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When it rains, it pours... and floods

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Lights out for Champlain

Page 4

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TUESDAY, APRIL 16, 2019

Between Connaught and a hard place

Village of North Hatley turns around on approval of building permit for new Connaught Home

By Gordon Lambie

It was the next big step; when Mas-sawippi Retirement Communities (MRC) held its groundbreaking for the Grace Village facility in Huntingville in 2016, then-Executive Director Greg Bishop shared that the plan was to finish the new building, move the residents in North Hatley to Huntingville, and proceed with the reconstruction of the Connaught Home into an apartment complex for autonomous senior citizens. After years of planning and preparation, however, current Executive Director Doug Bowker says that the dream of a new Connaught has hit a roadblock after a complaint was lodged with Quebec's Ministry of Culture & Communications earlier this year.

"We want to move ahead and we can't," Bowker told The Record on Monday, explaining that after having worked closely with MRC on the Connaught plan

CONT'D ON PAGE 3

ETSB schools unite in song



MATTHEW MCCULLY

By Matthew McCully

The ninth annual Eastern Townships School Board United in Music festival took place yesterday in the Massey-Vanier auditorium.

Graced with better weather than last year, the concert went off without a hitch with roughly 380 students from 12

schools participating.

Band members from Massey-Vanier and Alexander Galt shared house band duties, entertaining the crowd with songs in between performances from the different schools.

The theme this year was Canadian music and included a nod to the eighties with songs by Corey Heart and Glass

Tiger, classics by Joni Mitchell and Neil Young, and everything in between.

In an epic feat of coordination, the 380 participants gathered on stage to perform two group numbers at the end of the show.

The concert closed with Summer of '69 by Bryan Adams and Ordinary Day by Great Big Sea.

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Weather



TODAY:
PERIODS OF
SNOW/RAIN

HIGH OF -4
LOW OF -8



WEDNESDAY:
SUNNY

HIGH OF 9
LOW OF -6



THURSDAY:
CLOUDY

HIGH OF 8
LOW OF 5



FRIDAY:
SHOWERS

HIGH OF 17
LOW OF 10



SATURDAY:
PERIODS OF
RAIN

HIGH OF 15
LOW OF 3

Promenade



DISHPAN HANDS

SHEILA QUINN

“When life hands you proms....promenade.”

Isn't that how the saying goes? No? Well, now you have a new one to throw around.

Personal prom preparations have already been underway for some people for months now - or even longer in some cases. Hats off to that person who is able to love the same outfit after buying it a year and a half pre-prom and still love it, and fit into it as well.

My Mum and I bought my prom dress two weeks before prom. What probably could have been a charming moment was really more of an exasperated 'finally', as after about five trips to various places we had landed something I was prepared to wear. It wasn't really what I wanted, but it was pretty, and what I wanted probably didn't exist yet, as the RRHS Class of '91 rode the final wave of giant meringue before the more subdued numbers hit the racks.

A prom dress seeker in our gang finally hit Montreal's 1861 boutique this past Sunday morning with her dad in

tow, and after finding her way to the basement of the store, and the changing rooms located there, three dresses later and she'd found the one. Navy, simple, but interesting enough, something that represented her, she felt. The sales staff took 10% off when it turned out a button was missing - furthering the sense of a winning experience.

A necklace received last spring for her 16th birthday was the accessory she felt matched, so now she has a few months to locate a pair of simple ballet flats that she likes - or at least that's the plan. No platforms or stilettos on her list.

Dad brought her back to her mum's a little shell-shocked that he had succeeded on the prom dress search. A little proud, a little more excited about the June's high school graduation ceremony and the prom to follow.

There are so many ways to approach prom purchases - a few weeks ago an entire rack of what appeared to be new formal dresses with slight imperfections were spotted at Village des Valeurs in Sherbrooke - all priced in the \$30 range. Yup, thirty. Suits are always a-plenty at VdV and Estrie-Aide as well.

Mari-Katia boutique, located at 524 King East is another great stop for prom and weddings, with brides and prom attendees bringing their gowns and garb in for re-sale, bringing home half of the profits once they sell. Booking an appointment is a worthwhile idea, in order to be sure of space to try on and twirl a little. (819-562-4824)

Lennoxville's Prom Fairies have been busy locating, distributing and selling dresses to ensure that folks who might not have such expenses in the budget have an opportunity to dress without the stress. An annual and ongoing activity, the Prom Fairies store formalwear

tucked away in Alexander Galt High School, and accept donations as well! Prom Fairies have a Facebook page where interested parties can get in touch with those responsible.

Iona: 'I have this girlfriend who didn't go to hers, and every once in a while, she gets this really terrible feeling - you know, like something is missing. She checks her purse, and then she checks her keys. She counts her kids, she goes crazy, and then she realizes that nothing is missing. She decided it was side effects from skipping the prom.'

- Iona to Andie, who is contemplating not going to prom, from the film *Pretty in Pink*.

Maybe there is even a strong contemplation of not attending prom. While there is a sad element related to missing the prom milestone, that doesn't mean that a family can't change things up. If a family member is less than superjazzed about getting all fancy with their class, ask what they'd like to do instead. Carry out some new family thing together, something that represents that person's success and survival of high school. Dress up the clan in whatever fashion is dictated, eat together and talk about the past, present and future.

In that strong contemplation, maybe that person will decide to attend - and simply have fun with family and/or friends in spite of the factors that may have made high school a slightly miserable experience. The celebration is held as a group, but the success of each individual is really what is at work - so each graduate is deserving of celebration.

Whatever the plans for finding the right regalia, have fun, be creative, and don't feel you have to break the bank!

“Watch me, Grandma!”

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Ben by Daniel Shelton

Panel 1: A man sits at a computer, laughing. "HEH HEH HEH"

Panel 2: A woman asks, "DID YOU SEE THOSE PICTURES YOUR COUSIN POSTED ON FACEBOOK?" The man replies, "NOPE."

Panel 3: The man says, "I'VE DECIDED TO TAKE A BREAK FROM SOCIAL MEDIA-- I WANNA SEE WHAT IT'S LIKE TO NOT BE 'CONNECTED'..."

Panel 4: The man is shown in a state of distress, thinking, "AND IT'S TORTURE!!"

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LOCAL NEWS

"We are preparing any service or action that might be required in case we reach the flood alert phase."

When it rains, it pours... and floods

By Emilie Hackett
Special to the Record

With a leap year-like recurrence, heavy precipitation and rapid snowmelt have caused the St. Francis and Massawippi rivers to overflow, keeping the Townships on its toes. The City of Sherbrooke was in "Flood Alert" phase as of 4 p.m. on Monday, April 15, as the probe located on the Aylmer Bridge on King Street recorded a water level of 18 feet. The "Flood Mobilisation" phase follows at 19 feet, and the City's communications department expected the river to reach that level by Monday evening.

The river's water level was recorded at 15 feet around 7 a.m. Monday morning, but the continuous precipitation and warm weather resulted in a fast rise. Less than 12 hours later, the St. Francis River had gone up three feet. "This means that we are now in our flood alert phase," ex-

plained a City of Sherbrooke communications' agent, as per the City's Civil Security Department (OMSC) flood protocol.

"We are preparing any service or action that might be required in case we reach the flood alert phase. We are looking into gathering more safety personnel, preparing the necessary prevention materials. We aren't carrying out any operations yet, but we are getting ready for them," they added. Earlier throughout the day, the City was not expecting for the water levels to reach 19 feet on Monday, a statement they later rectified as the river reached 18 feet much earlier than expected.

"The Bishop's University main entrance is affected by flooding at 20 feet, restricting or closing road access between Route 108 and the Sports Complex/Panda Daycare," according to the University's SAFEGaiter App. "Hydrothermic data indicates that river lev-

els will continue to rise to approximately 19 feet over the next several hours before stabilizing."

The university urged all residents and students to stay away from river banks. "Strong currents, floating debris and ice all present serious hazards. Cold water can quickly cause hypothermia. Attempts to swim or boat in high river water in unsafe," they added.

Meanwhile, in North Hatley, Lake Massawippi had reached very high levels. The park off Main Street was flooded past the concrete ledge and up to the scenic gazebo. The Pilsen Pub's waterfront patio was also flooded, while a pump was activated inside the restaurant to remove the water that made its way in the establishment.

