

'Make Way for YOUth' showing off Townships' greener Pastures

By Gordon Lambie
LENNOXVILLE

One of the consistent concerns across most rural regions, regardless of what language group or geographical area a person is looking at, is that of youth migration. With young people growing up in the country only to seek opportunity in cities near and far, there is some effort being put into finding ways to get up-and-coming professionals to turn away from the urban landscapes and seek a home among greener pastures. In the Eastern Townships, that effort is represented in the "Make Way for YOUth" program, which is run by the Townshippers' Association in partnership with the *Place aux Jeunes en Région* network.

"Outmigration among young English speakers continues to threaten the vitality of the English speaking population in the townships," said Townshippers' executive director Rachel Hunting at a recent conference on issues relating to immigration. "A high percentage of young English speakers are still exiting the region in favour of larger urban centres within the province and cities outside of the province altogether."

Hunting said that the population in the historical Eastern Townships is off-balance, with the people 45 years old and older far outweighing the younger crowd. That split, she added, is even more dramatic in the English population.

The absence of a middle generation hollows out the middle class, Hunting continued, leaving behind an economically unstable youth population who lack the resources to maintain what has, historically, been a strong local community. Make Way for YOUth works to counter this community erosion by attracting fresh faces to the region.

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Serving up Salvation

Local Domino's holds fundraising day



GORDON LAMBIE

Captain Claude Dagenais of the Sherbrooke Salvation Army with Amanda Boersen of Domino's Pizza at the Sherbrooke Domino's.

By Gordon Lambie
SHERBROOKE

Sherbrooke's Domino's pizzerias have made a name for themselves over the years as the go-to model for local pizza-based philanthropy. Under the leadership of franchise owner Corey Morin, the restaurants have poured pizza profits into charities responding to major disasters like the Haiti earthquake and Philippine typhoon and close-to-home causes both large and small.

On Monday, Morin was at it again, donating 100 per cent of sales to the meal program at the Sherbrooke Branch of the Salvation Army in an

event called, "Family Pizza Day."

"We're positive that Sherbrooke residents are among the most generous people in Quebec," the franchise owner said, "and we're setting out to prove it."

Amanda Boersen, Morin's niece, works as an administrative assistant and trainer at the Belvedere store. She explained that the objective for Family Pizza Day was to raise \$10,000 between 11 a.m., when the stores opened, and 1 a.m. when the Belvedere location closed for the night. As of 5:30 p.m., they had already raised \$7,500.

"It's been steady," Boersen said, "it's busy for summertime."

The administrative assistant ex-

plained that each and every Domino's order would be a direct donation of the amount spent to the Sherbrooke branch of the Salvation Army. The partnership comes as an extension of a fundraiser that Domino's held this past Christmas.

"My friend was doing a Santa Claus run for the Salvation Army and I decided to do it with her. Then Corey came up with the idea that we should do a dinner," Boersen said. "It's become kind of a ritual for us to help out a local organization or cause. This year we decided, since we started with the Salvation Army at Christmastime, we should continue."

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Weather



TODAY:
AFTERNOON
THUNDER
HIGH 22
SUNRISE: 5:19
SUNSET: 8:28



WEDNESDAY:
SHOWERS

HIGH 21
LOW 15



THURSDAY:
60% CHANCE
OF SHOWERS

HIGH 21
LOW 12



FRIDAY:
40% CHANCE
OF SHOWERS

HIGH 21
LOW 12



SATURDAY:
40% CHANCE
OF SHOWERS

HIGH 23
LOW 13

Marking milestones



DISHPAN HANDS

SHEILA QUINN

In our entourage, July of 2015 is a month of milestones. It has been interesting to contemplate the decades represented, and what was taking place at the outset of the blessed events.

30:

Thirty is the number of years our Auntie Debbie (our mother's little sister) and Uncle Mitch have been married.

Highlights of the day:

- A spontaneous decision to have the grandchildren walk down the aisle first (the happy couple's nieces and nephews), before the bride and her father. I don't remember who started running, but now I understand why stampedes happen. We were front-pew bound in a flash, and torn a strip up the aisle of the Richmond-Melbourne United Church.

- Having no horn in Uncle John's car, filled with said children, we were all happy to yell, "beep beep beep!" out of the car windows... Uncle John included.

- Their wedding took place the very same day as the concert heard 'round the world - Bob Geldof, Midge Ure and crew's Live Aid concerts held at Wembley Stadium in London, England, and John F. Kennedy Stadium, in Philadelphia, Pennsylvania. According to the official Live Aid website and Wikipedia, this was one of the largest satellite link-ups and television broadcasts of all-time, with an estimated audience of 1.9 billion, across 150 nations! Among those viewers were six rambunctious children in formal wear, sipping soft drinks in the clubhouse at the Richmond-Melbourne golf course. I was 11 years old at the time. We split our time between that television (featuring virtually all of our favourite contemporary music stars of the day), and the festivities upstairs.

- I caught the bouquet. Well, I think "caught" is perhaps stretching it. I may have torn it from the air and well, the hands of those who were probably more likely to be the next to wed. That was fun and wonderful... until I realized the handsomest man in the place was going to put a garter on my leg. I survived the highly embarrassing situation with the support of the bride, and likely my mother.

