St-François | May 14th | 10 a.m. - noon | Pope Memorial School CLC, 523 Stokes, Bury
MRC Brome Missisquoi | May 16th | 6:30 p.m. - 8:30 p.m. | Emmanuel United Church, 203 Principale, Cowansville
MRC Sherbrooke | May 17th | 1 p.m. - 3 p.m. | Amédée Beaudoin Centre, 10 Samuel-Gratham, Borough of Lennoxville
MRC Coaticook | May 21st | 1 p.m. - 3 p.m. | Elie-Carrier Community Centre, 464 Merrill, Coaticook
MRC Memphremagog | May 24th | 5 p.m. - 7 p.m. | Princess Elizabeth School CLC, 120 Bellevue, Magog

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Update on Sherbrooke's fight against the emerald ash borer

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Richmond becomes a Blue Community

Page 5

\$1.00 + TAXES

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WEDNESDAY, MAY 8, 2019

Social workers over- whelmed, union says in response to Granby death

Record Staff

The Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS) issued a response to the population's heavy criticism of youth protection services after the tragic death of a seven-year-old girl in Granby last week. The APTS is a union that regroups over 55,000 health and social services workers in Quebec.

Emmanuel Breton, provincial representative for the Eastern Townships, spoke out about the horrific story, which shook the province to its core. "Members of the Eastern Townships are deeply afflicted by this tragedy. No child should suffer, or worse, die like this in our society. It's a heartbreaking story that must absolutely confront collectively," he began.

Breton pointed out that psychoeducators, psychologists, special care counselors and social workers are passionate about their jobs. "All these people deeply care about the well-being of children, and day after day give the best of themselves to fulfill their mission to

CONT'D ON PAGE 3

Pre-Piper Classic fundraising concert



MATTHEW MCCULLY

By Matthew McCully

With the Piper Classic coming up on June 22, the Honorary Chairman for this year's tournament, Jimmy Donnachie decided to get the fundraising golf ball rolling in advance this year with a benefit concert this weekend at The Golden Lion.

Happening this Saturday at 9 p.m. the show will feature local band Big River, four fifths of which are Galt graduates.

Now in its 11th year, the Piper Classic, a Vegas-style golf tournament held at the Milby Golf Club, is a fundraiser for Galt's athletics department.

It was started by Galt teachers and

coaches Robbie Fisk, Steve Dunn and Morgan Quinn as a tribute to the late John Haller, to mark his 32-year career at the school and his dedication to school athletics.

According to former colleagues, If Haller wasn't coaching, he definitely

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Weather



TODAY:
SUNNY

HIGH OF 7
LOW OF -2



THURSDAY:
SUNNY

HIGH OF 15
LOW OF 7



FRIDAY:
RAIN

HIGH OF 11
LOW OF 5



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 12
LOW OF 1



SUNDAY:
CLOUDY
PERIODS

HIGH OF 16
LOW OF 5

HAND-IN-HAND

Camp Garagona

Camp Garagona is a community-based organisation and charity which runs a residential camp and a full range of social and recreational services, in English and French, with an emphasis on outdoor, artistic and creative activities. Camp Garagona welcomes clients living with an intellectual disability and/or an autism spectrum disorder, coming from all corners of Quebec province, year-round at our beautiful site in Frelighsburg.

At Garagona, our campers openly express themselves, learn about and participate in new experiences and most importantly, joyfully take advantage of their stay. At Garagona we consider a camper to be any person who participates in Camp services, such as the Summer Camp, weekend respites throughout the year and Day Camp Services. It may be a person living with intellectual deficiencies and/or an autism spectrum dis-

order, a child, an adolescent, or an adult.

Art exhibition in Frelighsburg

While attending Camp Garagona, campers explore various types of workshops such as cooking, art, theater and science. In recent years, the Day Activities Service has been offering activities related to the theme of

pollution to raise the awareness of participants to environmental concerns. Recently, we have discussed this topic more often because of campers' interest in it. Out of these discussions was born the idea of developing a public exhibition on the cause.

The result of our efforts is PETROART! An artistic exploration of pollution using paintings and recycled frames.

Our work is collective, each of us is part of it, whether by a brushstroke, his external eye,

his poetry, his title. The method is

adapted according to the limits, the strengths and the interests of the users. Each participant is put

forward, so after each creation, the team feels a great sense of accomplishment and pride.

It's not just a canvas, it's an artistic, social and personal approach. We are very proud to present the PETROART exhibition at the Frelighsburg Art Center to help you become part of our community.

The profit from the sales of the works will be used to purchase art materials necessary for the continuation of programs for the creative camp users.

The exhibition will take place at the Frelighsburg Art Center, 1, Town Hall Square from June 13 to July 7, 2019 with a grand opening to take place on June 16 from 2 p.m. to 5 p.m.

Hand in Hand, what's it all about?

Over the last year the *Record*, in partnership with Global Excel, has used this space on page two of the Wednesday paper each week to share news and information about different community groups and organizations working to help Townshippers across the region. Dozens of not-for-profit groups across the region have taken advantage of the Hand in Hand column space to explain their missions and share news about upcoming events.

As Publisher Sharon McCully said in her introduction to the project last year, Townshippers are fortunate to live in a caring and generous community where

neighbours care for one another and reach out to those less fortunate, but sometimes the work of helping others leaves little room beyond word-of-mouth for getting the message out to others.

As The *Record* and Global Excel get ready to start year two of this project together, we want to hear from you about the groups that are out there, hard at work, who we have yet to hear from. By sharing a group you know and care about with the paper, you allow that group to engage directly with The *Record's* 4,000 daily readers and some 44,000 weekly online viewers, while creating a resource bank of information on

services available to people of all ages in the community.

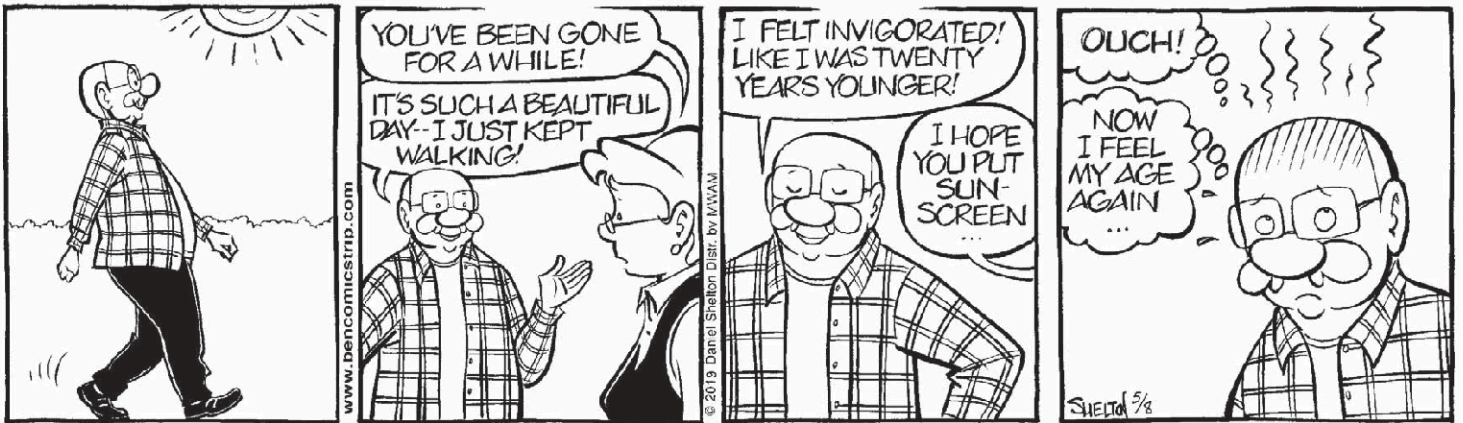
If you are a member of a group or organization working to improve the quality of life for others in the community, you are invited to contact The *Record* to be added to the list of contributors at 819-569-6345 or by emailing newsroom@sherbrookerecord.com

Even if you don't have an organization to recommend, keep watching for the Hand-in-Hand column every Wednesday on Page 2 in The *Record* to learn more about what's going on in your community.

Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



LOCAL NEWS

Trees will be distributed for ash trees owners on May 18, from 9 a.m. to noon, at Lucien-Blanchard Park.

Update on Sherbrooke's fight against the emerald ash borer

Record Staff

The City of Sherbrooke has cut down 459 ash trees from public spaces during its second tree-cutting campaign from October 1, 2018 to March 15, 2019. The City has devoted a budget of \$565,000 for tree logging, treatments, and tree planting in its fight against the emerald ash borer, an invasive insect that lays its eggs in ash tree bark, which kills the tree.

So far 23 pockets of ash borer infestation have been identified so far on the

Sherbrooke territory. Trees located under electrical systems or wilting trees were cut down first.

Most of the logged trees were replaced by trees of various species that are indigenous to Sherbrooke's ecosystem.

Sherbrooke will still have to cut down 1,778 ash trees in urban areas. The logged trees will then be transformed into pulp and paper or compost. The next logging campaign should begin on October 1, 2019 and end on March 15, 2020.