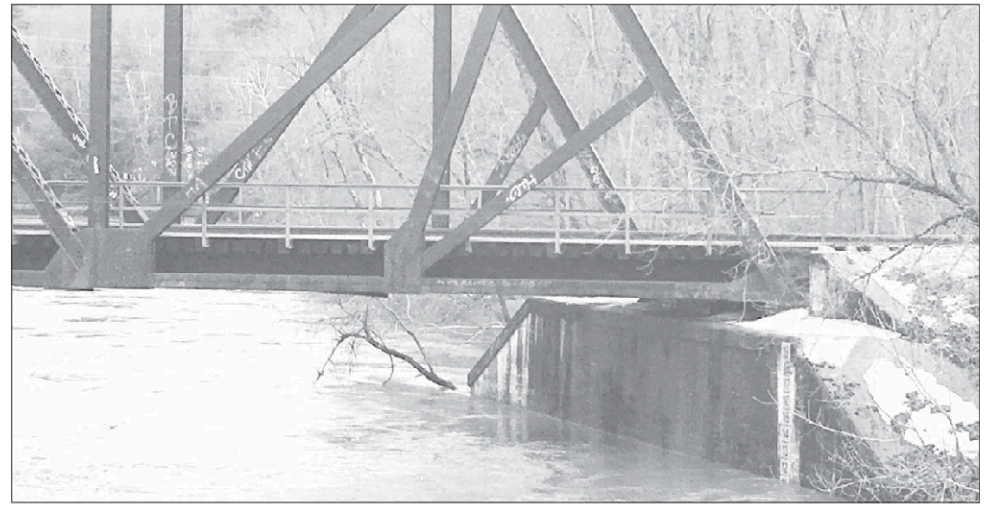
This potential flood strikes close to home for many Lennoxville residents,

with the 2010 and 2014 floods still fresh in their minds. October 2010 was hit with a flash flood caused by over 100 millimetres of rain recorded in the Townships, while April 2014's flood was the result of heavy precipitation and rapid snowmelt. Both natural events had caused significant damage on the Bishop's University and Champlain College campuses, resulting in cancelled classes and postponed final examinations.

In true Bishop's fashion, several students were seen frolicking in the flooded streets in inflatable boats on both occasions, while 2014 even saw a student waterskiing down Little Forks Street. The recorded water levels had risen to over 23 feet. The highest level on record for the river in Sherbrooke is 26 feet, which was hit in 1982.



The Pilsen Pub in North Hatley was flooded once again on Monday afternoon.



Water levels have significantly risen on the Massawippi and St. Francis rivers. The Massawippi river, as pictured, is more elevated than the City of Sherbrooke's probe installed on Aylmer Bridge on the St. Francis, which explains the disparity in recorded elevation between the two.

EMILIE HACKETT

Between Connaught and a hard place

CONT'D FROM PAGE 1

and passed two separate resolutions approving the necessary permits, the North Hatley Municipal Council suspended the permit following ministry intervention. Last month, a municipal committee on urban planning and heritage took the matter further by reviewing MRC's building permit application and recommending against the project proceeding as submitted on the grounds of claimed damage to North Hatley heritage. "It is a frustrating situation to say the least," the director added, noting that no one ever brought a concern to MRC directly. "We can't see their arguments; we don't know who it is."

Asked about the change of heart, the Mayor of North Hatley, Michael Page, said that the current issues date back to October of last year when MRC asked for their permit to be renewed. The permit had originally been issued in March of 2018 but, according to Bowker, the necessary funds for the project had yet to be raised. When the money was there, MRC came back to renew the permit and move ahead.

The request for renewal, according to

Page, brought the matter back into the spotlight for a small but vocal part of the population that, "want to preserve that whole façade at all costs, even if it means the project falls through."

Page maintained that he believes a majority of people in the community are in support of the project, but said that he knows of about a half dozen people who will look for any way to stop the work from going ahead. In light of that, the Mayor said the village has called for a public information session on the project that will be held tonight at the North Hatley community centre on Capelton Road and a public consultation on May 1 where residents will be able to voice their concerns or show their support for the project.

"We're not legally required to hold a consultation," Page said, explaining that with clearly expressed support from the community behind them, the municipal council will be better able to justify their vote on May 6 whether to allow the project to move forward or not.

"We're taking a little extra time because we want to make sure we do everything right," the mayor added. "We do believe there is need for a seniors'

home."

For Bowker, the opposition is not just frustrating but also essentially pointless.

"What they're going to get if they want to protect their heritage is that we're going to board up the windows and not maintain it," the MRC Director said, pointing out that that the whole reason that the project was put forward in the first place was that the building that currently exists is no longer up to code. "It is unusable not only as a seniors' house, but it doesn't even meet code anymore," he said. "The old part of the building, that they want to protect, is unstable. It's falling apart."

Bowker reiterated the fact that MRC is trying to invest in a multi-million dollar project for the benefit of the community that was designed, at great cost, to emulate and honor the building it will be replacing.

"It will look like the old building, but it will be modern and up to code," he shared adding that that there are two groups looking to partner with MRC to run the new home if the project is allowed to move forward.

"By the government's own words the seniors' market in Quebec is in crisis be-

cause of all the homes closing down," Bowker said. "We want to open up new capacity and these people are blocking it."

More information about the Connaught project, its history, and its current challenges can be found at www.gracevillage.ca/connaughtredevelopment. Bowker also pointed out that the website is host to a petition aimed at showcasing community support for the initiative.

Tonight's public information meeting will begin at 7p.m. at 3127 Capelton Road, a public consultation on the matter will be held on May 1 in the same place, starting at the same time.

Correction

In the article "New Horizons comes together around community artwork" published in Monday's Record, visiting artist Isabelle Gauthier was referred to by the surname Gosselin in error. The Record regrets this confusion

The insanity of IKEA

By Linda Knight Seccaspina

I have a love-hate relationship with IKEA and can sit for hours and read their huge catalogue at home. Yet, when I enter the store I have to walk miles through areas I have no interest in. But as I stroll casually through each department I use my phone's pen to draw my way through that obstacle course and somehow I find myself yet in another dead end. I end up purchasing another box of tea lights and \$200 of things I do not need for my home. I've heard customers complain about this at Costco too: "Just came for milk and eggs" and \$800 later, I still don't see the milk and eggs. Sometimes I just like to stand in the IKEA parking lot and watch people try to fit everything into their small cars.

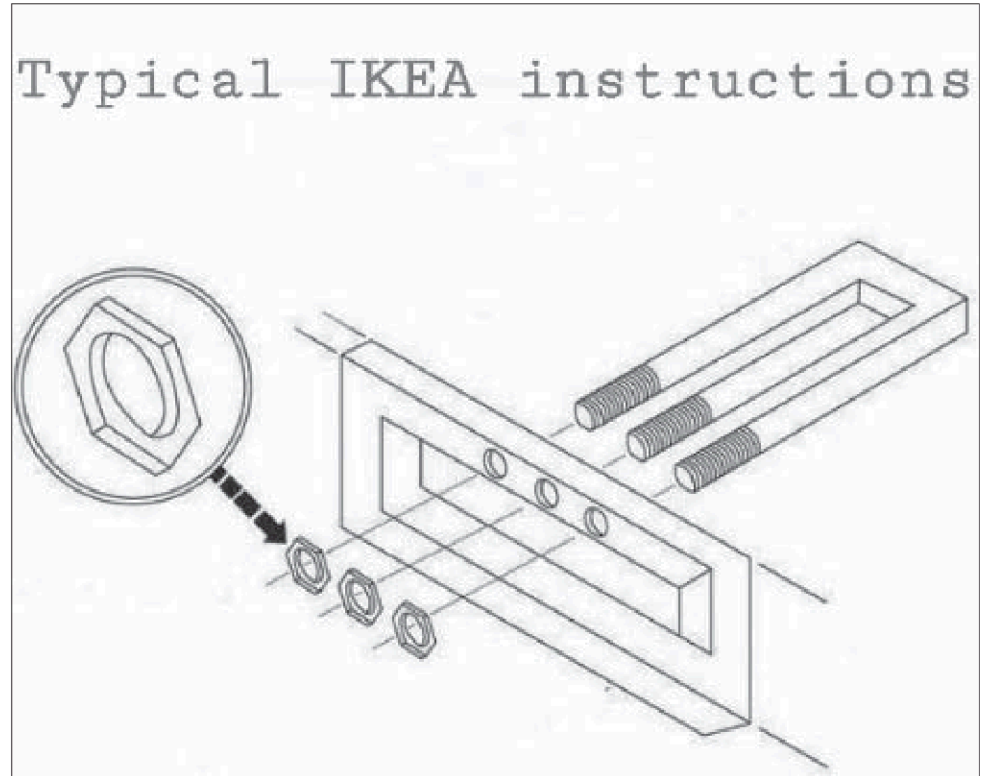
I must argue with the person who wrote that anyone that cannot assemble something from IKEA should go back to kindergarten. When no text is used in assembly instructions this should be the first warning that the bed you just bought that morning is not going to be slept in that night. I am sure whoever else is assembling the same product in another part of the world like Thailand

is having the same dilemma. Exactly what is that little illustrated Swedish man pointing at? A word of warning to remember is that your completed furniture is only as good as the "chosen one" who has volunteered to put it together. Welcome to IKEA, they just throw in extra instructions to mess with you.

IKEA sells over 16,000 products online, of which 9,209 items are now being resold on Kijiji. Half are dresser drawers that are missing knobs which have long fallen off and been lost. Most have mislaid the instructions so you know your end result will look like something conjured up by IKEA hackers.

IKEA also started making homes in Europe in 1996 called "BoKlok". It was a move to allow first-time home buyers to have a chance at a cheaper place to live. What if the owners of one of these homes divorce? Who gets custody of the Allen wrenches? Do they share? Didn't that Allen wrench once put together the Eiffel Tower?