- We danced all night long. When we arrived at home, with at least a quarter of the party guests lounging about our front porch, the men (mostly my Uncle Mitch's Sherbrooke Hussars buddies, my father included) intercepted a robbery and recovered items from the Anglican manse down the street. The Anglican priest at that parish happened to also be the padre of the regiment. So much winning, so little time...

In 1986, Auntie Debbie and Uncle Mitch welcomed their daughter, Laura. Laura was married last November, and is currently expecting her first child, a little girl. There is something so moving in that - these decades later, together they anticipate an arrival again, the results of raising a daughter who opted for the same family values as their own. There is a deepening of the celebration of their wedding anniversary this year; that comes with the impact of the years.

40:

Forty is the age celebrated by my partner in life. Having breached the decade almost two years ago myself, I feel like he's taken his time in catching up somehow. He is unfazed, a common state of his - cool and collected, happy to see a rather challenging decade behind him, and excited for the new one on the horizon.

He has spent the last weeks packing and picking up, prowling through hardware stores and department stores for gadgets and widgets alike. We decided on a milestone vacation, and from the selection of cruises, resorts, all-inclusives and whatnot, and the winner is... the Magdalen Islands. We will drive 14-or-so hours and then hop on a ferry for five more... and still be in the same province - astounding. He has been before, and felt the beaches calling. I'm looking forward to the adventure, and celebrating this important, intelligent and interesting man on the beaches of a place I probably wouldn't have even

thought to have chosen to visit.

The month that Stéphane was born, Arthur Ashe became the first black man to win the Wimbledon singles title, Bruce Springsteen and the E Street Band completed recording *Born to Run*, American rapper 50 Cent and alt-rock genius Jack White were born, and American circus elephant Modoc died at 78 years of age.

50:

Fifty is the milestone celebrated by a wonderful friend. Melanie cares tremendously for those around her - so much so that there's always someone or something to worry about, in a broad selection of people who occupy her heart. Fifty is a time of forward motion and a growing bucket list - the items on which she asked for as "birthday presents" from her friends and loved ones. Melanie is proof that 50 is a beautiful beginning.

The week that Melanie was born, Jim Morrison bumped into Ray Manzarek, and legendary music group The Doors was formed, Dr. Martin Luther King delivered a speech entitled "The American Dream" at Ebenezer Baptist Church in Atlanta, Georgia and opera sensation Maria Callas gave her last performance.

90:

Ninety is the upcoming celebration-worthy birthday of our great-Auntie Maureen, also known to many as Auntie Baba. I asked her how she felt about turning 90 and she said, "Proud! I'm proud that I made it!"

With four amazing children, seven grandchildren, and two great-grandchildren, countless nieces and nephews, friends, neighbours and other relatives who love you, Auntie Maureen, we are proud that you are our aunt. A dedicated citizen and volunteer, a woman of deep faith and devotion to your church, a news and sports follower and baker of the best brownies ever, always dressed for success, classy as can be, you bring so much into our lives.

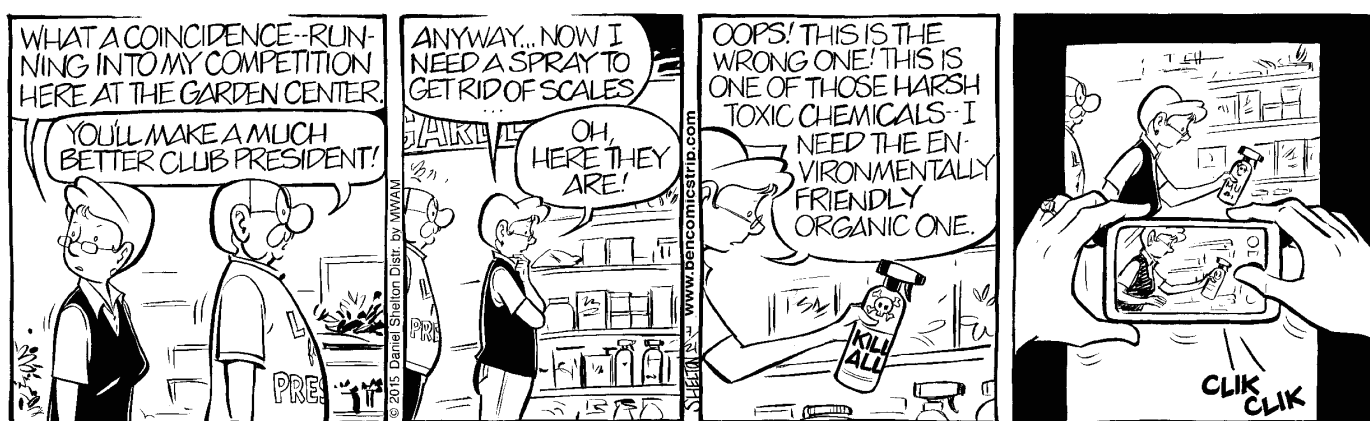
In July 1925, Walt Disney married Lillian Bounds in Idaho, René Lacoste beat Jean Borotra in the men's singles at Wimbledon (had to throw in a tennis reference), TV personality Merv Griffin was born, and a solar eclipse occurred.

Here's to all of you tracking time this month, raise a glass to time, to life, love and more to come!

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Ben by Daniel Shelton



LOCAL NEWS

"There is a desire from both countries to expand the [Nexus] program," McNeely said.