On private land, 60 per cent of the urban perimeter has been catalogued so far and 152 ash tree-cutting permits were delivered. The City should conclude the ash tree inventory process by the end of summer 2019.

Trees will be distributed for ash trees owners on May 18, from 9 a.m. to noon, at Lucien-Blanchard Park.

The City has been using a new tool to control the emerald ash borer population since summer 2018. Traps will be set at Olivier-Chauveau and Liège parks, near Mi-Vallon Boulevard and Jacques-

Cartier Street, respectively.

The Parks and Green Spaces Division will also proceed to a second period of TreeAzin treatment, which may be life-prolonging for ash trees, for 275 public ash trees as of mid-June. 176 trees were treated last year. There are 451 public ash trees that will be treated every two years. Those who wish to have their ash trees treated will have access to a discounted rate thanks to the collective treatment plan when registering on the City of Sherbrooke's website at www.sherbrooke.ca/agrile.

Pre-Piper Classic

CONT'D FROM PAGE 1

had his finger in the pie as far as cheering athletes and coaches on. After retiring from Galt, he went on to North Hatley Elementary to help with basketball there.

The first Piper classis, held in July of 2009, raised \$4,000.

The tournament continued to grow in popularity, and has raised a total of close to \$140,000 over the last 10 years for the Galt athletics department.

Donnachie hopes to continue the upward fundraising trend this year.

A former Piper, he graduated in 1987. While at Galt, he played football and soccer.

"I try and do what I can," he said. "They just don't have the money to do sports anymore. I want to give back to the school and the kids," he said, explaining why he accepted the role of Honorary Chairman this year.

"Robbie (Fisk) does a great job for the school and the kids," Donnachie said,

"and he's a great mentor."

Funds raised go towards anything from uniforms, to soccer nets, to other equipment, Donnachie explained.

A portion is also kept aside for students in financial difficulty, he added.

Donnachie took it upon himself to hire the band Big River.

He hopes this weekend's show, similar to the Piper Classic, will bring together Galt alumni for a good time and a good cause.

Donnachie had the sneaking suspi-

cion that friends and former classmates might be making it back to the Townships this weekend for brunch with mom.

The Big River show will take place this Saturday at The Lion, starting at 9 p.m.

Anyone wishing to enter a team in the Piper Classic can get in touch with Robbie Fisk at fiskr@edu.etsb.qc.ca.

Social workers overwhelmed

CONT'D FROM PAGE 1

protect children, sometimes at the expense of their own family and health. They go out of their way to find solutions and alternatives to support families and to respond to the ever-increasing demands despite the substantial lack of resources," he commented. "Too often, they are criticized, blamed, insulted, even sometimes physically assaulted, but they continue to be involved with Quebec's most struggling children and families. And yet their work is rarely valued or considered."

According to Breton, staff working in Child and Youth Protection Centres (CPEJ) face difficult conditions in the Townships. "Employees frequently resort to salary insurance because of burnouts, excessive workloads, and excessive administrative duties. Teams are overworked, out of breath, and are unable to meet demand in several departments," explained Breton.

Evaluation delays are too long, reporting rates have increased with no additional resources, and many positions are left vacant. According to the Ministry of Health and Social Services, the average waiting time is 26 days. However, the Eastern Town-

ships has the worst waiting period in the province, according to a report from Radio-Canada. In fact, they reported that families in the Townships wait on average 61 days for an evaluation. "Social workers are pressured to reduce waiting lists. They are asked to go faster. That impacts the quality of services. Less time with each client necessarily increases the risks for mistakes," said Breton.

"It is time to thoroughly analyze the system, the Youth Protection Act, and this province's services and needs. Things must change before another tragedy happens. It is time to reinvest in social services and health care, the quality of child services and the health of our workers depends on it," concluded the provincial representative.

A seven-year-old girl was found in extremely poor condition at her family's home in Granby on April 29, where she had been isolated and tied up in the house. She was taken to the hospital, where she died after spending several hours in a coma. Despite her case being well-known by youth protection services, the police, schools, and health services, it was ruled in court that she should remain in the custody of her father and step-mother, who were arrested following her death.



Help us learn more about the reality of print media in Quebec.

QCNA received funds from the Secrétariat aux relations avec les Québécois d'expression anglaise to conduct a study on the effects of the closures of community newspapers in Quebec.

As such you might receive a request to participate in our upcoming survey about community newspapers from invitation@web.som.ca. We thank you for taking the time to respond.

This project is funded by the Government of Canada. Ce projet est financé par le Gouvernement du Canada.

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THE PET CONNECTION



Jen Young

We have over 60 animals with us. This fact may be difficult for people to believe since when they look in our “For Adoption” folders on Facebook; where people are directed to go to see all our animals ready for a new home, they will only see about 25. Why do we have so many that aren’t ready for adoption? We are not just a rescue. We are also a sanctuary. Which means, we do not euthanize animals who cannot be adopted after saving them from being euthanized unless they pose a danger to us. When animals come to us, they stay with us for several weeks so that we can get to know them as well as we can. We let them adjust and relax so that we can get to know their real personalities. There is NEVER any sense in judging an animal when they first come in because their personalities are altered by fear and excitement. Only after they have adjusted

to our routine and life do we begin doing testing with other animals, testing with different situations; like grooming....Once they have adjusted and they test poorly then they still cannot be adopted until we are sure that they will adjust well in a new home with strangers in a fearful environment and some, due to age or illness will always stay with us. If they cannot be trusted out of my hands, they become part of our sanctuary pack, which we have about 11 dogs and 9 cats that fall in that category. Others we hope to be able to work with and help them become ready soon.

We have a few that will most likely always stay in our sanctuary pack and we have become their masters, BUT, it does not mean that they do not appreciate and need the same support our animals waiting patiently for a new home deserve. In fact, our guys who live with us permanently need just as much support as all the others. We feed them the best food, they get any vet care necessary and they get bones and toys, which we appreciate support with.

One boy who will never leave us is Thunder. Thunder is about 7 years old now. He is a Shepherd mix. When he came in he was FEROCIOUS! Literally, he tried to attack my son, Cody. Because I was at the vet dealing with an emergency, Cody welcomed Thunder in. It was a scary first meeting for Cody. For weeks, handling Thunder had to be

done with extreme care. But what happened over those weeks was Thunder became VERY attached to Cody. Funny, since he wanted to eat him when he met him, but then Cody became this dog’s master. Since that time, which was over a year ago, Thunder continues, despite many efforts involving a muzzle and mocked situations, to show a serious distrust in strangers and will lunge with no warning. Since he knows us and trusts us, he is now balanced and a good boy, but out of our hands he is not trustable. Therefore, Thunder is part of our Sanctuary pack.

Also in our Sanctuary Pack is Tasha. Tasha is a Rhodesian mix and she came to us over 3 years ago now. She came in a snarling and snapping mess. Over time, she adjusted and began to enjoy her new routine and new friends, BUT, she is still VERY distrusting of strangers. She will still snarl and snap at a stranger. Because I cannot trust her out of my hands, she too is part of our Sanctuary Pack.

Our Damon has been part of our Sanctuary Pack for 4 years now. In all he has been with us for almost 6 years and he is going on 8 years old. Damon is a Red Nosed Pittbull who was never good with other male dogs. He is good with females; infact Candy (our female pitbull) is his best friend, but not good with males. When he first came in, he went on a few trials over the first year or two, but each time he came back to

us with another issue. When he left he was good with cats, but because of an experience in a trial with a stray cat, he became afraid and very aggressive with them. After another trial he came back timid of strangers. Damon grew to flourish and adjust with us. He has friends who he loves to play with and we all adore him so, to keep him safe and happy, he became part of our Sanctuary Pack where he can live his life in peace and never have to be put in any dangerous, for him, situations. We are his family.

We have 5 other dogs who are a permanent part of our Sanctuary Pack and 8 dogs who we are working with to get to a point where we know them well enough to find them the perfect home. While some have dislikes, or quirks, it just means they will need to find the perfect home, which is why we work hard to get to know them well to be able to find them that. The rest are either for adoption or waiting for vet care needed to be able to be adopted. In all, we have 34 dogs with us. ALL of these dogs, whether they are part of our Sanctuary Pack or dogs we are working with, or dogs who will soon find a new home, are who benefits from your support and help. So, while their photos are not on the page, or in the album, know that they ALL need and appreciate your support. As do we. We all thank you.



Damon



Tasha



Thunder

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.



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My Take:

By Gordon Lambie

It's not a very common anymore, but people used to call the internet an "information superhighway" because of the way it allows large amounts of information to be shared around the globe nearly instantaneously.

As people in Quebec know well, aging roads tend to develop potholes. Left unchecked, small cracks become big, axle-breaking fissures that, hit at high speeds, can have devastating consequences.

The same is true for the "information superhighway." Some websites have become vigilant about taking down or modifying stories that are no longer accurate in an effort to patch those holes in the road, but countless incorrect or out-of-date articles are shared online every day by well-meaning but inattentive web-browsers.

Websites hosting information have a duty to ensure that their content is still true, and readers need to help by calling out errors, so that we can all drive a little safer.