Really in the end it's about who you want to spend the day at IKEA with, and the ultimate purpose of going to IKEA remains just as mysterious as the little dots they put over the vowels in their names. Even IKEA knows the struggle us



mere mortals face when assembling their furniture! I would love to tell you more jokes about IKEA, but in the end the setup is too long and the final product mediocre. I mean I tried for hours but I just couldn't seem to put one together.

Host families sought for young adults with intellectual disabilities or Autism

Record Staff

tion and meals.

The CIUSSS de l'Estrie - CHUS is looking for families for its adult users with intellectual disabilities or autism spectrum disorders (ASD). More specifically, the establishment is urgently looking for a warm and welcoming family that can provide a safe and secure environment for a young adult. Ideally, the family must live in an area served by specialized transportation in Sherbrooke or in the surrounding area.

The CIUSSS supports families by ensuring professional follow-up of users and by offering a salary for accommoda-

Information session

Interested people are asked to attend an information session this evening from 6:30 to 9 p.m. in the auditorium of 1621, Prospect St. in Sherbrooke. They can also send their application by email to contrats.rirtfrni.ciussechus@ssss.gouv.qc.ca.

Anyone with questions regarding the upcoming session can contact Sonia Boulanger at 819-346-8471, Ext. 58213 or Jean-Claude Langlois at 819-346-8471, Ext. 58208.

Lights out for Champlain

Record Staff

Champlain College - Lennoxville is participating in a "Day Without Lights" today, April 16, at the College from 8 a.m. until noon.

The event is an environmental project organized by students from the Green Champlain committee.

The "Day Without Lights" is a day, or period of time, when unnecessary lights will be turned off throughout the College, reducing electricity consumption.

The objective of the event is to raise the awareness of people about what each average individual consumes and wastes. The members of the Green Champlain committee are the organizers and the responsible of this project.

Green Champlain is an environmental committee that is ran by dynamic

students. The committee's mission is to take actions that will positively impact the environment of the school and also of the whole campus. Throughout the years, Green Champlain has organized many projects such as collecting compost at school, creating a garden on the campus for students, screening documentaries and promoting educational activities.

Champlain-Lennoxville is proud to be one of the first institutions of higher education in Quebec to promote this event and wishes to be a leader in environmental projects. This event is one of several projects organized by students from the different committees of Champlain-Lennoxville that have for objective to improve the community and make a positive difference.



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Why can't we find a doctor?



DIAN COHEN

Imagine a small neighbourhood clinic right across the street from the local café that offers access to health care in either official language within a day or two of your phoning for an appointment. That would be a dream-come-true for those of us who have waited too long to see our family doctor, waited even longer in the local emergency room and waited longer still to get a family doctor.

That dream-come-true has happened in Ayer's Cliff, a picturesque village of 1,200 residents living on the shores of Lac Massawippi and the hundreds of other citizens in 20 municipalities in and around the Massawippi Valley. The Massawippi Valley Health Centre (www.csvm.ca) – one of only a few dozen cooperatives in Quebec – has been operating for four years and going gangbusters. It has welcomed more than 2,100 citizens, including 350 non-paying children and has had more than 20,000 patient-visitors, done more than 3,500 lab tests, given 650 flu shots and performed 9,500 nursing procedures or consultations.

It has one full-time and one part-time family doctor, four nurses, a part-time biomedical specialist to look after people with diabetes, cholesterol, blood pressure and thyroid conditions, a part-time surgeon for small procedures and

a host of other health professionals offering their services – podiatry, psychotherapy, physiotherapy, nutrition, massage therapy.

The centre is bursting its seams – although money is tight, it recently embarked on an expansion that will double its physical space so that it can offer expanded services and welcome a new doctor. And therein lies the rub: although several young family doctors have expressed interest in working there, it cannot welcome them.

Why? Because the government rationing work permits for doctors. Even though doctors are self-employed, which means they should be able to determine their own hours and work location, in Quebec, they cannot. When a newly-graduated doctor is ready to work, s/he must apply to the government for a permit, colloquially called a PREM. The government has divided the province into 18 regions with its Regional Physician Resource Plan (Plan régional des effectifs médicaux): it decides each year where the newly-graduated physicians will practice. In our region, only 5 PREMs were allocated for 2019, and the government gave priority to doctors wanting to practice in a hospital or an urban group practice (GMF).

One young doctor, educated at the University of Sherbrooke, living in a small town nearby applied for a PREM to work in Ayer's Cliff and was denied. She is now sitting at home, not working – an unconscionable waste. Because the Ayer's Cliff clinic serves an under-served rural community, and the government is focused on urban centers, where 80% of the population lives, it is always out of the running for one of these precious PREMs.

There's a great irony to this situation. The PREM system came into being not long after Medicare itself, and was designed to encourage young doctors to go

into rural areas where there was a shortage of doctors. Now the system is so perverted that doctors who want to, cannot practice in a rural area. (Of course, Montreal, which was allocated 100 PREMs, complains that it didn't get enough doctors, which suggests that there's an overall shortage of doctors.)

I suspect that experts will have many reasons for this situation. It is a fact however that the government is a monopoly provider, with monopoly powers. It not only oversees all the agencies that pay the doctors, it also sets the budgets for all the hospitals and other accredited health care institutions, including long-term care facilities, it makes the regulations, it defines what are "medically necessary services", it forbids the use of private insurance for these services, and it evaluates the services it itself provides.

Health Minister Danielle McCann has been enthusiastic about both Nurse Practitioners and Virtual Doctors to fill the not-enough-doctors gap. Unhappily, Quebec came late to educating and accrediting Nurse Practitioners – there's a shortage of them as well. To add insult to injury, they are not reimbursed by the provincial health insurance agency – RAMQ – as are doctors, so their salaries – 50% higher than Registered Nurses – are prohibitive for small clinics. Similarly, "virtual doctor" services through the internet are available all over the province, in French and English, but only to citizens who can pay personally, because in Quebec, the government decides what regions are "remote" enough to warrant a consultation with a doctor over the internet. Here in Ayer's Cliff, the government will not pay for a virtual appointment. To me, that makes little sense: a person who needs a doctor needs a doctor – what difference does it make if they live in Ayer's Cliff or the Lower North Shore?

Two years ago, after discussion in the

National Assembly and as a result of media pressure, a newly graduated doctor was exceptionally offered a temporary PREM to practice at CSVM. The challenge from the government was that at least 500 patients had to be registered to that doctor within one year. If successful, a permanent PREM would be issued. The direct consequence of that forward-looking decision is that today, more than 500 people who previously did not have a family doctor, now have one in their own community, and a young doctor who may have left the province is practicing happily only a short commute from her home.

Small medical centres, especially rural ones, are major contributors to the decongestion of the public health system. Most of the people coming to Ayer's Cliff have not had a family doctor for years; without these small neighbourhood clinics, they would most likely have gone to the already overcrowded emergency rooms of hospitals in the region or simply waited until their condition deteriorated with the unfortunate consequences that entails. It is undeniable that the Centre responds to a real need in an aging community for whom it is not easy or even possible to go to Magog, Coaticook or Sherbrooke.

The former minister of health promised that every Quebecer would have a family doctor by the end of 2017. If the new health minister counted, she would find that more than 500,000 Quebec residents, including 46,000 Townshippers are still on a waiting list.

Tell me your experiences: cohendian560@gmail.com

Dian Cohen is a founding director of Massawippi Valley Health Centre, a health cooperative in Ayer's Cliff, owned by the community. www.csvm.ca. These are her observations and suggestions. You can reach her at cohendian560@gmail.com

News from Princess Elizabeth Elementary School

The students in the cycle 3 French class worked hard over the past few weeks researching ethical environmental issues occurring in the world at this moment. They explored subjects including greenhouse gases, plastic packaging, tigers in jeopardy and sea pollution, to name a few.

The students then put together a science fair to share what they learned with parents and students from the school.

Their presentations illustrated the causes and consequences of various environmental issues and explained ways to help improve the situation.



EDITORIAL

It was the first time since 1943 that a rookie scored a hat trick in his first game.

A die-hard Habs fan

By Kyl Chhatwal

I grew up in a hockey-mad town. Everyone played. I played also, but was a miserable skater.

Nonetheless, I enjoyed at least one moment of genuine hockey glory.

I was on a two-man rush with my team's top player. I shoved him the puck—mainly to get rid of it—but to my alarm, he shoved it right back to me. Luckily, it banked off my stick, and ended up in the back of the net. The game-winning goal! Twenty years later, I still remember how this (largely undeserved) moment of triumph felt.

There's good news for all the athletically un-gifted out there. No longer must we spend our lives chasing unlikely or impossible glories. Now we can enjoy the vicarious glories of other people's athletic triumphs. In other words, we can join that category of individuals who call themselves "sports fans."

Here in Quebec, being a fan of sports usually means following the Montreal Canadiens. When I first moved to this province, becoming a Habs fan felt like a painless way of fitting in.

I embraced my new role with enthusiasm. After seven years in this province, I'm now a dyed-in-the-wool devotee of the Bleu, Blanc et Rouge. I catch almost every game, online or over the radio. I even tune in to those silly pre- and post-game shows, where commentators either try to predict the unpredictable, or recap the very same game that everyone just finished watching.