Stanstead buckling up for Nexus

By Matthew McCully
SHERBROOKE

The Canadian border crossing on Highway 55 in Stanstead will begin offering a dedicated Nexus lane during the afternoon rush hour, Monday to Friday.

"This is all part of the Beyond the Border Action Plan," said Dominique McNeely, representative for the Canada Border Services Agency.

The Nexus program is a binational program jointly administered by the CBSA and U.S. Customs and Border Protection for low-risk, pre-approved travelers into Canada and the United States. The program provides members with access to expedited processing at designated ports of entry in the air and marine modes as well as land border crossings, through dedicated processing lanes.

Open from 3-5 p.m. Monday to Friday for travellers coming

from the U.S. into Canada, the lane in Stanstead is the third of its kind in Quebec and the 11th to open as part of the action plan to improve border efficiency, according to McNeely.

"There is a desire from both countries to expand the program," McNeely said.

The Nexus program began in 2002 in the highway mode and in 2006 expanded to air and marine modes of transportation.

There are currently more than 1.2 million Nexus members who expedite their travel across the Canada-U.S. border, according to statistics provided by the CBSA.

Canada and the U.S. have recently been conducting enrollment blitzes to help increase application volumes. They have also been streamlining the membership renewal process, and extending membership eligibility to Canadian and U.S. citizens who currently do not reside in their home country.

Other measures are in place at Canadian and U.S. airports to expedite the screening process for pre-approved travelers.

McNeely said that although the Nexus lane in Stanstead will only be active during rush hour on weekdays, the Nexus pass can also serve as a piece of identification at other border crossings.

As for the U.S. crossing at Highway 55 in Stanstead (Interstate 91 in Derby Line, Vt.), CPB public affairs officer Michelle Benson-Fuller said the crossing is not offering a Nexus lane at the moment.

"While the ports of Derby Line I-91, Derby Line Route 5 or Beebe Plain do not have dedicated Nexus lanes, CBP has taken the necessary steps to ensure that appropriate staff levels are in place to process the increase in holiday traffic as expeditiously as possible," Benson-Fuller said, referring to the Quebec construction holiday.



COURTESY CBSA

This photo provided by the Canada Border Services Agency shows the new Nexus lane at the Stanstead Highway 55 border crossing. The lane will be open to Nexus cardholders from 3-5 p.m. Monday to Friday.

The nearest Nexus lane offered at a U.S. crossing is at Highgate Springs in Swanton, Vermont (Interstate 89).

Benson-Fuller suggested travelers visit the "Know Before You

Go" section of the CBP.gov website to be reminded of the dos and don'ts of cross-border travel, to be fully prepared before arriving at the border during the holiday season.

Make way

CONT'D FROM PAGE 1

"We are present in every region of Quebec," explained Mathieu Vigneault, executive director of the *Place aux Jeunes en Région* network of which Make Way for YOUth is a part. "Our recruitment basins are Quebec City, Montreal, Gatineau, and even Sherbrooke."

According to Vigneault, the 25-year-old organization works to try to recruit three main demographics. First, he said, they appeal to rural youths who have left home to study and now want to return to their roots but still use the skills they've gained. The second group are urbanites, kids who grew up in the city and who don't necessarily know the regions but want to get out into the country because rural life appeals to their personal values.

"They see in the regions a way of life that is more interesting than life in the city," Vigneault said.

The final group is that of new immigrants. Though Vigneault pointed out that *Place aux Jeunes* works exclusively in Quebec, he said that the group of qualified young people mov-

ing into the province either from other parts of Canada or from other countries is significant and growing.

Thorough its 58 different migration agents, *Place aux Jeunes* works to seed young people of Quebec across different regions, matching professionals looking for a solid job and a new home with the rural communities that need their presence and involvement. At the moment, Vigneault said, Make Way for YOUth is the only branch of the organization working specifically to attract English young people.

"Make Way for YOUth is unique in the *Place aux Jeunes en Région* network and it's been supporting the migration of English speaking graduates and professionals aged 18-35 in the Estrie administrative region since its early incarnation in 2006," Hunting said, identifying "fostering community development" as a core element of Townshippers' strategic plan.

She pointed out that while every other migration agent in the network is charged with a specific regional county municipality, the Townshippers' Association covers six different

municipalities across an area larger than Belgium, in an effort to support the entire historical Eastern Townships.

"Because our association's migration agent covers six municipalities it can prove challenging to develop and maintain the key working relationships that are required to make the project successful in each part of our region," Hunting said, explaining that a committee was recently struck to help support the worker in adequately covering the entire region. "The consultation committee meets approximately four times a year with a mandate to support the migration agent in their role of recruiting new participants and partners."

The agent and committee work to make the Townships more appealing to potential newcomers through workshops and weekend events. By networking recruits with established members of the community and local businesspeople while helping the visitors to see the colour and comforts that the region has to offer, Make Way for YOUth works to try to make moving to

the Townships seem not just viable, but an inviting and worthwhile idea.

The efforts are showing results, too. According to Hunting, 35 English speaking professionals or postgraduates have settled in the region as a result of the program, while 171 people have taken part in the "discovery days" weekend events and 349 people have benefited from the program's support and networking initiatives.