High speed internet services coming to Coaticook MRC

Record Staff

Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Minister of Agriculture and Agri-Food, was in Baldwin's Mills last week for the start of installation work for fibre optic cable in the Coaticook MRC. Having received financial assistance from both federal and provincial governments, for an amount of just under \$8.8 Million, the Table d'action en communication et en technologie de l'information de la MRC de Coaticook (TACTIC) has now begun working on the project.

"High speed internet access is essential in the digital age and this will contribute, in a concrete manner, towards

the economic development of our 12 municipalities in the Coaticook MRC," Bibeau said. "I am proud to partake in this announcement launching a project that our region was eagerly awaiting for."

TACTIC is an organization created by the Coaticook MRC to ensure that the Coaticook region would have universal access to reliable telecommunication services that are accessible and that respond to the community's needs. TACTIC then went on to develop a project for its whole territory to make sure that residents who had little service could, from now on, have access to fibre optic service right to their house.

Réjean Masson, president of TACTIC and Mayor of Martinville, unveiled the

commercial form of the fibre optic project on Friday. Over the upcoming weeks, the new company, Fibrile, will carry out the installation work.

"Fibrile will replace the wireless technology, which TACTIC was using to provide Internet access, with a technology strictly using fibre optic cable," Masson said. "In addition to offering high speed internet services, they will propose, thanks to their new network and new equipment, television and telephone plans. The project proposes to build a network of close to 1 000 km with all the equipment needed to operate it. It's great news for the all residents of the area."

The first stage of the installation project will take place in Baldwin Mills.

Simon Madore, Prefect for the Coaticook MRC and Mayor of Coaticook, said he is quite pleased by this announcement and the start of Fibrile's work.

"I am thrilled that TACTIC is finally deploying its telecommunication services — high speed Internet, television and residential telephone services — to the residents of the 12 municipalities of our MRC so as to offer them high performance services," he said.

Fibrile and the Coaticook MRC are inviting residents to consult the Fibrile.ca website to check and see if their residential address will be serviced in the upcoming months and also to register if they wish to be kept abreast of future information and developments.

Quebec Liberal Party sets out rules for leadership race

Record Staff

The Quebec Liberal Party held its first General Council since losing its place in government in the 2018 provincial election this past weekend in Drummondville. As a part of the gathering, the party leadership took the opportunity to lay out the rules for the race to find a successor to former leader Philippe Couillard, with a decision planned for spring of 2020.

The rules were established following consultation with members and various Liberal bodies.

- 4 debates will be held: 2 in the East

and 2 in the West, one of which will be held in English;

- The votes will be weighted by riding, to ensure regional representation, and will take place in two rounds where party members will rank candidates by order of preference.
- Young people aged 25 and under will have one third of the voting power, as laid out by the party's constitution;
- Votes can be cast via telephone or online;
- The race will be no longer than 7 months, with the starting date to be confirmed within the next few weeks;
- The maximum amount for campaign

expenses is set at \$500,000, excluding the deposit of \$60,000 submitted in support of a candidate's nomination forms;

- To support their nomination, candidates must collect the signatures of 750 members in good standing from at least 70 ridings and 12 regions. 250 of these signatures must come from people who became members in good standing after May 5, 2019;

The rules governing the leadership race are available on the Liberal Party website..

Over 600 Liberal supporters from all of Quebec's regions took part in the Gen-

eral Council, which organizers say represents the largest number of participants at a General Council since 2015.

"The Quebec Liberal Party's renewal is well underway," said Pierre Arcand, Interim Leader of the Quebec Liberal Party. "Supporters from all of Quebec's regions sent a clear message that they are ready to build Quebec's future. The QLP's strength is bringing people together and this event once again proved that to be true. We are on the road to victory in 2022."

Richmond becomes a Blue Community

Record Staff

The town of Richmond has received a Blue Community certification by Eau Secours, an organization that promotes water protection and management in an environmentally-conscious, equitable, and accessible manner. In order to obtain the certification, the town committed to recognize the human right to water and basic sanitation, to promote the public management of water, and to progressively eliminate the sale of water bottles in municipal buildings and during events.

After Danville's certification on January 28, Richmond has become the Townships' second Blue Community and the ninth in all of Quebec.

The certification was delivered by Alice-Anne Simard, Eau Secours's general manager, with Richmond Mayor Bertrand Ménard. "With our new well, that cost over \$800,000, and our constant investments to improve our drinking water installations and our sewage treatment plants, we are glad to receive this certification. Our goal is not only to gradually eliminate the sale of plastic water bottles in the town's installations,

but it is also to send a clear message that the town of Richmond is and will be a town that protect everyone's access to a high quality water at a low cost," said Ménard.

Eau Secours congratulated the residents of Richmond, as well as the town's administration, for working towards becoming a Blue Community. "The Blue Community project has received significant interest since our campaign's launch, just six months ago. We are glad to see Richmond add itself to the list of Blue Communities, with Amqui, Danville, Nicolet, Rivière-du-Loup, Mon-

treau, and Trois-Rivières, which have made this important commitment towards the protection of water as a human right," said Simard.

The Blue Community project is an initiative that began in 2009, resulting from a partnership between Blue Planet Project, the Canadian Union of Public Employees, and the Council of Canadians. It is coordinated in Quebec by Eau Secours. The province on its own now regroups over 10 per cent of the world's Blue Community.

EDITORIAL

Recent calls for a Global Green New Deal are more ambitious in their suggestions for overhauling existing multilateral institutions that govern the global economy and making reparations to less developed countries.

The Green New Deal is going global

By Kyla Tienhaara
Canada Research Chair in Economy and Environment, Queen's University, Ontario

It's the third period of Game 7 of the Stanley Cup playoffs and we're trailing, badly. It's time to pull the goalie and send out the top forward line. We don't know if we can actually win, but we're going to give it everything we've got.

In hockey-obsessed Canada, this is an appropriate metaphor to explain to the public why we need a bold and comprehensive strategy to tackle climate change. We're running out of time to avoid catastrophic levels of warming and what we have been doing to reduce greenhouse gas emissions hasn't been working.

It's time to try something new, like The Pact for a Green New Deal, just launched by a large coalition of youth, workers, Indigenous leaders, artists and scientists. The plan would see Canada cut emissions in half in 11 years – in line with what the world's scientists have demonstrated is necessary to avoid the worst impacts of climate change – and do so in a manner that will “leave no one behind.”

A growing movement

In proposing a Green New Deal, the Canadian coalition joins a growing movement that aims to dramatically shift the scope and speed of action to address the current ecological crisis.

While many will associate the Green New Deal with Rep. Alexandria Ocasio-Cortez, the freshman United States congresswoman from New York, the idea has actually been floating around for more than a decade. It's also not an exclusively American idea.

The framing obviously draws on American history and the original New Deal. However, President Franklin D. Roosevelt's plan was heavily influenced by British economist John Maynard Keynes.

It is, therefore, quite appropriate that the Green version was born in the U.K. with the formation of the Green New Deal Group in 2007. More recently, the shadow treasury minister, Clive Lewis (Labour), and U.K. Green Party MP Caroline Lucas jointly tabled a Green New Deal private member's bill in British Parliament.

The European Greens also have a long-standing Green New Deal manifesto. Last month, the Democracy in Europe Movement 2025 (DiEM25) launched a Green New Deal proposal that would see €500 billion invested per year to transform Europe's infrastructure and energy systems. And Spain's Socialist Party was just re-elected on a Green New Deal Platform.

Further afield, Korea launched a Green New Deal in 2009. In the same year, the United Nations Environment Program proposed a Global Green New Deal that largely focused on how G20 countries could maximize the environmental benefits of fiscal stimulus packages rolled out in the wake of the global financial crisis.

Recent calls for a Global Green New Deal are more ambitious in their suggestions for overhauling existing multilateral institutions that govern the global economy and making reparations to less developed countries.

What's new about the Green New Deal?

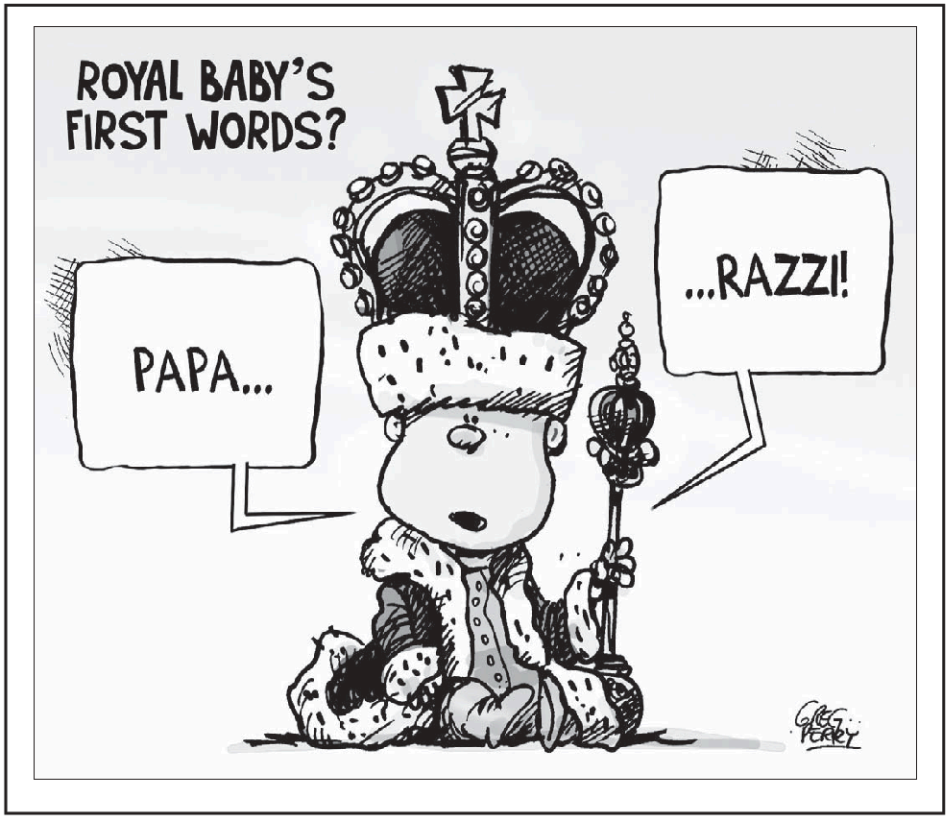
If the idea of a Green New Deal has been around since 2007, why all the fuss about it now? And is everyone who is using the term actually talking about the same thing?