(My girlfriend wonders why I waste my time with such shows. I can never provide a satisfying answer.)

Because the truth is, being a sports fan is full of such little contradictions. For instance, consider the obvious irony that—despite all its promises of vicarious glory—sports-fandom rarely delivers.

After all, only one team can ever be victorious per season; indeed, that's pretty much the definition of victory. Sports is one area of our cultural lives where exclusivity is more or less the point.

In the NHL, there are 31 teams, and

that means that, each season, 30 other teams—and their respective fan-bases—have their carefully cultivated hopes trampled to dust.

Being a sports fan, it would seem, is less about triumph, than coping with a state of near-perpetual disappointment.

About 15 years ago, the frustrations of being a Habs fan only deepened, when the NHL introduced its much-praised salary cap. This new rule meant that each team could only spend a prescribed amount of money on their roster of players

Of course, the rule led to a more balanced league, and infinitely more interesting hockey—all of which is undeniably good.

But it also marked the end of an era where the wealthier teams (i.e. the Canadiens) could buy their way to victory, and build enduring dynasties.

To worsen matters for Habs fans, the league now seems to have entered a period of aggressive expansion. In 2017, they added a new team in Las Vegas. In 2021, Seattle will also get a team, bloating the league total to 32.

With each new contender, the chance of the Canadiens hoisting the Cup only gets smaller. And thus (based on my questionable grasp of statistical averages), I calculate that Canadiens fans can soon expect a Stanley Cup victory once every 32 years.

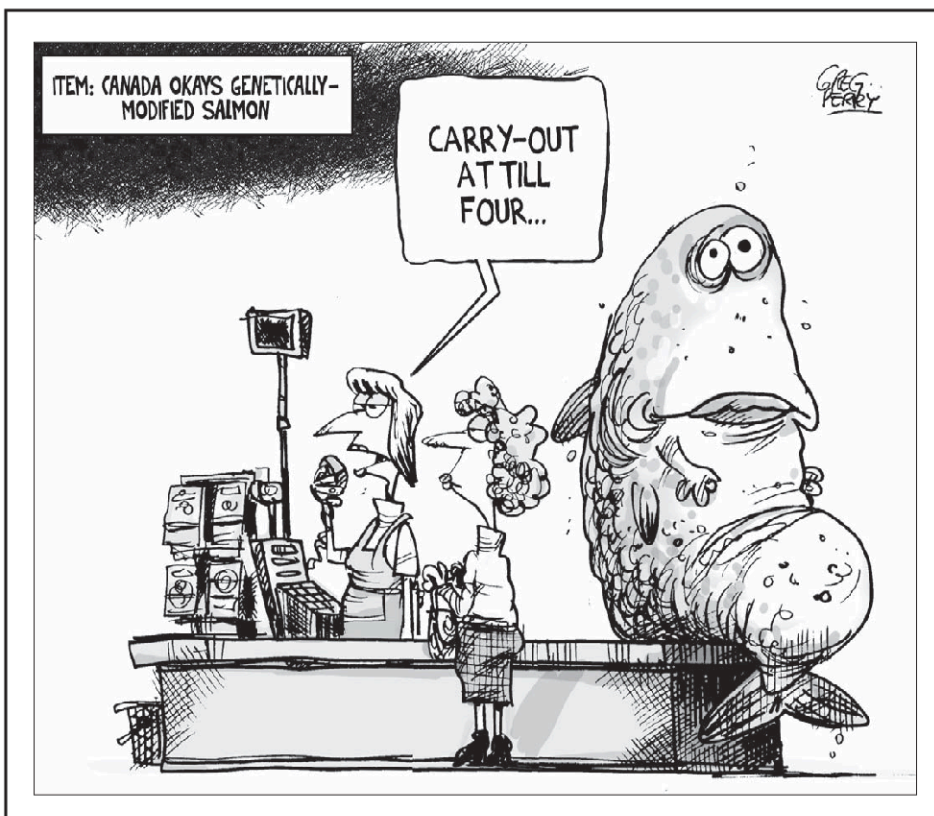
Vicarious glory? More like vicarious masochism.

The most recent season of the Montreal Canadiens ended with yet another failure to make the playoffs—the third such failure in four years. The Habs fought hard, but had their hopes finally crushed by the surging Columbus Blue Jackets.

After dropping out of contention, they played their final and most meaningless game against their hated division rivals, the Toronto Maple Leafs.

Yet something strange and almost magical happened that night.

With so little on the line, the team suited up a bunch of rookies, including top prospect Ryan Poehling. He made a truly historic debut, scoring a hat trick



and even netting the game-winning overtime shoot-out goal, leading the team to a 6-5 victory.

It was the first time since 1943 that a rookie scored a hat trick in his first game.

Among fans, the effect of the triumph was palpable. All those unfulfilled frustrations were suddenly transformed into ebullience. Poehling's once-in-a-lifetime performance allowed

us to play a very subtle psychological trick on ourselves.

On the still-warm ashes of a failed season, we began to build the wobbly edifice of our hopes for next season, as well as many seasons to come.

Proving once again the truth of that immortal line: "Hope springs eternal in the human breast."

Or at least, it springs eternal in the breast of the Montreal Canadiens fan.

Letters

DEAR EDITOR:

In keeping with the spirit of Bill 21, "William the Conqueror XXI", it would be quite reasonable that all Christian churches in La Belle Province be made 'off limits' to people in positions of power and employed by the provincial government.

Naturally, the ban would be lifted the moment these people are no longer employed by the government.

The rule would prevent them from entering a Christian place of worship for whatever reason; fancy wedding, big shot funerals or religious services during the time they are being paid by the state and are in a position of influence.

Separation of church and state; that way, the church can't be corrupted by the state.

W. A. BEGBIE
SHERBROOKE

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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Local Sports

Last Saturday, April 13th, the Lennoxville Curling Club concluded a week long "end of season" Closing Bonspiel with the final 2 teams of the 24 teams vying for the Wallace Bowl playing off

Lennoxville Curling Club news: Wallace Bowl and Coup de Coeur awards



Jim Thompson of the Lennoxville Curling Club was awarded the "Coup de Coeur" by Curling Quebec for outstanding achievement and contribution to the sport of curling in the Province of Quebec. Jim has donated a great deal of his time during his years on the board of directors and as the President of the Lennoxville Curling Club. Also, Jim has been very generous with the donation of rings and pins, which he designs and manufactures himself, for club events, district competitions and bonspiels. Jim also provides championship rings to the Provincial Junior men's and women's champions.

Pictured: Jim Thompson receiving the "Coup de Coeur" from Ralph Fanning, the President of LCC, acting for Curling Quebec.



COURTESY ALLAN ROWELL

Last Saturday, April 13th, the Lennoxville Curling Club concluded a week long "end of season" Closing Bonspiel with the final 2 teams of the 24 teams vying for the Wallace Bowl playing off. Team Milhomme took the Wallace Bowl by outlasting Team Richard with an extra end victory.

Front; right to left: Skip Marc Richard, Robert Léveillé, Daniel Gagnon and Olivier Gagnon. Back; right to left: Skip Sylvain Milhomme, Mike Bérard, Richard Frappier (sparing for Claude Charron) and Natalie Milhomme

Ottawa Redblacks appoint Joe Paopao as their new running backs coach

The Canadian Press

The Ottawa Redblacks named Joe Paopao as their running backs coach Monday.

Paopao, 63, played quarterback for

the Ottawa Rough Riders (1987) and served previously as head coach of the Ottawa Renegades (2002-05).

"We feel very fortunate to add Joe to our coaching staff," Ottawa head coach Rick Campbell said in a statement. "His

wealth of knowledge and experience coaching and playing in the CFL will be a huge asset to our offence."

With the addition of Paopao, Ottawa's offensive coaching staff consists of Winston October (receivers coach), Beau

Walker (quarterbacks) and John McDonnell (offensive line). The Redblacks remain without an offensive co-ordinator following the resignation of Jamie Elizondo on April 1.

Flyers hire Alain Vigneault as head coach

By Dan Gelston
THE ASSOCIATED PRESS

The Philadelphia Flyers have hired Alain Vigneault as head coach, hoping the veteran can help lead them to their first Stanley Cup since 1975.

Vigneault has led the New York Rangers and Vancouver Canucks to the Stanley Cup Final and takes over a Flyers team that missed the playoffs for the second time in three seasons. Flyers general manager Chuck Fletcher made his first big move since he was hired in November after Ron Hextall was fired. Fletcher fired coach Dave Hakstol a month later and replaced him with interim coach Scott Gordon. There was no immediate word if Gordon would stay in the orga-

nization.

Vigneault gets a chance to lead a third team to the Stanley Cup Final.

"The history they have established and the passionate fan base has made this a first-class franchise. I am excited to work with Chuck, the talented group of players, and the prospects coming up through the system in order to return Philadelphia to the top of the NHL landscape," Vigneault said.

The Flyers went 37-37-8 for 82 points this season and haven't reached the second round of the playoffs since 2012. Gordon was 25-22-4 over 51 games. The Flyers last played in the Stanley Cup Final in 2010.