Vigneault said that as a result of the successes of the Make Way for YOUth project, the *Place aux Jeunes* network is currently exploring the idea of setting up similar programs for Anglophone communities in other parts of the province.

"We are very open to the idea because we recognize the pertinence and the added value of linguistic duality for the development of the regions of Quebec," Vigneault said.

Though clearly pleased with the progress the project has made over the last nine years, both Hunting and Vigneault expressed concerns about the matter of future funding.

"The community sector will not be able to maintain its mo-

mentum or build sustainability projects if the cost of operations continues to increase every year but our current funding envelopes do not," Hunting said.

Lac des Nations body ID'd

By Gordon Lambie
SHERBROOKE

Sherbrooke Police have identified the body pulled from Lac des Nations on Saturday as that of Marc Deschesnes, 56, of Sherbrooke. Samuel Ducharme of the SPS said the investigation is ongoing but the most likely scenario being considered is accidental death.

"Alcohol could have been a factor," he said, adding that it was possible that Deschesnes was coming from or going to the Lac des Nations festivities taking place at nearby Jacques Cartier Park.

Deschesnes' body was recovered Saturday after being spotted by a passing pedestrian. Doctors established the man's time of death as in the night from Friday to Saturday.

Domino's

CONT'D FROM PAGE 1

"We're very pleased," said Captain Claude Dagenais of the Salvation Army. "It's a great day; it's very helpful to receive

an amount like that."

Dagenais said that the food program costs an average of \$2,000 every month in groceries alone and expressed a deep gratitude to the troupe of 20-35 volunteers who commit

to helping out.

He pointed out that the Salvation Army is self-sufficient, funded through its thrift store operations, emphasizing that the organization tries to commit itself fully to the communi-

ty.

"Every dollar the community gives us goes back into the community," the Captain said on Monday. "We believe in hard work."

Every year the Sherbrooke

branch of the Salvation Army serves over 350 meals a week from September through June, and Dagenais said that no matter how much money ends up being raised, it will make a significant difference.

Maximize summer by dodging its pests: Fight the bite, avoid burns and poison ivy

By Helen Branswell
The Canadian Press
TORONTO

For many sun-starved Canadians, summer is a favourite time of the year. Days are long, windows are open, water is inviting and the world is green and blue. Down-filled jackets and scratchy woollen wear gets shoved to the back of the closet — for a few months, at any rate.

As glorious as it is, summer poses a few health perils. Here are some things you'll want to avoid and what to do about them if the season throws them in your path:

WEST NILE VIRUS

Certain species of mosquitoes pick up this virus from infected birds and pass it on to humans. Depending on where you live in Canada those species are *Culex tarsalis*, *Culex restuans* and *Culex pipiens*.

Most years human cases of West Nile start to be diagnosed in late July and infections can continue to occur until frosts kill mosquitoes in the fall.

Some years there isn't much West Nile activity. Last year, there were only 21 cases reported in Canada. But in 2007 — the worst year on record — there were 2,215.

What's critical here is how much hot weather there is early in the summer, when virus levels start to build up in birds and bugs.

"It's too early to tell how intense the West Nile season will be. It will depend on basically temperatures that we get from now on in, the numbers of ... *Culex tarsalis* mosquitoes we get and virus levels in birds," says Phil Curry, an entomologist with Saskatchewan's Ministry of Health.

The illness can be mild and almost flu-like. But some people develop encephalitis or meningitis — swelling of the brain or the membranes surrounding the brain — and some people die.

The best way to avoid West Nile is to avoid being bitten. That means wearing long sleeves and trousers, dressing in light colours and using DEET-based insect repellents to protect against the dusk-till-dawn biting mosquitoes that carry the virus. It also means getting rid of standing water on your property because mosquitoes need water to breed.

POISON IVY, POISON OAK, POISON SUMAC

You don't want to run into — or brush up against — these rash-inducing forms of flora. But you need to know what you should be avoiding in order to successfully do so. A little time on the Internet ought to help you identify foliage to avoid.

According to the federal government's HealthyCanadians.gc.ca website, Newfoundland is the only Canadian province where poison ivy is not found. On the other hand, poison oak is only found in southern British Columbia.

Words of warning: Poison ivy is pesky. If you get the sap on clothing, it can trigger rashes long afterward if it isn't washed off.

If you are trying to rid a property of poison ivy, don't burn the plants. That can release the urushiol — the component that causes rashes — into the air. Breathing in that smoke can trigger severe and even potentially fatal breathing problems.

If your skin comes in contact with any of these plants, wash the exposed skin with soap and cold water. If there is no soap at hand, vinegar and water (30 millilitres/two tablespoons in 250 ml/one cup of water) or alcohol and

water (half and half) can help.

TICKS

We're talking blacklegged ticks here, the kind that can transmit *Borrelia burgdorferi*. That's the bacterium that causes Lyme disease.

It wasn't that long ago that infected ticks were only found in a few spots in the southernmost part of Canada, near Windsor, Ont. But the Public Health Agency of Canada says blacklegged ticks can now be found in a number of provinces. It has posted a map detailing high-risk areas at <http://healthycanadians.gc.ca/diseases-conditions-maladies-affection>

Ticks latch on to people (or animals) and take a blood meal. The bacteria only transfers when the tick has been feeding for quite awhile, around 36 to 48 hours.