Ocasio-Cortez deserves much of the credit for making the Green New Deal both exciting and accessible. But there has also been an important shift in the scope of Green New Deal proposals, which may account for some of their increased popularity.

The main element that all Green New Deals share is that they are government-led. As noted in the Canadian proposal, “the federal government, in collaboration with all other levels of government and Indigenous Nations, has the capacity to pull this off.”

The focus on government leadership distinguishes Green New Deals from the neoliberal approaches such as creating markets or voluntary industry standards that have been the dominant response to the ecological crisis in most countries for the past 30 years.

While Green New Deal proposals share a Keynesian interventionist economic model, they differ in other respects. Most of the Green New Deals proposed and implemented immediately following the



global financial crisis in 2009 were based on the theory of ecological modernization and accordingly focused on investments in technological solutions.

Today's proposals have a stronger focus on environmental justice; they call for investments in technology and infrastructure, but also highlight the structural inequality that is endemic in the current economic system and seek to address it.

For example, the U.S. Green New Deal includes universal health care and a job guarantee. The Canadian proposal has a strong focus on upholding the rights of Indigenous peoples, many of whom are at the front line of the resistance to contentious resource projects.

The idea of a strong role for government and justice-focused outcomes may get the neoliberal commentariat all hot and bothered, but their “Eek, socialism,” scaremongering doesn't appear to be resonating with the public.

Arguably, supporters of the Green New Deal should be less concerned about the influence of the right-wing pundits railing against the idea and more about the real intentions of some industry leaders who are eager to get involved. The fossil fuel industry has recently shifted from a focus on manufacturing uncertainty about climate change to qualified support for carbon pricing and could change tactics again if there is an opportunity to secure public handouts through a Green New Deal. The nuclear industry is already positioning itself to benefit.

Keeping the Green New Deal both green and just will be an uphill battle. But it is one worth fighting.

Kyla Tienhaara receives funding from the Canada Research Chairs program (Government of Canada).

Letters

To the Editor

On Monday a report was released by a UN-affiliated group that confirmed that human activity is causing serious damage to our planet. While this has been known for a quarter century or more, the report drew attention to the frightening rate at which we are contributing to the extinction of both plant and animal species around the globe, and the loss of the biodiversity that ensures our own existence.

What can we do?

This paper regularly runs a small column entitled Do Just One Thing. The one thing I'd like to see that might be one miniscule step towards curbing the harm we do is to shut off our idling engines.

Twenty years ago it was in the depth of winter that I'd notice people sitting in their idling cars. Now I see it in all seasons. I notice empty idling cars at the post office. I spot a spouse sitting in an idling car in the grocery store parking lot. Not to mention the parent who sits for a quarter of an hour in front of the elementary school waiting for their child.

You'd think that even if these motorists were totally oblivious of their unnecessary CO2 emissions, they'd at least be conscious of the money they're wasting on gas. It seems not.

Would some sort of public awareness campaign help?

In the meantime, if you're going to do just one thing...turn off that idling engine!

NICK FONDA

THE RECORD

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Local Sports

Brazel (Ayer's Cliff) and Naylor (Compton) won the gold medal in the senior boys doubles category at the Galt Badminton Tournament by going undefeated the entire tournament.

Brazel, Jacklin, and Naylor named Piper Athletes of the Month

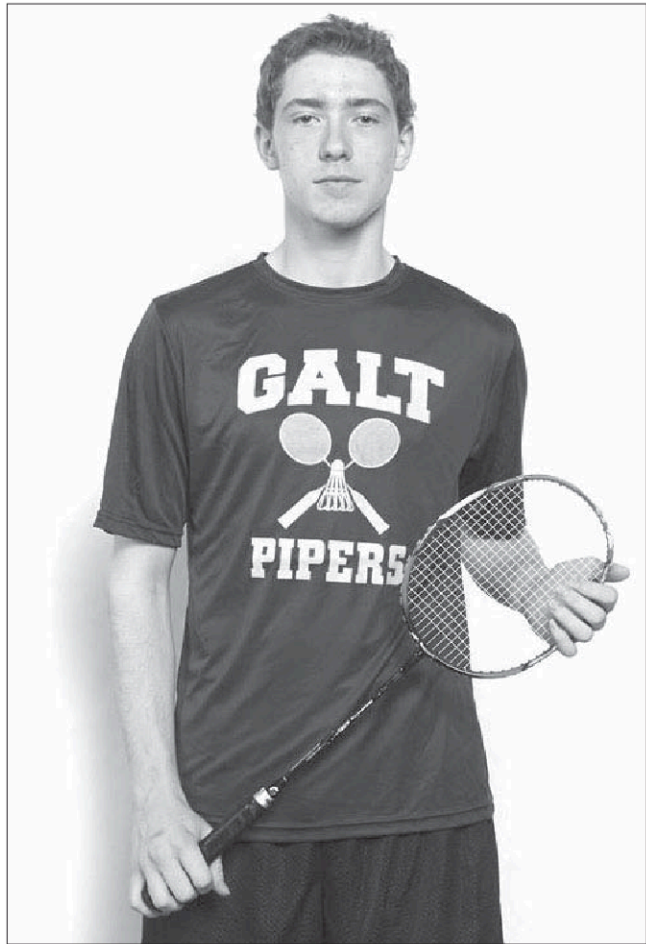
Submitted by Robert Fisk
Alexander Galt

Lillie Jacklin, Michael Brazel and Ryan Naylor have been the Piper athletes of the month for April at Alexander Galt High School. As a member of the Senior girls badminton team, Jacklin finished second place in the single girls category during the 49th annual Galt tournament. She

lost the best two out of three in game three in a hard fought battle. The Bury native always brings a good attitude, smile and a great work ethic to every practice. The 15-year-old has been part of the sports concentration program for four years where she has trained in basketball and badminton. As a grade 10 student, her work ethic in the classroom is impeccable where she sits on the Principal's List.

Brazel (Ayer's Cliff) and Naylor (Compton) won the gold medal in the senior boys doubles category at the Galt Badminton Tournament by going undefeated the entire tournament. They also competed in the RSEQ basketball provincial championships in Chicoutimi after winning the regional championships. They were both instrumental in helping their team achieve this level of competition. As graduating students they have

been part of the sports concentration program all five years by training in a variety of sports like basketball, badminton and soccer. They are fierce competitors on the playing field with a high level of sportsmanship. Academically, they sit on the Honor Roll List with an 80% average. Brazel will pursue his basketball career at Champlain College after being recruited by their coach Matt MacLean.



Michael Brazel - Senior Badminton



Lillie Jacklin - Senior Badminton



Ryan Naylor - Senior Badminton

Impact limp into game against New York Red Bulls without Piatti, Sagna

By Julian McKenzie
THE CANADIAN PRESS

The Montreal Impact's sagging offence will have to make do without star winger Ignacio Piatti for at least another week. The Impact will be without Piatti for their next two road games, Wednesday against the New York Red Bulls and Saturday against FC Cincinnati. The Argentine star has already missed eight straight contests dating back to March 16, when he suffered a right knee injury in a 3-1 win over Orlando City SC. "It's not only tactical adjustment, it's (his) leadership of the team," Impact manager Remi Garde said. "Especially this group is quite young this year. It's unfortunate that we cannot rely on Nacho's experience. This kind of player can absorb the pressure during the games."