The Rangers made the playoffs in four

of Vigneault's five seasons as coach, including a 2014 trip to the Stanley Cup Final. They went 226-147-37 in the regular season under Vigneault, who is third in regular-season and playoff wins in franchise history. Vigneault, who turns 58 in May, has coached 16 NHL seasons for the Montreal Canadiens, Canucks and Rangers. His team made the playoffs 11 times, and he took Vancouver to the 2011 Cup Final. He was named NHL coach of the year in 2006-2007 with Vancouver.

"He brings a tremendous amount of success over an extended period of time that will prove valuable to our team to take the next steps in returning the winning culture to the Philadelphia Flyers

organization," Fletcher said.

The Flyers are franchise in flux with a core of veterans that has failed to win many meaningful games. Those players include captain Claude Giroux, Jake Voracek, James van Riemsdyk and Sean Couturier, and Philadelphia also has a group of promising 20-somethings such as Travis Sanheim, Oskar Lindblom, Shayne Gostisbehere and Nolan Patrick. The Flyers showed marked improvement this year when they called up 20-year-old goalie Carter Hart, and they believe he has potential to carry the team on a deep playoff run.

Vigneault will also serve as the head coach for Team Canada at next month's World Championships in Slovakia.

Richmond County W.I. annual County meeting

The annual general meeting of the Richmond County W.I. was held on Saturday, April 6 at St. Andrew's Church Hall in Melbourne. President Joyce Cinnamon called the meeting to order at 9:30 a.m. by all repeating the Mary Stewart Collect followed by the singing of O'Canada and the Salute to the Flag. Two candles were lit and a moment of silence was held for deceased W.I. members, Bernice Beattie and Estelle Blouin. Joyce also extended sympathy wishes to Matty Banfill on the passing of her husband.

A total of 19 members answered the roll call - Cleveland: 4; Gore: 4; Group '92: 5; RYWI: 4; Spooner Pond: 2.

Joyce thanked all 37 W.I. members for their work, Ellis Clark and Larry Cinnamon for helping to set up, R.Y.W.I. for the catering, Group '92 for the entertainment, Cleveland & Mona for taking care of the programs and Jean Storry for sending out cards for sunshine. Prizes to help raise money were donated by Papeterie 2000, Dyson Garage, Deli Train, Larry and Joyce Cinnamon.

The minutes of the semi-annual meeting were read approved with one small correction. Patricia Keenan did not help with the decorating of the Canada Day Float.

Business Arising:

Member Information Sheets from Group '92 are to be brought in.

Reminder to keep the membership and life books up to date. These are with Louise Perkins.

Interbranch Competition - a photograph featuring landscape in the Eastern Townships (8x10). One entry per branch taken to Richmond Fair.

QWI pins - check with Vera if anyone needs one.

Be sure to recycle any Quebec Tartan articles amongst other W.I. members.

Still collecting pop can tabs, soup can labels, plastic milk bags, stamps & bread tags.

Joyce thanked those who helped with the planning and setting up for Towns-hipper's Day table.

Treasurer's Report: Vera Hughes gave the Treasurer's report. A copy was given to each branch. Vera reported that fair prizes given by W.I. are lower than those given by the fair board. Maybe they should be increased? Also that the RRHS bursaries started by Hazel Beattie in 1940 was increased in 1979 and have stayed the same since. Should these be increased? Vera asked if the token given to the person supplying the tractor for Canada Day parade should be standard each year.

Motion: A motion was made that each year a token be given to the person

who supplies the tractor to pull the float. Moved by: Alice Weare. Seconded by: Cindy Jackson. All in favour.

Bills were presented for expenses for the Church Hall rental, photocopying, printing of the programs, and stamps.

Motion: A motion was made to pay all bills. Moved by: Sui Min Jim. Seconded by: Norma Morin. All in favour.

Motion: A motion was made that County pay for photocopies that are made of information sent via email from QWI office. Moved by: Muriel Duff. Seconded by: Cindy Jackson. All in favour.

Correspondence was read. This consisted of thank you notes from Brogan Keenan and Kelsea Kydd for the bursaries, Jean Storry for the stamps, letter from the Richmond Volunteer Center for their recognition evening, thank you from Centre d'Action Benevole for a donation made to Meals on Wheels. Vera thanked many for the cards that she received. It was also mentioned that if anyone next year responds after the deadline for the Volunteer Evening, they will be refused.

Secretary's Report: Mona McGee gave the Secretary's Report.

President's Report: Joyce Cinnamon gave the President's Report.

Committee Chair Reports were read. Patricia Keenan-Adank gave the Agriculture Report. Sui Min Jim gave the Education & Personal Development report. Health & Community Living was given by Matty Banfill. Publicity report was given by Mona McGee, Sunshine report was read by Vera Hughes for Jean Storry. She had sent out 27 cards.

Motion: A motion was made for the adoption of all reports as read. Moved by: Muriel Webb. Seconded by: Peggy Eastman. All in favour.

It was mentioned that the Sunshine report can be included in the Health & Community Living report.

Vera Hughes will buy stamps for Jean Storry for Sunshine.

A small break was held with beverages supplied by Richmond Young Women.

New Business:

Joyce thanked Elizabeth Mastine for placing the Armistice Wreath at the cenotaph.

Reminder that Branch Membership forms are due to QWI by April 15.

Volunteer Evening - April 11. Jean Storry's name was sent in.

Joyce passed out an invitation to all branches to attend the presentation of the Governor General's Medal for Volunteers to Linda Hoy on April 26, 2019 in Bulwer. Need to RSVP.

A form was received from the Agri-

cultural Society to be completed if we want to use a wagon for the Canada Day Parade. As we would be responsible for damage, Cindy will check with QWI if we have liability insurance.

Thank you to Debra Knowles for making the new memorial service booklets.

Cleveland will be celebrating 100th Anniversary in October.

Richmond County will be celebrating 95 years this year.

Vera brought our attention to the article "Days for Girls Fundraiser" on the back of the QWI newsletter. Any branch can take part in this if they wish.

QWI annual convention will be on May 24 and 25, 2019. Cindy Jackson, Alice Weare and Elizabeth Mastine will be attending.

Reminder that each branch is to bring to the Fair an 8x10 photo of a W.I. activity with your branch.

Changes were made to the QWI fair entries for the wreath to make it clearer for the judging.

Discussion was held on raising the school bursaries.

Motion: It was moved that the RRHS school bursaries given by Richmond County W.I. remain the same. Moved by: Peggy Healy. 2nd by: Muriel Duffy. Most in favour.

Discussion on raising the W.I. fair prizes.

Motion: It was moved to raise the W.I. fair prize monies to correspond with monies given by the Richmond Agricultural Society.

All duties for next year are listed in the new program books.

Patricia Keenan mentioned that when writing up committee chair reports we could follow the guidelines of each committee in the front of our program books.

Lunch was served at noon by Richmond Young Women. Joyce thanked them on behalf of us all for the wonderful meal. Tickets were sold on the drawings and the winners were Mona McGee, Rhoda Warden, Helen Gallup, Muriel Duffy, Patricia Keenan, Shannon Keenan and Elizabeth Mastine.

Election of Officers:

Vera Hughes of Spooner Pond acted as Chairperson for the Election of Officers and declared all offices vacant. Mona McGee will act as Secretary. Vera read the list from the nominating committee. Names from the floor were given for 1st Vice President.

Motion: Joyce Cinnamon's name was submitted. Moved by: Muriel Duffy; 2nd by: Patricia Keenan.

New Slate of Officers for 2019-2020 is:

President: Cynthia Jackson

President-Elect: Sui Min Jim

1st Vice President: Joyce Cinnamon

Past President: Joyce Cinnamon

Secretary: Mona McGee

Treasurer: Vera Hughes

Agriculture: Patricia Keenan-Adank

Education & Personal Development: Sui Min Jim

Health & Community Living: Matty Banfill

Publicity & Awareness: Mona McGee

Elections were followed by an Installation Ceremony led by Joyce Cinnamon.

For entertainment, Richmond Group '92 had members play the game "Headbands." It made for a fun activity.

Motion: It was moved that the Richmond County W.I. pay for Cindy Jackson's expenses to attend the annual QWI convention in May. Moved by: Norma Morin. 2nd by: Rhoda Warden. All in favour.

Motion: It was moved that a life membership pin be presented to Joyce Cinnamon for her work as County President for the last three years. Moved by: Matty Banfill. 2nd by: Norma Morin. All in favour.

At this time Joyce Cinnamon turned the meeting over to the new president, Cindy Jackson.

Cindy presented Joyce Cinnamon with her life membership pin and thanked her for all she has done for the QWI and Richmond County.

Cindy Jackson asked members how many of their mothers were W.I. members and if any children were members now. As there were no children who followed as a W.I. member it showed that not many new members come in through family connection. She urged that we need to recruit the younger population. Maybe there could be a junior group who can learn crafts, cooking, recycling - our goal should be to try to get younger girls interested in the W.I. Possibility of having someone speak at semi-annual meeting.

The semi-annual meeting will be on Monday, September 30 at 9:30 a.m. in the St. Andrew's Church Hall, Melbourne. Richmond Group '92 will be responsible for the refreshments.