Ticks — especially the juvenile ones — can be hard to spot. But doing a tick check after being outdoors as well as taking a shower and laundering your clothing should help you avoid being the source of a prolonged meal.

Dr. Doug Sider of Public Health Ontario says these ticks like areas with brush and high grasses. "You're not going to get Lyme disease risks in manicured lawns and sports fields.... That's not where the tick hangs out."

If you find a tick a few hours after walking in the woods, Sider says the advice would be to remove it carefully — pull it straight out with tweezers — and not to worry about it.

If, however, you find a tick a couple of days after your last trek through the woods, the second part of the recommendation might change.

If you are living in an area known to have infected ticks, your doctor or hospital may give you a dose of an antibiotic that kills the bacterium, says Sider,

the agency's medical director for communicable disease prevention and control.

STINGS

Hornets, wasps, bees: They play a vital role in nature, but they sure can take the fun out of a summer picnic or meal on a patio.

For most people the pain of an insect sting is short-lived. If you are one of these people, remove the stinger, apply a cool compress or use something like hydrocortisone, lidocaine or calamine lotion, the Mayo Clinic's website suggests.

However, some people are allergic to insect stings and can have severe, even fatal, reactions if they are stung. If you are with a person who develops trouble breathing, dizziness, confusion, rapid heartbeat, nausea or vomiting after an insect sting, this is a situation to take seriously.

HealthyCanadians.gc.ca suggests seeing a doctor right away. Ask if the person is carrying an epinephrine autoinjector — an EpiPen — and if yes, whether he or she needs help to use it. If the person stops breathing, begin cardio-pulmonary resuscitation (CPR).

STINGING AND BLOOD-SUCKING WATER CREATURES

We're talking about jellyfish and leeches here. The former are found in salt water and the latter in fresh.

Jellyfish stings can vary in severity, according to information on them posted on the Mayo Clinic's website. Most just cause pain and redness, though some will trigger a whole-body response, including nausea and difficulty breathing. If you have the latter type of response, you need to seek medical help.

For regular jellyfish stings, the Mayo site suggests making sure none of the stingers are left on your skin by rinsing the area with salt (not fresh) water. You can also rinse with vinegar and a paste made of baking soda and salt water.

As for leeches or bloodsuckers, don't try to pull them off. Pouring salt or vinegar on them will make them release their grasp on your skin and drop off.

SUNBURN

Summer sun feels great on the skin. But too much exposure to the sun's ultraviolet rays can prematurely age and permanently damage skin. It can also lead to melanoma, a dangerous form of skin cancer.

Do your future self a favour: Avoid excessive tanning and sunburns. Limit the amount of time you spend in the sun when its power is at its peak, between 10 a.m. and 4 p.m.

Use sunscreen. The Canadian Dermatology Association recommends choosing a product with an SPF — sun protection factor — of 30 or higher. It should be reapplied every two hours or after swimming or sweating a lot.

Wear a hat. Protect your eyes from the sun too — UV light may contribute to the development of cataracts. Be especially vigilant protecting children from the sun.

And if you do get a burn? Soothe sunburned skin with a cool compress, a moisturizer, gel or lotion containing aloe vera, or hydrocortisone cream.

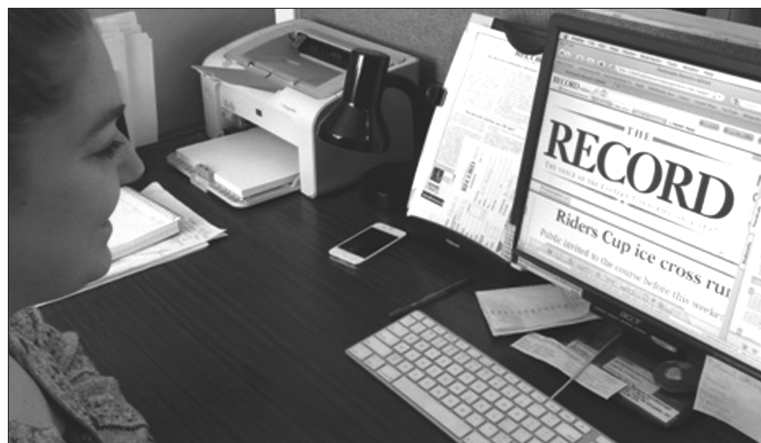
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Provincial 4-H rally crowns its champions

By Claudia Villemaire
Record Correspondent
RICHMOND

Saturday was the most serious day of competitions at the 40th Provincial 4-H Quebec Rally last weekend ended with several championship rosettes going home with 4-H members from across the province.

The final competition, Grand Champion Showmanship in all breeds was won by Kira Nelson whose main passion is her Boer goats. But she proved to judges in all categories she could prove her ability to present and control any animal, large or small, furry or feathered.

The Grand Champion Dairy Showmanship winner was Emmanuel Brisson of Ormstown, while Alana McKinven of Ormstown won the Reserve champion ribbon. The champion in the Beef Showmanship overall categories, pitting Pee Wees with all age groups champions competing were Krista Whalen of Sawyerville with the Reserve Champion going to Colt Mastine of Richmond.

Judging in the dairy category was Daniel Brochu of Tingwick for the Holsteins, while coloured animals were judged by Frederick Dubois of Laurier Station. Judging duties were ably handled in several other categories as well. Beef animals and showmanship were judged by Jay Bradley of Casselman, Ont., Josee Maher judged rabbits, Maurice Lanctot of Compton judged sheep, Chuck Williams handled horses and goats and poultry were judged by Karyn Kirby.