Piatti has played in just three games this season, scoring three times. He has 66 goals in 127 career MLS games. The Impact have held the fort to the best of their ability without their star, posting a 3-3-2 record over the last eight games and holding down third spot in the Eastern Conference. But the Impact have lacked scoring punch, with just one multi-goal game over that span. Montreal is also coming off a 2-0 loss to Red Bull rival New York City FC at home. "On the field, he's easy to find," Impact midfielder Saphir Taider said. "When he's not there, you have to make do and adapt. But it's true when he's on the field, he frees up space." "His absence feels cruelly felt," Garde added. "A guy like Saphir works well with Nacho and takes advantage of his presence. He often attracts two or three players around him to free space for his

teammates around him." The injury list also doesn't stop at Piatti. Defender Bacary Sagna will miss a second straight game Wednesday as he recovers from a sore hamstring. The Frenchman practised on his own Monday morning but he will not fly to New York. However, Garde didn't say whether or not he could join the team in Cincinnati later in the week. "We try to manage as best as we can to have more bodies available for these two games," Garde said. Since the injury in March, Piatti has spent most training sessions at the Centre Nutrilait running by himself or with fellow injured players. He recently began training with the team, but he left last Tuesday's practice early with what turned out to be muscular soreness. Garde suggested that the soreness may be the result of the knee injury he suffered.

"It's a blow," Garde said. "We don't want to complain. We have to find solutions. So far, we have done pretty well on that." The Impact won't have too much time left to lick their wounds from their loss to NYCFC Saturday evening at Saputo Stadium. Montreal will face a Red Bulls team that is coming off back-to-back wins over FC Cincinnati and the Los Angeles Galaxy. "They've changed their style of play in their last two games," Garde said. "But they've kept their principles which is to be aggressive and high press their opponents all the time. We'll need to adapt to that." "We'll go to New York with the desire to take points and be a tough road team to continue our good start to the season," Taider added.

Death	Death	Death	Death
 Lorna Bernice GUNTER (1936-2019) Passed away peacefully at the Centre D’Hébergement Richmond on Thursday, May 2, 2019 in her 83rd year. Beloved wife of the late Lorne Lyster and mother of Cecil (Suzanne), Laura, Beverley (Pierre), Tina, Wesley (Manon), Late Karen (Dave), Claire (Paul) and Jamie (Julie). She also leaves to mourn her brothers and sisters Calvin (late Florence), Julia (Wayne), late Jack (Pat), Merlin (Mary) and the late Gary (Heather). She was the loving grandmother of 16 grandchildren and 12 and a half great-grandchildren. Visitation will take place at Cass Funeral Home, 295 Principal Street South, Richmond Quebec on Thursday, May 9, 2019 from 7 p.m. to 9 p.m. and on Friday, May 10, 2019 from 10 a.m. to 11 a.m. followed by the funeral service at 11 a.m. Interment in the Maple Grove Cemetery. CASS FUNERAL HOMES 295 Principale S., Richmond QC PHONE: 819-826-2502 FAX: 819-564-4423 www.casshomes.ca	 Doreen Rand (nee McCormick) Passed away at the CHUS Fleuri-mont, on Friday, March 8, 2019 at the age of 92. Beloved wife of the late Clinton Rand. Dear mother of Robert (Doris), Ruby (Bruce) Pehlemann, Richard (Delma), the late C. Dale and Trudy (Alvin) Doherty. Grandmother of 13, great-grandmother of 24 and great-great-grandmother of 1. Sister of Donald and Clifford (Violet). A graveside service will be held on Saturday, May 11, 2019 at 2:00 p.m. at the Maple Leaf Cemetery, Randboro with Rev. Tami Spires officiating. As memorial tributes, donations to the Wales Home, Diabetes Quebec or to the Maple Leaf Cemetery would be appreciated by the family. CASS FUNERAL HOMES 3006 College St., Sherbrooke QC PHONE: 819-564-1750 FAX: 819-564-4423 www.casshomes.ca	 Beverley Anne McKenna Nov. 26, 1932 – March 20, 2019 It is with deep sadness that we announce the passing of our beautiful mother Beverley Anne McKenna (nee Morrill) at Hotel-Dieu (CHUS) Sherbrooke on March 20, 2019 in her 87th year. Loving wife of the late Edward B. McKenna and dear mother of Marty (Tammy Kinnaman), Kelly (Manuel Arruda), Sean (Martine Roy) and Kim (Scott Hardy). Beloved grandmother to Michael, Jarrett, Amanda, Olivia, Stephanie, Kristina, Megan, Elyssa, Rebecca, Kaitlin and Hannah. Dear great-grandmother to Amy, Justin and Theo. Beverley was born on November 26, 1932 to parents Harriet (Lodge) and George Morrill. She is predeceased by her sister Betty Ingrey (late Eric Ingrey) and her brother Bob Morrill (Helen Morrill). Beverley married Eddy September 29, 1956 in Danville, Quebec and within a month moved to Zimbabwe for two years before returning to Canada where they lived in the communities of Asbestos QC, Matheson ON and Baie Verte NL. In retirement, Beverley resided in Danville QC and the Wales Home in Cleveland QC. In their life together, Bev and Eddy loved travelling and visited many countries across the globe. She cherished her summers with her family at the cottage on Silver Lake. She loved country drives, treating her family to Sunday brunch, and playing Chinese checkers and gin rummy with her grandchildren. She was a life long hockey fan, cheering on her favourite teams, the Buffalo Sabres and the Montreal Canadiens. Most of all, Beverley was a kind and loving person with a generous heart. We love you Mom with all our hearts. You will be dearly missed. The family would like to share our sincere thanks and appreciation to all the staff at the Wales Home for the loving care provided and for helping our mother to truly feel at home and comfortable while she was a resident. There will be a celebration of life held on Saturday, May 11th at 2:00 p.m. at St. Augustine’s Anglican Church, 73 Rue Du Carmel, Danville QC. People are welcome to arrive at 1:00 p.m. to meet with the family. In lieu of flowers, donations to The Wales Home, Cleveland QC would be greatly appreciated. CASS FUNERAL HOMES 295 Principale S., Richmond Qc www.casshomes.ca PHONE: 819-826-2502 FAX: 819-564-4423	

Funeral Service

OWEN, William – “Death leaves a heartache no one can heal. Love leaves memories no one can steal.” Funeral services for Willam (Bill) Owen, June 9, 1922 - January 25, 2019, will be held on Saturday, May 11, 2019 at 2 p.m. in All Saints Anglican Church, Hereford, Quebec. Friends and family are asked to come honour a life well lived. Lunch will be served downstairs at the church immediately following the service.

Cemetery Meeting

NORTH HATLEY (REEDSVILLE) CEMETERY

The North Hatley Cemetery Association will hold their annual meeting on Saturday, May 11, 2019 in the Chapel, 3425 Capelton Road, North Hatley, QC.



WEDNESDAY, MAY 8, 2019

Today is the 128th day of 2019 and the 50th day of spring.

TODAY’S HISTORY: In 1877, the first Westminster Kennel Club Dog Show was held in New York City.

In 1902, Mount Pelee erupted on the island of Martinique, destroying the city of Saint-Pierre and killing an estimated 30,000 people.

In 1945, Victory in Europe Day (or V-E Day) was celebrated as the Allies accepted Nazi Germany’s unconditional surrender, ending World War II in Europe.

In 1973, a 10-week standoff in Wounded Knee, South Dakota, between federal authorities and American Indian Movement activists ended.

TODAY’S BIRTHDAYS: Harry S. Truman (1884-1972), 33rd U.S. president; David Attenborough (1926-), TV personality/-environmentalist; Don Rickles (1926-2017), comedian/actor; Thomas Pynchon (1937-), author; Ricky Nelson (1940-1985), singer-songwriter; Toni Tennille (1940-), singer-songwriter; Mike D’Antoni (1951-), basketball coach; Bill Cowher (1957-),

football coach/analyst; Lovie Smith (1958-), football coach; Enrique Iglesias (1975-), singer-songwriter; Adrian Gonzalez (1982-), baseball player.

TODAY’S FACT: Pharmacist John Pemberton sold the first Coca-Cola soft drink on this day in 1886.

TODAY’S SPORTS: In 1978, Reinhold Messner and Peter Habeler became the first climbers to ascend Mount Everest without supplemental oxygen.

TODAY’S QUOTE: “The general public has long been divided into two parts; those who think that science can do anything and those who are afraid it will.” – Thomas Pynchon, “Mason and Dixon”

TODAY’S NUMBER: 418,500 – total U.S. military and civilian deaths in World War II, according to the National WWII Museum.

TODAY’S MOON: Between new moon (May 4) and first quarter moon (May 11).

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.

PTSD and forgiveness

Dear Annie

WEDNESDAY, MAY 8, 2019

Dear Annie: Your recent column signed by “Blamed for Bedlam” struck a chord with me, and I’d like to share my story.

For 60 years, my brother and I were the closest of friends. He is godfather to my children, and you could even say he was a “soul father” to them as well. With my mom, we were a very close-knit family unit. I am in my mid-60s now. My mom lived with my husband and me, and our children, until she reached the age of 93.

Our home was the hub of parties and family reunions. It was always packed with people and love, and my brother, single at the time, was a daily visitor. You should know that we both had suffered a trauma when we were young, when we lost a sibling when we were in our early 20s.

But later in life, my brother changed. Something triggered resentment toward me — and everyone we knew. He wrote a book about the family, in which I was figured as the mean, manipulative, abusive sister. He cut links with my children. He removed us from his Facebook “friends,” and he refused to answer my phone calls or to call back. I was at a loss, just like those parents are at a loss with their son. I know he panics when he sees me; I know he says that “he needs space.” However, if anyone needed space, it was me when he was dropping in daily, and I never thought of even asking for that.