For those interested: There will be a quilt show at the Asbestos Library on April 26 & 27. Also at the Museum in Coaticook there will be a rug display from April to September.

As there was no further business Joyce Cinnamon moved to adjourn the meeting at 2:05 p.m.

Submitted by

Mona McGee,

Publicity Convenor,

Richmond County W.I.

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

Bingo on Wednesday, April 17 at 7:30 p.m. sharp at the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville. Everyone is welcome! Info: 819-346-9122.

LENNOXVILLE

You are cordially invited to join us at 10 a.m. on Sunday, May 5 for our annual "Service of Hope and Inspiration" to be held at the Lennoxville United Church, 6 Church Street, Sherbrooke (borough of Lennoxville) when we will honour family members and friends whose lives have been affected by, or lost to, a life-threatening illness such as cancer. If you wish to honour your loved one with a floral tribute please call Frankie Noble (819-348-9118) by April 21 or just join us on May 5 and be inspired. Proceeds of sales of flowers will be shared between La Maison Aube Lumière and Leucan (Shaved Head Project).

LENNOXVILLE

A cribbage tournament will be held at A.N.A.F. Unit #318 "The Hut", 300 St. Francis, Lennoxville on Thursday, April 18th. Registration at 7:00. Profits to go to the A.N.A.F. renovation fund. Everyone welcome, bring your partner. For more information call Colleen Matthews at 819-835-9922.

RICHMOND

Tea & Talks. May 7. 2 p.m. - 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a con-

templative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058.

TOWNSHIPS

Mental Health Estrie, in collaboration with the CIUSSS de l'Estrie-CHUS and community partners, invites you to learn more about accessing mental health services. Events will be held in 5 different MRC's between May 14 and 24. In Haut-Saint-Francois (May 14), and Brome-Missisquoi (May 16), Sherbrooke (May 17), Coaticook (May 21), and Memphremagog (May 24). A brief information session about the help available will be followed by a Q&A and an opportunity to meet local organizations serving your area. For specific dates, locations and times, please visit our website at mentalhealthestrie.com/news/ or our Facebook Page. For more information call 819-565-3777 or email mhe.info@bellnet.ca.

LENNOXVILLE

Bravehearts Relay for Life Fundraiser Mechoui on Saturday, April 27, 5:30 p.m., at The Hut, 300 St. Francis Street, Sherbrooke (Lennoxville). Admission charged, children 5 and under eat free. Tickets available at the Hut 819-346-9122. Must have a ticket. For information contact Andrea Morin 819-345-4276 or Cheryl Porter 819-569-7191.

RICHMOND

CHEP Video Conference: Staircase to Senior's Services, Wednesday, April 17, starts at 10 a.m. (please arrive early), at Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free to join; no reservation required.

LENNOXVILLE

The annual Garage Sale to support the Bishop's/Champlain Refugee Student Sponsorship Project will be held in the Bishop's University Old Arena on Sat-

urday, May 11 from 8 a.m. to 2 p.m. featuring a large selection of furniture, sports equipment, electronics, toys, clothes and household items. If you have items in good condition to donate please bring them to the lobby of the arena any day between 8 a.m. and 8 p.m. including weekends. Please note the last day for donations is Friday, May 3. We are not able to accept tires, mattresses, TV's or old computer monitors.

LENNOXVILLE

St-George's Church Hall, 84 Queen St., Lennoxville, 2019 Spring Rummage Sale, 10 a.m. to 7 p.m., on Thursday and Friday, April 25 & 26, with Bag Sale on Saturday, April 27, 8:30 a.m. to 12 noon. Articles may be left at the Church Hall week of April 21. Further info or pick-up of articles please call 819-562-6245 or 819-346-5056. Save your \$\$\$ - shop with us!

MAGOG

The churches of Magog invite all to join in an Ecumenical Service of the Processing of the Cross commencing at 9:30 a.m. at Parc des Braves, processing to l'Eglise St-Patrice (10 a.m.) and then to St. Paul's United Church (10:30 a.m.), followed by a time of fellowship with hot cross buns, tea and coffee in St. Paul's Parish Hall. The Good Friday Procession of the Cross is a time of silent Christian worship. Those who share in the walk in silence feel a unity of Christian hope.

BURY

Health Link Information Session: Road Safety Rules. Wednesday, April 17, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main, Bury. Lunch - \$5 donation (must reserve). To reserve, call Kim Fessenden: 819-872-3771, ext. 2.

LENNOXVILLE

The Canadian Federation of University Women, Sherbrooke & District, will hold its 27th annual Public Speaking Competition on Wednesday, May 1 at 4:15 p.m. We invite you to attend and support twenty high school students speaking on a wide variety of topics. Five high schools will participate in two categories: Juniors will be at 4:15 and seniors after a short break at 5:30. Schools participating: Alexander Galt Regional High School, Bishop's College School, Massey-Vanier High School, Richmond Regional

High School and Stanstead College. This event is free, as is parking. The venue is the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., behind the Town Hall in the borough of Lennoxville.

LENNOXVILLE

Reserve now for the Mechoui to benefit Mental Health Estrie at 5:30 p.m. on Saturday, May 4, at The Hut in Lennoxville (300 St. Francis Street, J1M 0B3). Call Irene Briand 819-566-2067, or any member of the Board of Directors; email mhe.info@bellnet.ca. Tickets also available at Clarke & Sons (2881 College Street J1M 2C2). Great food for a great cause!

RICHMOND

Scott Woods will be coming to Richmond Regional High School on May 9. Brand new show called "Filldin' Around." Ticket prices \$30 adults, \$15 children under 12. For information, call Phyllis at 819-826-5883 or Grace at 819-826-3118.

RICHMOND

There will be a Sugar Shack Supper held at the Richmond Legion on Saturday, April 20 starting at 5 p.m. Music starts at 3 p.m. Tickets: \$10 in advance by calling 819-826-3444 or \$12 at the door.

SOUTH DURHAM

Easter Service at South Durham United Church on Sunday, April 21 at 9:15 a.m. with Rev. Reg Jennings.

HATLEY

Hatley United Church Easter Sunrise Service at 5:45 a.m., Easter morning, April 21. We will gather on Kent Road. Take route 208 East off Route 143 South. Minister: Rev. Linda Buchanan Potluck breakfast at the church, 57 Main St., Hatley Village, following service. All welcome.

HUNTINGVILLE

Grace Village will be hosting a concert by Ed Sealy, a Canadian country-gospel singer, on Tuesday, April 23 at 2 p.m. Ed Sealy was recently inducted into the "New Brunswick Gospel Music Hall of Fame," and is an "America's Old Time Country Music Hall of Fame" nominee. Come on out and enjoy some old-time country-gospel music! Entrance by donation.

Niece's nuptials causing conflict

Dear Annie

TUESDAY, APRIL 16, 2019

Dear Annie: I am feeling so conflicted. My niece, "Melanie," is getting married in June. Melanie is paying for her own wedding, with a little from her mom. She's 31 now and was 5 when her parents (my brother and his wife) divorced.

Long story short, things are acrimonious between Melanie and her dad, and she's decided not to invite him to the wedding. Her dad's children from another marriage, her half-sister (who she hasn't met yet) and half-brother, are not invited either. She says that it would be awkward for them to be there without their father, and they are not old enough to drive. Everyone else on our side of the family is invited.

I agree with her that my brother would not just drop his kids off and leave; he would make a scene. I get both sides, but hate that I am in between. My brother does not know he will not be invited. She just isn't telling him. He asks me, "Did you get an invite?" Luckily, I have not yet, so I haven't had to lie. Am I wrong that she has the right not to invite him, but she needs to call and tell him? — In Between

Dear In Between: You're not wrong, but that's beside the point. Your niece is going to make her own decisions, and that's the long and short of it. I know that you want to help, but often when we find ourselves trying to mediate disagreements between two loved ones, we end up playing a role in the drama ourselves. It's time for you to bow out.

Dear Annie: I am writing in response to the letter from Parental Pawn, whose controlling parents were insisting the writer go to graduate school. In general, people tend to resist change. Have you read about abused wives who refuse to leave? We seem to have an innate fear of the unknown.

Here is my point: I have observed, many times, people finally managing to free themselves from abusive situations only to do things, consciously or unconsciously, that send them back into the situation they were familiar with, even if that situation was extremely uncomfortable. For example, habitual tardiness or other things that cause them to lose the job that allows them financial independence. The writer mentions having heard that graduate school will be virtually impossible to succeed at if you're not fully

committed. I would like to warn the writer, once he or she does manage to achieve independence, to be fully committed to being independent. Please keep your guard up against behaviors that would necessitate returning to the parents' control. And believe me, the parents will use every trick in the book to try to make sure they don't lose control of their child, never mind that the child is actually an adult. — Retired Social Worker

Dear Retired Social Worker: I'm printing your letter because your professional insights are on the mark. Too often we bring the traps of our past with us, whether we want to or not. Therapy offers a place where we can leave them behind.

"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.