COURTESY

Several of the 4-H rally winners pose with their ribbons after Saturday's award ceremonies.

Courteau and Lamontagne up next at Hors Cadre

By Olivia Ranger-Enns
KNOWLTON

Meet Marie-Claude Courteau and Linda Lamontagne, who will be demonstrating their work at Knowlton's art gallery Hors Cadre.

Born in 1953 in Beauharnois, Courteau was easily fascinated with nature. Years of studying science did nothing to deter her from developing a number of passions, including photography, horticulture, and walks in the forest.

It was only by 1978 that Courteau decided to throw herself into the painting world for good. Today, her artwork is on display in two galleries in Quebec as well as in a number of private collec-

tions in Canada and the United States.

Using oil paints and acrylics, Courteau paints mountains, lakes, rivers, while constantly working at what she loves most: the light.

As for Lamontagne, this self-taught artist likes to wander through nature in the summertime for inspiration. In 2014, Lamontagne began painting streets in Montreal where the spiraling outdoor staircases fascinated her.

Courteau will host a live demonstration on Wednesday from 5-7 p.m. and Lamontagne will host her own demonstration on Friday, also from 5-7 p.m.

You can see Courteau and Lamontagne's work, which will be on display at Hors-Cadre at 320 Knowlton Road. For more information, call 450-242-1908.



COURTESY

Marie-Claude Courteau (left) and Linda Lamontagne are demonstrating their work at Hors-Cadre in Knowlton this week.

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ARTEMIS

EDITORIAL

The positive psychology approach sounds promising.

Zest for life



SUSAN MASTINE

She's lost her zest for life," be-moaned her son. His mother has been full of vim and vigour for more than 80 years. This change in character has shocked him.

This is a woman who would go sliding with her family in Sherbrooke every winter, on her own crazy carpet, until a year or two ago. Now, with a spouse of 60 years suffering from dementia, she is showing a lack of get-up-and-go.

Somehow it all seems understandable. Even the most positive of souls lose momentum at times.

Will she recover her energetic nature? Can she?

Earlier this year, the British Columbia Psychological Association offered Free Public Psychology Month Talks. One of the topics was "Passion: How to Cultivate a More Passionate Life," described as "a presentation about cultivating more passion or boundless enthusiasm in your life using the FIGHTER method. Be a lover and a fighter in life. Open to all who would like a little more zest in their life."

Sounds good, doesn't it? But who is out there to help us with the process of adapting to a new life situation? There are private psychologists whom few of us can afford and CSS social workers who have long waiting lists. But the issue of language of service is key - not only should the professional providing assistance understand the content of what is being expressed in English, he or she must also have a keen sense of the cultural characteristics of being an Anglophone in Quebec.

Life throws us all challenging situations from time to time. Some of us cope more easily than others.

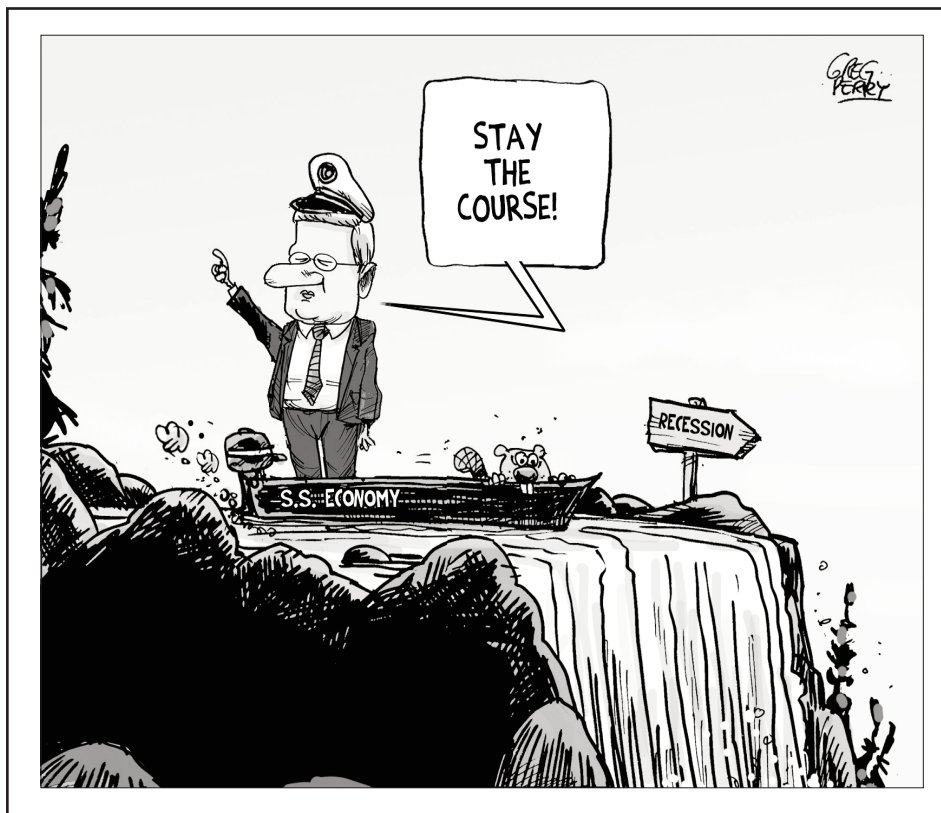
The positive psychology approach sounds promising. The Canadian Positive Psychology Association describes it

thus: "By focusing on what is best in life and how to create more of it, this fast-growing new discipline is increasing productivity, strengthening organizations, creating stronger schools and helping humans to flourish in every aspect of their lives."