I had started blaming myself for things I did not do. I just did not understand. At a loss, I went to a group here in Montreal that helps people cope with family members who have emotional and mental illness. They saved my life. They explained that he had had a trauma at a young age, followed by other traumas, and, being the sensitive soul he is, this triggered PTSD, or, in my brother’s case, borderline personality issues. I was told to take care of myself. I was told not to blame myself. I was also told to protect myself and refuse to be emotionally manipulated.

In short, please have mercy on his parents who must be at such a loss and in so much pain. Please direct them to see a family therapist to help them cope with this sudden, uncalled for, radical metamorphosis of their son. Let them not blame themselves, and let them know that by following the advice of this group, I came out strong. My brother and I are on much better terms. He still forgets and hurts me. But he is in touch with my children, my husband, my friends and our cousins. I have even become his friend on Facebook! And at the end, love wins. We love, forgive and, with

time, forget. — Forgiving and Forgetting

Dear Forgiving: Congratulations on repairing your relationship with your brother. Healthy and strong family relationships are a gift and can serve to strengthen our own self-esteem and sense of love and support in the world. I am printing your letter to show others who are going through similar situations that they are not alone, that there is hope and that being patient can be a gift. Your group therapy sounds wonderful. Thanks for sharing your experience.

Dear Annie: I’ve been working at the same company for the last 10 years. It’s a small office that trains temps, so we have new people all the time. I train them on office work. Though I’m friendly with each new employee, it’s rare for me to get to know people on a deep level when they only stay for a few months or so. So, we normally talk about TV or what we’re eating for lunch or light gossip around the office. We recently hired a new girl for the temp program, and I’ve never seen her eat more than a few veggie sticks for lunch. I jokingly asked about it the first day. She said she’d forgotten to buy groceries. But this has been going on for a few weeks now, and she’s already thin as a rail. I don’t feel very comfortable approaching her about her eating habits, but I also don’t feel comfortable watching someone waste away either. I don’t know much about eating disorders, so I was hoping you could help me on how to approach this — or not. — Concerned Co-worker

Dear Concerned Co-worker: Matters of health are incredibly sensitive and, in the context of the workplace, best handled by the human resources department. Express your concerns to HR and not to any other colleagues. Also, see the National Eating Disorders Association’s Workplace Toolkit at <https://www.nationaleatingdisorders.org/learn/help/workplace>, and call the NEDA’s hotline at (800) 931-2237 if you’d like further guidance.

Dear Annie: We are a group of senior citizens who get together once in a while. We invited a few couples over to our house for dinner. One of the couples just asked if they could bring their neighbors. We have NEVER asked if we can bring our neighbors to one of their events. We feel the request is inappropriate. How do we politely decline? — Puzzled

Dear Puzzled: To have brought their neighbors without asking would have been inappropriate, but I don’t think it’s rude for them to have simply asked. Try to give them the benefit of the doubt: Perhaps their neighbors are lonely and have been trying to make more friends.

That doesn’t mean you have to agree to let them come over; I’m just sharing that to try to offer some understanding. In any case, all you have to say is, “We’d like to keep it to just us, but we appreciate your asking.”

Dear Annie: You answer a lot of questions about infidelity, jealousy and therapy. This is a different way to look at it: Sex is 80 percent fantasy and 20 percent physical. The physical part is the same whoever your partner is. It’s the fantasy part that creates the excitement. That’s how they sell magazines and love stories. No one buys Playboy for the news articles.

Remember the excitement and fantasy of your honeymoon? It might have gotten a little routine and unexciting over the years. The key is to recreate the fantasies for your partner. Then you can make love to anyone in the world and never leave home. Just have fun. It’s cheaper than therapy, and it stops the arguing and complaining about each other. — Happy

Dear Happy: Thank you for your amusing and insightful letter. I love the idea of looking at what you can create with your partner and having happiness and excitement as goals.

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

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



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7		1		6				5
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5/8

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

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.

"E KOGL BK KOJ CYEOP VC V CESJ;
KCYJWIEXJ, E PJC NKOHZXJB VOB
CYJO E NVO'C CWENR LKZ."
- (TZBPJ) TZBL XYJEOBGEO

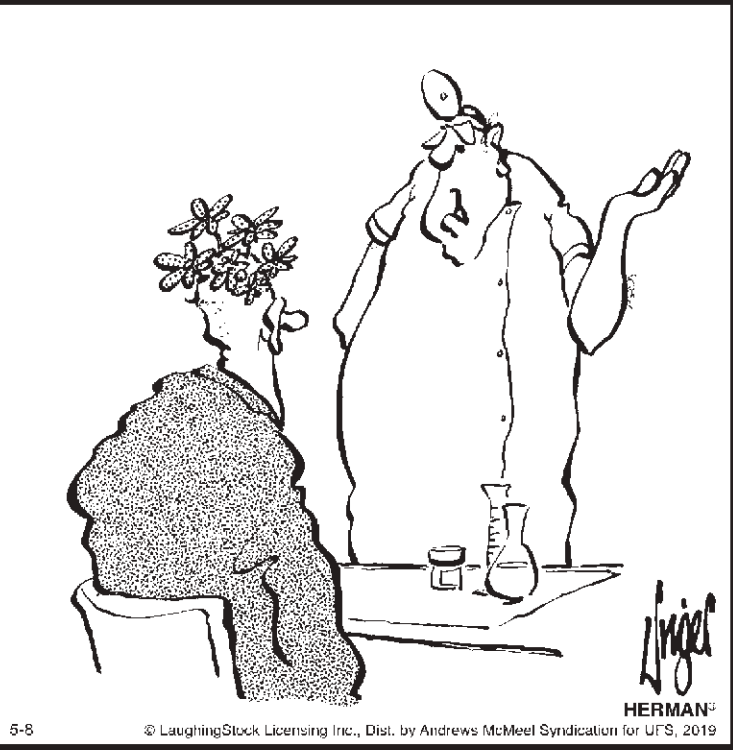
Previous Solution: "Teaching should be such that what is offered is perceived as a valuable gift and not as a hard duty." — Albert Einstein

TODAY'S CLUE: W sjenba S

REALITY CHECK



HERMAN

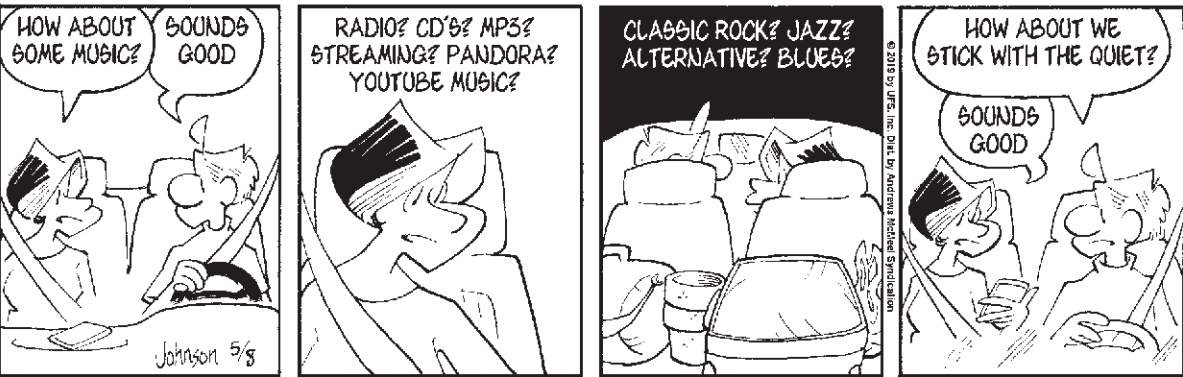


"Whatever made you think plant food would make your hair grow?"