CELEBRITY CIPHER

by Luis Campos

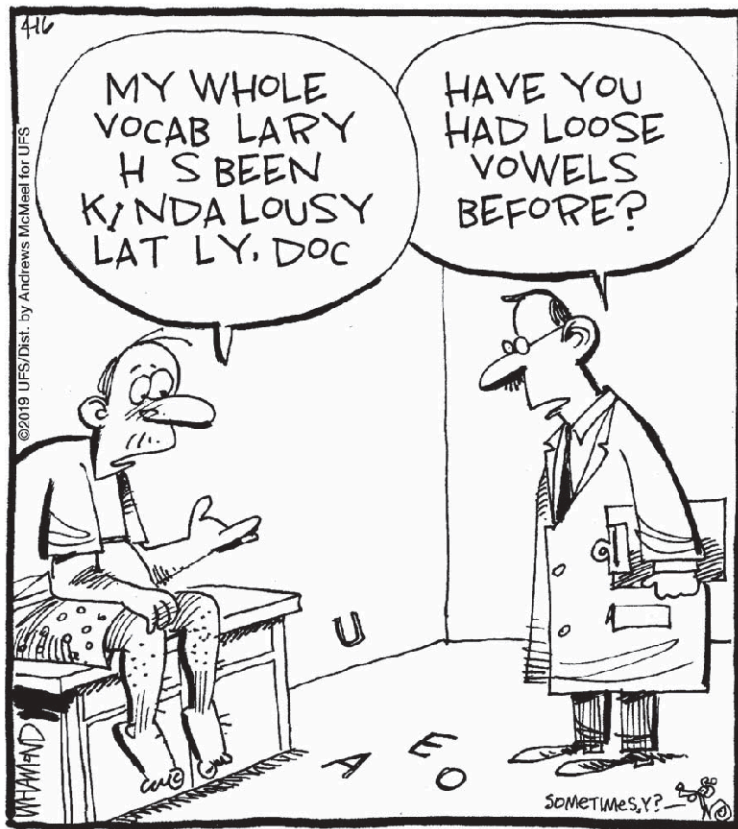
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" U ' X Z L B K U B R B Y U T L B K U B A . A Z U S G
U P V X B S G U T M S G Z S H V Y W P - U S
O Z J P B P N B V N K B S V C V S G U T M P , U S
G Z P Y B P J K S P . " - S V X X D K B B F V T B P

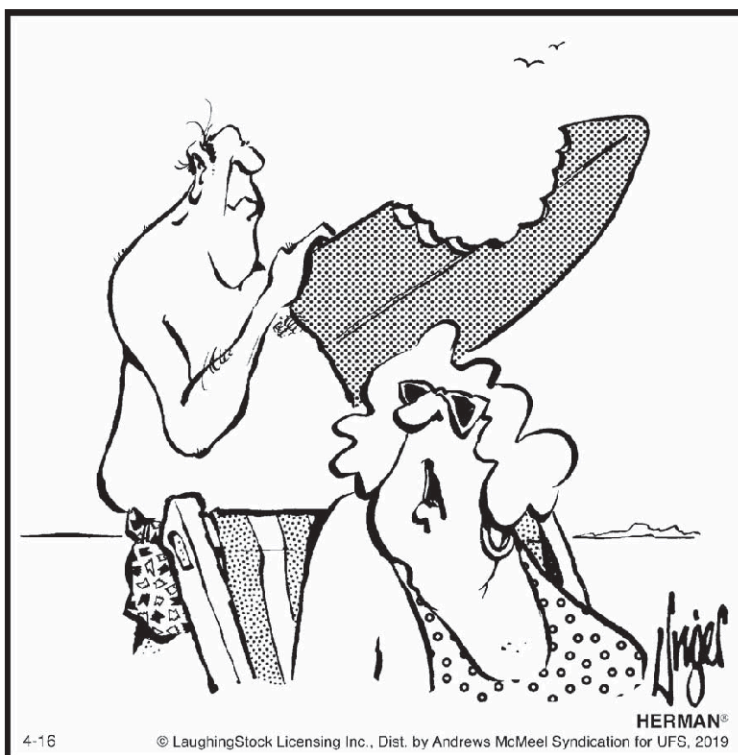
Previous Solution: "It takes more brains and effort to make out the income-tax form than it does to make the income." — Alfred E. Neuman

TODAY'S CLUE: *M s i e n b e H*

REALITY CHECK



HERMAN

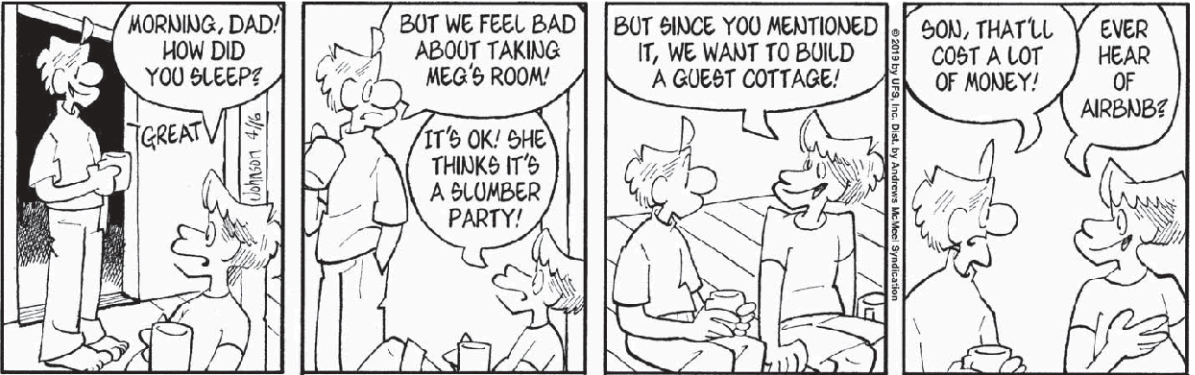


"Is that you? You've only been surfing five minutes!"

ALLEY OOP



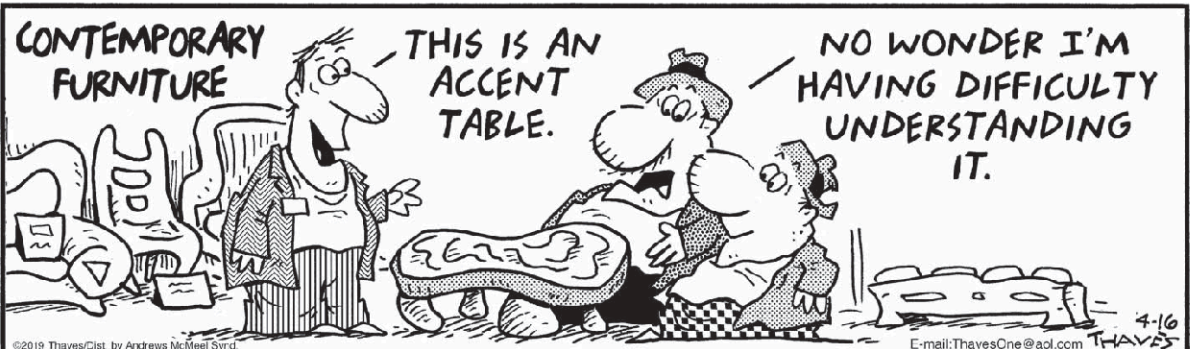
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TUESDAY, APRIL 16, 2019

Today is the 106th day of 2019 and the 28th day of spring.

TODAY'S HISTORY: In 1917, Vladimir Lenin returned to Russia in a sealed train after years in exile.

In 1943, Swiss chemist Albert Hofmann discovered the hallucinogenic effects of LSD.

In 1947, a fertilizer explosion during the loading of the freighter Grandcamp at a pier in Texas City, Texas, left more than 500 dead.

In 1963, civil rights leader Martin Luther King Jr. penned his famous "Letter From Birmingham City Jail."

In 2007, a gunman killed 32 people in a shooting spree on the Virginia Tech campus in Blacksburg, Virginia.

TODAY'S BIRTHDAYS: Anatole France (1844-1924), writer; Wilbur Wright (1867-1912), pilot/engineer; Charlie Chaplin (1889-1977), filmmaker; Peter Ustinov (1921-2004), actor; Henry Mancini (1924-1994), composer; Pope Benedict XVI (1927-); Kareem Abdul-Jabbar (1947-), basketball player; Bill Belichick (1952-), football coach; Ellen Barkin (1954-), actress; Jon Cryer (1965-), actor; Martin Lawrence (1965-), actor; Gina Carano (1982-),

model/actress; Chance the Rapper (1993-), rapper.

TODAY'S FACT: Charlie Chaplin's body was stolen in 1978 by grave robbers hoping to extort money from his family for its return. It was recovered 11 weeks later, and the perpetrators were arrested.

TODAY'S SPORTS: In 2003, Michael Jordan of the Washington Wizards played the final NBA game of his career, a season-ending 107-87 loss to the Philadelphia 76ers.

TODAY'S QUOTE: "Suffering – how divine it is, how misunderstood! We owe to it all that is good in us, all that gives value to life; we owe to it pity, we owe to it courage, we owe to it all the virtues." – Anatole France, "The Garden of Epicurus"

TODAY'S NUMBER: 0 – hits allowed by Cleveland Indians pitcher Bob Feller on this day in 1940. Feller's performance remains the only opening day no-hitter in Major League Baseball history.