One of the workshops at the second Canadian Conference on Positive Psychology defined positive psychotherapy (PPT) as "a therapeutic approach, based on the premise that strengths can effectively ameliorate symptoms. PPT integrates symptoms and strengths; vulnerabilities and values; risks and resources. It actively builds optimism, love, gratitude, zest and curiosity with an assumption that overtime, strengths will accumulate to enhance resilience and life satisfaction, which in turn can buffer against future psychological distress."

In 2013, the Scandinavian Journal of Caring Sciences published the results of a study on zest for life among 65- and 75-year-olds in Northern Finland and Sweden. The researchers involved defined zest for life as "being satisfied with life and having the energy and courage to look for new experiences." The results led them to conclude that physical and psychological health and well-being play a key role in zest for life and "successful ageing."

With the proportion of seniors projected to continue to increase in the foreseeable future, those with the power to plan and provide health care resources should be considering access to psychological support as a vital need for those in the last quarter of their lives—retirement, physical challenges, change of residence, the need to receive more care or provide more care to one's partner.



Picture of the Day Matildas waltzing in the cold



AP PHOTO/ROB GRIFFITH

A kangaroo hops along a fence line bordering a field covered in a thick blanket of frost during a seasonal cold snap outside Canberra, Australia on Sunday.

THE RECORD

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QUEBEC:		GST	PST	TOTAL
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1 MONTH	6.49	0.32	0.65	\$7.46

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Local Sports

There was no shortage of offence left in the old bats as the teams combined for 21 hits.

Expos host old-timers, unleash bats on Saturday

Record Staff
SHERBROOKE

The Sherbrooke Expos hosted their first old-timers' game on Saturday afternoon at Amédée-Roy stadium. After the old-timers showed the Expos how it was done, Sherbrooke made no mistake in a 16-5 demolition of the Acton Vale Castors.

The win capped a week that saw the Expos go 2-1 with games on three straight days. (They had been scheduled to play on Sunday, as well, but the game against St-Jérôme was postponed due to rain.)

Hitting their stride on Saturday there was little question in the win. The Expos had 18 hits. Luis Argumedes also continued his strong weekend performance, going 4-4 with three runs, three RBIs and two stolen bases.

It was a strong night for most of the Expos, with Alain Lachance driving in three runs, while Douglas Toro, Kevin Delgado, Eddie Lantigua and Kevin Young each knocked in two. Lantigua and Young's RBIs came in part on their home runs in the first and sixth inning respectively. The Expos scored multiple runs in every inning except the fifth including a six-run sixth inning.

In defeat, Leonardo Ochoa and Johan Ochoa hit solo home runs in the third and fifth in-

ning. Errors also continued to matter for the Expos, as the Castors' Martin Bérubé crossed the plate on an error in the second inning and Maxime Morin took advantage of an error by the third baseman Christophe Jutras to cross the plate in the seventh.

Yan Fortin earned his first win of the season, allowing 8 hits while striking out 10 batters. Philip Graham was hung with the loss for the Castors.

Earlier that afternoon, the Expos hosted 20 former players from the senior, junior and midget levels for their first old-timer's game, a fundraiser for Baseball Sherbrooke.

There was no shortage of offence left in the old bats as the teams combined for 21 hits in a 10-7 win for Stéphane Waite's Blue team over the Reds, led by Bruno Vachon.

The Blues scored three in the top of the seventh inning to break a 7-7 tie, with Waite providing the game-winning RBI.

Christian St-Pierre of the blue team had the game's only home run, a shot to right field in the second inning.

The Expos split their two games earlier in the week.

On Thursday, they suffered a 7-3 loss to Coaticook, who have been improved recently.

The Big Bill jumped out to a 3-1 lead in the first inning in part on a two-run single by Jean-François Delisle, that they

never relinquished. Steven Charbonneau also had a two RBI night for the home team, driving in runs with a single in the second inning of a point and a double in the fourth inning.

Kelvin Delgado lead the Expos effort going 3-for-4 and scoring two runs once in the first on a hit from Douglas Toro and in the third inning an Martin Charland error at second base. Maxime Ruel drove in the third run for the Expos with a single in the fourth inning that allowed Justin Fortin to cross the plate.

The Big Bill's Hugo Lalonde nabbed victory to go to 2-4 on the season. Jean-Sébastien Varney suffered a third defeat.

However, explosive offensive performances by Luis Argumedes lead the Expos as they turned the tide with a close 4-3 win over the Thetford Mines Blue Sox on Friday.

An infield single by Argumedes in top of the seventh drove Kevin Young across the plate and secured the one run win. Argumedes had a strong evening overall going 2-2 with two runs, two RBIs and two stolen bases.