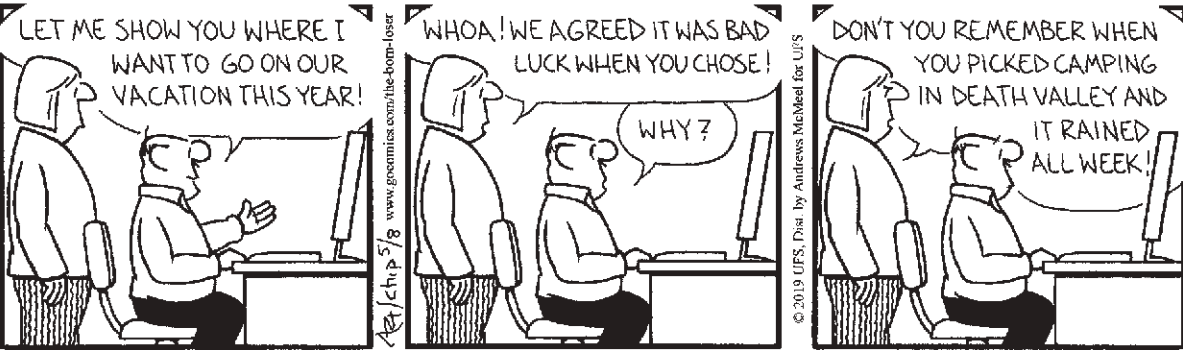
ALLEY OOP



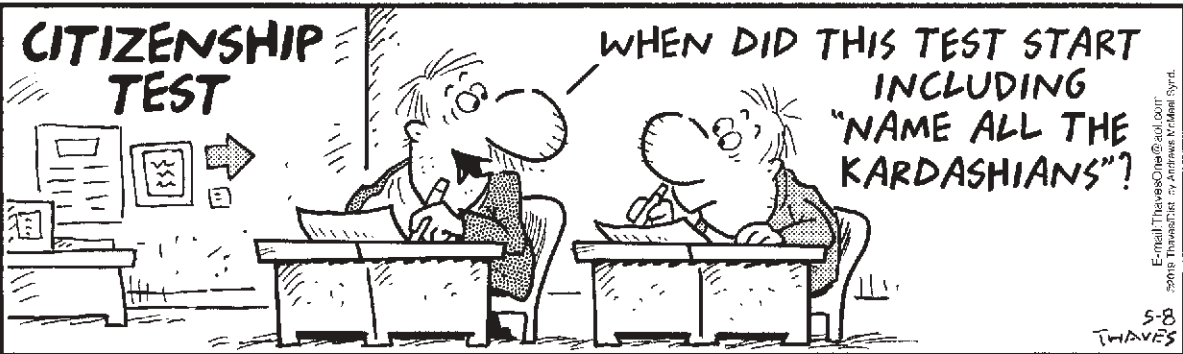
ARLO & JANIS



THE BORN LOSER



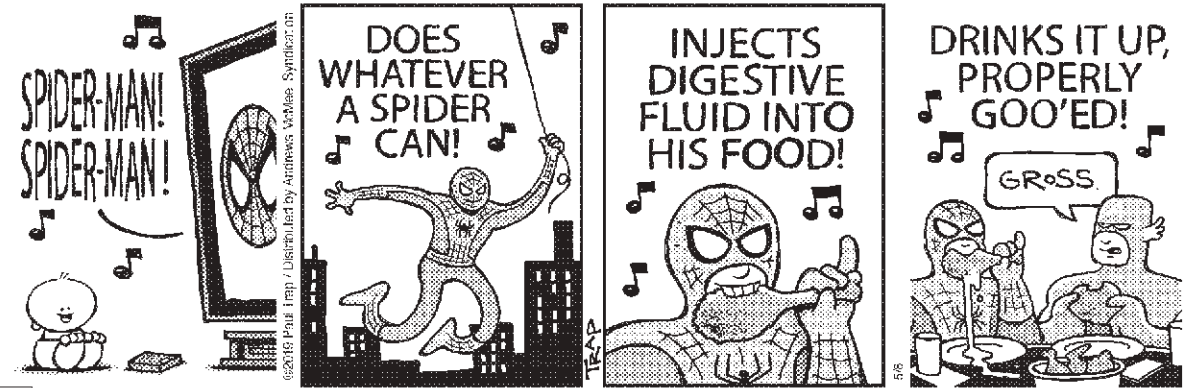
FRANK AND ERNEST



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PUBLIC NOTICE

BOROUGH OF LENNOXVILLE
Minor Exceptions
Lot 2 445 075 Charles-Lennox Street
24 Connolly Street

TO ALL INTERESTED PARTIES,

NOTICE is hereby given that, at the Ville de Sherbrooke's Borough of Lennoxville Council meeting on May 28, 2019, at 5 p.m., at the Borough office located at 150 Queen Street, Sherbrooke, the Council will render a decision on the following requests for minor exemptions:

1. Regarding the lot 2 445 075 of the cadastre of Québec, Charles-Lennox Street, at Sherbrooke, in Zone H1514, of the Draft Zoning and Subdivision By-law #1200 of the Ville de Sherbrooke, to authorize a derogation of 29.7 m² of property surface to the minimum required surface area of 450.0 m² to authorize the construction of a semi-detached dwelling on the lot in question which has a surface area of 420,3 m².
2. Regarding the building located on 24 Connolly Street, in Sherbrooke, lot 6 291 726 of the cadastre of Québec, located in Zone H1754, of the Draft Zoning and Subdivision By-law #1200 of the Ville de Sherbrooke, to authorize a derogation of 2.00 m to the minimum prescribed front setback of 6.00 m in effect to therefore legalize the construction of an eight-unit multifamily dwelling of an approximate size of 11.58 m by 18.21 m at a distance of 4.00 m from Connolly Street's right-of-way.

All concerned persons may express their opinions to the Council regarding these requests.

GIVEN AT SHERBROOKE, this May 8, 2019

André Blais
Secretary, Borough Council

Wales Home News April 2019

April was another busy month around the Home. It was also a very special month because April is volunteer appreciation month, and our lives are filled with volunteers who make huge differences by their gestures every day. We celebrated our volunteers at a special happy hour on the evening of the 23rd in the main living room.

Easter was also celebrated in many ways during the month of April. The Home was decorated for the season with colourful eggs, bunnies, chicks and other seasonal décor. Volunteers joined residents for an adorable Easter chick craft on the afternoon of the 8th.

Trish Hortop-Benson provided music therapy throughout the Home on the 3rd. A daffodil sale to benefit the Canadian Cancer Society took place in the living room on the afternoon of the 4th. The Ladies Auxiliary also held a bake sale and Bob Dunn and Debbie Knowles-Johnston provided musical entertainment. A Girl Guide cookie sale was held on the 6th.

Bishop's University gave a presentation on a project of "Predictors of Psychological Well-Being and Physical Health among Long-term Care Residents", that they are doing on the afternoon of the 11th, in the main living room. Betty Retchless's family hosted a celebration of her life in the living room on the 13th. On the 15th, students from St. Francis Elementary School joined residents in the living room to play bingo.

Happy birthday to everyone who celebrated in April. This month's party was held on the 17th on the 4th floor and was hosted by St. Augustine's Church, Danville. On the afternoon of the 18th, residents had the opportunity to see the new Mary Poppins movie on the big screens in the main living room. Zootherapy with Anne-Caroline and her feathered and furry friends took place on the nursing care units on the morning of the 25th. Diane Duguay's singing students gave a concert on the afternoon of the 27th in the main living room. Students from RRHS gave residents a musical performance on the morning of the 30th. On the afternoon

of the 30th, Mario Bourassa provided residents with the opportunity to hear his beautiful saxophone music.

Welcome to Barbara Mason, Elizabeth Black, Monica Royea and Daniel Kellett who became residents this month. Also welcome to Marion Annesley and Eleanor Besmargian who are spending some time with us. Best wishes are extended to Fran Dewar who returned home after spending the winter with us. Our sympathies are extended to the family of Therese McMorine, Myra Lovett, William Rowe and Alice Beaubien.

If you are looking for more information after you've read the details above, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/ResidenceCHSLDWales> for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, etc., or if you'd like to become a volunteer. We are currently in need of volunteers to do one-on-ones (reading, chatting, etc.) with residents.

If you are looking for ideas for an interesting book to read, copies of "Memories Everlasting," are still available for sale at the Wales Home, Papeterie 2000 in Richmond, Brome Lake Books and The Townships Association. They are \$20 and can be purchased by contacting Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca or making a purchase at one of the locations listed above. Mailing from the Wales Home is available for an additional cost.

Thank you again to all of our volunteers. Your work amongst us does not go unnoticed. Until next month when you can hear about May's adventures in the activity department. One big event will be the annual silent auction taking place on May 25th. You are welcome to contact us for additional information.

Submitted by Rebecca Taylor

Enjoy a taste of the tropics for breakfast

Diet and exercise are integral parts of the formula for a healthy life. Though few people may look forward to giving up certain foods in favor of more nutritious diets, healthy, low-calorie foods don't have to be boring and bland.

Breakfast smoothies are a great way to maximize nutrient profiles and flavors to achieve a filling and fast meal. Smoothies that capitalize on tropical tastes rife with fiber can tame hunger and offer a jolt of energy to get you through the day. Such is the case with this recipe for "Fiber-Filled Banana Colada Smoothie" from Ellen Brown's "Super Smoothies" (Crestline). This recipe offers fruits with wonderfully complementary flavors that are both high in fiber and rich in supercharged nutrients like potassium, vitamin A and vitamin C.

Fiber-Filled Banana Colada Smoothie
Yield: Four, 1-cup servings

- 1 cup light coconut milk
- 1 cup diced pineapple
- 1/3 cup lightly packed shredded unsweetened coconut
- 1/4 cup whey protein powder
- 2 tablespoons bee pollen
- 1/2 teaspoon pure rum extract
- 2 cups banana slices, frozen
- 2 tablespoons grated coconut for garnish

Combine coconut milk, pineapple, coconut, whey protein powder, bee pollen, and rum extract in a blender or smoothie maker. Blend on high speed for 45 seconds, or until mixture is puréed and smooth. Add banana slices, and blend on high speed again until mixture is smooth. Serve immediately, garnished with grated coconut, if desired.