TODAY'S MOON: Between first quarter moon (April 12) and full moon (April 19).

THE RECORD
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SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

Fordyce Women's Institute

Members of the Fordyce Women's Institute met at 1:00 p.m. at Emmanuel United Church in Cowansville on April 3. President Norma opened the meeting by reading "I Am Thankful": For the teenager who is complaining about doing dishes because it means that he/she is at home, not out on the streets; For the taxes we pay because it means we are employed; for the mess to clean up after a party because it means we have been surrounded by friends; for the clothes that fit a little too snug because it means we have enough to eat; for the shadow that watches me work because it means we are out in the sunshine; for the lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means we have a home; for the complaining we hear about the government because it means we have freedom of speech; for the parking spot we find at the far end of the parking lot it means we are capable of walking and have been blessed with transportation; For the huge heating bill because it means we are warm; for the lady behind me in church who sings off key because it means we can hear; for the pile of laundry and ironing because it means we have clothes to wear; for weariness and aching muscles at the end of the day because it means that we have been capable of working hard; for the alarm that goes off in the early morning hours because it means we are alive.

Members repeated the Mary Stewart collect, Salute to the Flag and sang O Canada; Happy birthday was sung to Evelyn Lewis and Elaine Bromby. Motto: One tree can make a million matches, but one match can destroy a million trees. Roll Call: What is your favourite variety of Quebec apples, and how do you enjoy it/ The Courtland was the favourite.

The minutes of the March meeting were read

and approved. A thank you letter from Heroes' Memorial School for our donation to the student's Christmas dinner.

Michilyn Dubeau distributed the tickets to our members for the drawing on the crocheted tablecloth for our next fundraiser. Michilyn had also received a sample of our Quebec tartan so members who wish to purchase some may do so.

After Elizabeth Milroy gave her treasurer's report we discussed giving Creative Writing prizes to pupils in Parkview elementary in Granby and Soulonge Elementary in St. Telesphore. Book prizes will also be purchased for students in Heroes' Memorial and St. Leon schools.

Agriculture Committee Chair, Paulette Mahannah spoke about her daughter Rachel, who was unable to be with us. Rachel and her husband Martin had dreamed of going BIO since they had bought their three generation farm, they now go BIO until 2021. Starting with 85 acres they now have 550 acres; 50% hay; 25% soya; 12% corn and 12% wheat. They must learn to work the ground before they plant. Paulette also told us about the Elderberry Farm near Knowlton. The elderberry extract is very beneficial to our health.

June Lamey was presented with a lovely cozy Abbie Pritchard throw much to her surprise. She was deeply honoured. These throws are given in memory of Abbie Pritchard who was a dedicated WI member for 45 years.

Sorry, no joke this month but I promise one for May.

All are very welcome to attend our meetings on the first Wednesday of each month. For information call Norma Sherrer, 450-263-3448 or June Lamey, 450-263-9962.

June Lamey
 Publicity and Awareness Chair
 Fordyce WI.

NEA Crossword Puzzle

Your Birthday

TUESDAY, APRIL 16, 2019

discipline to offset excessive behavior. Romance will improve your life.

- ACROSS**
- 1 Not against
 - 4 "Wheel" buy (2 wds.)
 - 7 Manner
 - 11 Mouths
 - 12 In — (as found)
 - 14 While away
 - 15 Swiss peak
 - 16 Penn or Connery
 - 17 Get beaten
 - 18 Occult
 - 20 Went under
 - 22 Compass pt.
 - 23 Pass near Pikes Peak
 - 24 Sphinx locale
 - 27 Roughly
 - 30 Furrow makers
 - 31 Potter's oven
 - 32 "Wow!"
 - 34 Perched
 - 35 Basketball hoops
 - 36 Position of leadership
 - 37 Sofas
 - 39 Hawthorne's town
- DOWN**
- 1 Suds
 - 2 Busy European airport
 - 3 Knocks
 - 4 Lend a hand
 - 5 Reunion attendee
 - 6 — — snail's pace
 - 7 Setting
 - 8 "White Wedding" singer

Answer to Previous Puzzle

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

- 9 "So what — is new?"
- 10 Necessity
- 13 Opens, as a flag
- 19 Recipe amts.
- 21 Egyptian sun god
- 24 Codgers' queries
- 25 Egg on
- 26 Sherpa's sighting
- 27 Targets
- 28 Playwright — Coward
- 29 Allot
- 31 Family members
- 33 Sound of deep thought
- 35 Cooked just slightly
- 36 Big laugh (hyph.)
- 38 Fluctuated
- 39 Looks down on
- 41 Helen of Troy's story
- 42 Auto import
- 43 Adjust a piano
- 44 Ferber or Millay
- 46 Precious
- 47 Pantyhose shade
- 48 Taj Mahal feature
- 51 Caught ya!

1	2	3		4	5	6		7	8	9	10	
11				12			13		14			
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	37		38					39				
				40				41				
42	43	44						45		46	47	48
49					50	51				52		
53					54					55		
56						57				58		

Take the path of least resistance. If you argue, you will end up in a stalemate. Focus on what you can do, not on the impossible. Following a straight line between the starting point and the finish line will serve you well. Quiet, steady progress should be a priority.

ARIES (March 21-April 19) — Pick your battles carefully. You have plenty to gain if you are steadfast, industrious and to the point. Keep idle chatter to a minimum and focus on your objective.

TAURUS (April 20-May 20) — Lessons from the past will help you recognize the possibilities heading your way. Spend time with the people you love and care about most. Romance is highlighted.

GEMINI (May 21-June 20) — Watch what others are doing. If you are aware of what's going on around you, it will be easier to deter others from manipulating or taking advantage of you.

CANCER (June 21-July 22) — Home and family should be your priorities. How you use your time will affect the way someone treats you. Don't take on responsibilities that don't belong to you.

LEO (July 23-Aug. 22) — Channel your energy into something constructive to improve your chances to advance. Consider your options and choose the one that is most reliable and affordable.

VIRGO (Aug. 23-Sept. 22) — Your intuition won't let you down. Follow your heart when dealing with loved ones. Use

LIBRA (Sept. 23-Oct. 23) — Make choices and stick to your plans. You are best off being secretive until you feel satisfied with what you have accomplished. Don't let criticism discourage you.

SCORPIO (Oct. 24-Nov. 22) — You don't have to spend money or overdo it to have a good time. Hang out with people who stimulate you intellectually and those who encourage you to be and do your best.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider how to best use your skills and experience to combat someone interfering in your affairs. Stay in control, and don't share personal information.

CAPRICORN (Dec. 22-Jan. 19) — Get ready to make your move. Take advantage of an opportunity that will increase your earning power. Don't rely on someone else to do things for you. Take charge and finish what you start.

AQUARIUS (Jan. 20-Feb. 19) — Take the initiative to improve your surroundings. Get involved in activities or joint ventures that can offer equality and high returns for everyone involved. Be wary of anyone making unrealistic promises.

PISCES (Feb. 20-March 20) — When in doubt, ask questions and be honest. If you let a situation escalate, someone will goad you into an emotional argument. Stick to the truth, gather facts and be patient.

TUESDAY, APRIL 16, 2019

The partnership suit changes the lead

By Phillip Alder

Yesterday, I mentioned that if you are on opening lead with the ace and king in a suit both you and your partner bid, you lead the king, not the ace.

I had never heard about this until it was mentioned to me by Steve Conrad of Manhasset, Long Island. But it is an excellent idea, primarily because this is a situation when starting with an unsupported ace is likely. As an example, look only at the West hand. What would you lead against four spades after the given auction? What happens after that?

East's jump to three hearts was preemptive, showing four trumps and a weak hand. (With at least game-invitational values, he would have responded two no-trump, the Truscott convention that is often called Jordan.) North's raise to four spades was aggressive.

West has an unclear lead. Some would choose the club queen, but declarer then takes the first 10 tricks. Suppose West selects the heart ace. If that promises the ace and the king, East will encourage because he has the queen. However, since both East and West bid hearts, West's ace-lead denies the king. So, East discourages with his

North		04-16-19	
♠ A J 8			
♥ 7 2			
♦ Q 5 4			
♣ A K 10 6 3			
West	East		
♠ 9 3 2	♠ 6 5		
♥ A J 10 8 5	♥ Q 9 4 3		
♦ A J 10	♦ K 9 7 2		
♣ Q J	♣ 8 7 2		
South			
♠ K Q 10 7 4			
♥ K 6			
♦ 8 6 3			
♣ 9 5 4			
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	1♥	Dbl.	3♥
3♠	Pass	4♣	All Pass
Opening lead: ??			

heart three. Now West sees only one chance. He should shift to the diamond jack! Here, that allows the defenders to take the first four tricks.

Why not cash the diamond ace (denying the king) at trick two? Because after East encourages with the nine, West continues with the diamond jack, and dummy plays low, East might think West started with only two diamonds. If so, East must overtake with his king and give his partner a ruff.