(Metro Creative)

Do Just One Thing



Do your hands smell like onions or garlic after you've cooked up a storm in the kitchen? While it can seem like no amount of handwashing can get rid of the smell, one kitchen condiment can work wonders: mustard. Grab a jar of the yellow stuff from the fridge or open a packet from the junk drawer and rub on your hands. It works for two reasons: The vinegar in mustard helps break down smells, and the mustard seed itself is a rubefacient, which means it causes dilation of capillaries when it comes in contact with skin. This combination makes mustard a naturally amazing deodorizer.

NEA Crossword Puzzle

- ACROSS
- 1 Torah reciter

6 Attracted with a decoy

11 Familiarize

13 Narrow and elongated

14 Lead on

15 Gets used to

16 Pump abbr.

17 Frat letter

18 Apple goody

20 Prune off

22 Do a film editing job

25 Tampa Bay pro

26 Baste

27 Columbus' port

29 Say please

30 Search engine find

31 Wing it (hyph.)

32 Bread choice

34 Mensa stats

36 Not in the pink
- 37 Unpleasant glances

38 Have an evening meal

39 "The Star-Spangled Banner" composer

40 Tijuana "Mrs."

41 Letter after pi

42 Was in charge of

43 Chill

45 Orbison or Acuff

47 Music makers

50 Ragamuffin

54 Fervent

55 Pertaining to the sea

56 Fraught

57 Cowboy's rope
- DOWN
- 1 Shad eggs

2 Prince Val's son

3 Nipped

4 Light brown

5 Ancient empire

Answer to Previous Puzzle

MOW

ATA

AHS

METROS

REIN

DADS

AGUE

LEA

IDLES

PERK

OAFS

DUD

KING

IDOL

MERE

EP

NOTARY

ERE

RAN

UNBEND

LET

EDIT

EAVE

SPAN

FEM

URGE

TOOL

PA

LHASA

MALE

EYED

EASE

VALETS

RUE

FDA

SET

6 Covers

7 Without help

8 Gym unit

9 Have lunch

10 AMA members

12 Bank worker

13 Reindeer herder

18 Jostles

19 More disgusting

21 Wise-looking

23 Different

24 Cooked in hot water

25 Calf's bellow

26 Takes legal action

27 Pant

28 With competence

33 Novice

35 Voting number

41 Lie down

42 Brand of spandex

44 NE state

46 By mouth

47 Soulmate

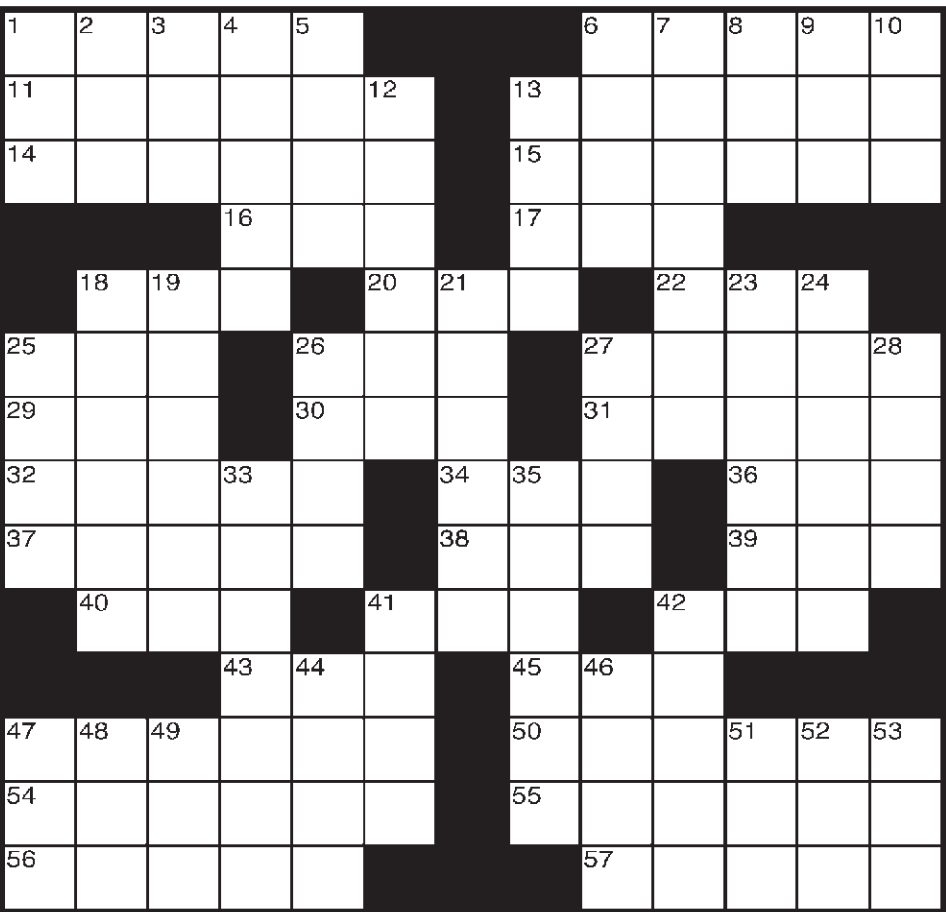
48 Levin or Gershwin

49 Do basic arithmetic

51 That guy's

52 Successful candidates

53 Prefix for classic



Your Birthday

WEDNESDAY, MAY 8, 2019

If you take the initiative, good things will unfold. A direct approach to money and your life and career paths will attract positive attention and interesting encounters. Personal growth will lead to new beginnings and intriguing people.

TAURUS (April 20-May 20) — A business trip or meeting will bring you one step closer to a personal or professional goal. If you share your ideas and plans, it will result in a positive change.

GEMINI (May 21-June 20) — Keep your life simple and headed in the right direction. Don't count on others or trust someone to take care of your responsibilities. Using tact in certain relationships will promote greater respect and romance.

CANCER (June 21-July 22) — Choose the right attitude. If you let moodiness set in, you will waste a good day that should be spent helping others and developing closer ties with loved ones.

LEO (July 23-Aug. 22) — Work hard, play hard. Don't let the changes going on around you slow you down or interfere with your productivity. A personal change will lead to compliments and romance.

VIRGO (Aug. 23-Sept. 22) — Take a deep breath and do what needs to be done. Having a plan in place will help to eliminate someone from meddling in your affairs.

LIBRA (Sept. 23-Oct. 23) — Trouble will

surface if you let your emotions take the reins. Separate your personal and professional problems. Look for ways to cut your costs and live within your means.

SCORPIO (Oct. 24-Nov. 22) — A trip or meeting will help you put your plans in motion. Listen to the voice of reason and to what experts have to say before you make an unnecessary purchase.

SAGITTARIUS (Nov. 23-Dec. 21) — Express yourself with action. How you treat someone will affect the response you get. Don't make assumptions or believe a rival who likes to gossip or meddle.

CAPRICORN (Dec. 22-Jan. 19) — A change to the way you live or an adjustment to household rules will be beneficial. You are likely to face opposition. Protect yourself against insult, injury and negativity.

AQUARIUS (Jan. 20-Feb. 19) — Stay focused on what's important to you and what you are capable of achieving. Getting together with a loved one or someone who brings out the best in you will be uplifting. Romance is encouraged.

PISCES (Feb. 20-March 20) — Do what you can to help an organization or cause you believe in. Problems at home should be handled by taking action, not with harsh words. Offer love and peace, not discord.

ARIES (March 21-April 19) — Get fit. Take the plunge and challenge yourself to live healthily. Exercise and diet will ease stress and build strength. Love and romance are highlighted.

WEDNESDAY, MAY 8, 2019

Give the count without leading

By Phillip Alder

Rachel Nichols, an ESPN television host, said, "Why does my brain insist on counting the steps every time I walk up a flight of stairs? I just can't help myself. There's something about my mind that always wants to keep counting."

She would make an excellent bridge player. Counting stairs is great practice for bridge, where counting winners, losers, points and so on, is so important.

What does West need to count in this three-no-trump deal? How does East give his partner the key piece of data?

Against three no-trump, West leads a fourth-highest spade seven: five, queen, king. What should happen after that?

South starts with six top tricks: one spade (the first trick), one heart and four clubs. He will play on diamonds to establish the extra winners that he needs. Then, when West wins with his ace, he needs to know how many spades declarer has left. Trick one told West that South started with the spade jack, because East would have played the jack if holding both the jack and queen. Here, the jack is now a singleton, so West must cash his spade ace. But if South still has two spades, West must shift to a heart, hoping partner has the ace as an entry. Then East can push a

North05-08-19

♠ 9 5

♥ J 7 2

♦ Q J 10 9 8

♣ A J 4

West

♠ A 10 8 7 4

♥ 6 4

♦ A 7 2

♣ 9 6 3

East

♠ Q 6 3 2

♥ K Q 10 9

♦ 5 4

♣ 10 8 7

South

♠ K J

♥ A 8 5 3

♦ K 6 3

♣ K Q 5 2

Dealer: South

Vulnerable: North-South

SouthWestNorthEast

1NTPass3NTAll Pass

Opening lead: ♠ 7

spade through South's jack.

West must wait until the third round of diamonds to win with his ace. Then, East must discard the spade two, bottom from a remaining odd number. Since West knows that East would never discard his last spade, he must have begun with four. So, West will know to cash the spade ace and run the rest of the suit.

That is good cooperative counting.