In the bottom of the seventh inning the Blue Sox came close to tying the game back up, as they got a runner to third base, but it came to naught when Marc-André Charbonneau grounded out. Frederic Bolduc lead the Blue Sox offense with a



JOHN EDWARDS

The Sherbrooke Expos hosted their first oldtimers' game on Saturday afternoon.

two-RBI night.

Jacob Gosselin-Deschênes pitched a complete game for the Expos, picking up his third win in six decisions allowing only five hits. The Blue Sox Andy St-Gelais was not involved in the decision and reliever Bolduc was hung with his second loss on the season.

The other Townships team, the Big Bill, was in action for only one other game, losing to Victoriaville Cactus on Friday night.

A Cactus run in the sixth inning when hurler Mathieu Boutin's wild pitch allowed Pier-Olivier Dostaler to score proved to be the key moment in the game, as it pushed the Cactus into a two-run lead. The Big Bill continued to fight for the win into the seventh inning,

cutting the lead to one run but they were not able to make up the difference.

Hiarali Ventura Garcia threw six innings for his second victory and Jonathan Camiré picked up his first save. Coaticook's Rudy Vandervalk suffered a second defeat.

The scheduled for the coming week starts on Thursday when Sherbrooke hosts Victoriaville at 8 p.m. Their only other game this weekend is Friday against the Big Bill in Coaticook at 8 p.m.

As Sherbrooke's week comes to an end, Coaticook begins, following the Friday night game with a double header on Sunday taking on the Cactus in Victoriaville at 1 p.m. and then travelling to Thetford Mines for a second game at 6 p.m.

Abenakis remain undefeated with impressive wins

By Mike Hickey
Special to the Record

Sherbrooke Abenakis' A-side head coach Charles Goode didn't know what to expect from this past weekend's opponents, XV de Montreal.

They are made up of French nationals who have had a weird season," the veteran coach said in an interview last Thursday. "They recently beat Westmount 48-13 so we have to be prepared for some tough games."

The tight game never materialized as the A squad routed the visitors 55-0 in the A game after the B team recorded an equally-convincing 41-0.

"I didn't expect to beat them by as much as we did, they obviously don't travel week," Goode said after the twin wins. "Once again the subs made the difference in both games; no one can play with our bench."

Playing on a wet field with occasional bursts of rain, the

visitors held their own for about 20 minutes in each contest before Sherbrooke's depth and talent prevailed and the home teams were able to remain undefeated with a pair of dominating performances.

"It was great because the two players of the game are from Sherbrooke; Armund Frechette who will be at U de S this year for the B squad and former Gaiter Josh Quirion for the A side."

Each squad sits atop their league standings and Goode has challenged them to finish the 2016 regular season with unblemished records.

With first place in both divisions all but clinched Goode worries about motivation in the final month leading up to the playoffs.

"I told both teams that we need to shoot for 10-0 records," he said. "The guys have been great with self-motivation and

they are getting better with each game. One of the most satisfying thing this weekend is that we score twice on two moves that we have practicing for the last couple of weeks. It involved using the width of the field which is key for us because of our conditioning and depth.

The Abenakis will have a well-deserved bye this week and are back in action August 1st when they travel to Montreal to play Westmount.

The new Nordics strong and free?: Quebecor submits NHL expansion bid

The Canadian Press

Quebecor Inc. has entered the running for an NHL expansion team.

The media company wrote on its Twitter account that it submitted its "candidacy for the NHL expansion process in order to bring the Nordiques back to Quebec City."

The NHL announced last month it was opening the formal expansion process. The ap-

plication process began July 6, with the first stage lasting until Monday.

Each expansion bid costs US\$10 million. Deputy commissioner Bill Daly confirmed a portion of that is non-refundable, reportedly \$2 million.

Quebec City has not had an NHL team since the Nordiques left for Denver and became the Colorado Avalanche in 1995.

Quebecor owns the new 18,259-capacity Videotron

Arena in Quebec City. It's among several groups that has expressed interest in an expansion franchise, along with Las Vegas, Seattle and others.

Las Vegas is the top candidate for expansion with prospective owner Bill Foley, whose season-ticket drive received almost 14,000 deposits. An arena is under construction on the Las Vegas Strip and is set to open next spring.

The NHL has said the earliest

any expansion would happen is the 2017-18 season.

There are 16 teams in the Eastern Conference and 14 in the West, which would seem to make Las Vegas and potentially Seattle or Portland, Ore., favourites for expansion.

NHL commissioner Gary Bettman has said geography is an issue but not the determining factor.

The NHL has a relationship with Quebecor through its

French-language television-rights deal with TVA Sports.

Quebecor president and CEO Pierre Dion said last month at the NHL draft that the group and city possessed "all the ingredients" for NHL expansion.

According to reports out of Seattle, the leading candidate to own a hockey team, there was not planning on submitting an expansion bid.

The formal expansion process goes until Aug. 10.

Card of Thanks



David "Butch" Crack

Cowman extraordinaire, Legendary Auctioneer and Family man beyond compare.... LARGER THAN LIFE!

Twenty days before his 70th birthday he passed away on June 18, 2015 at La Maison Aube Lumiere in Sherbrooke, QC. His funeral service and 'celebration of life' was on Saturday, June 27, 2015 at Crackholm Farm. The many dedications and reflections by his family and friends were loving and perfectly defined this amazing, one of a kind, man. The weather was perfect. The 'celebration of life' was full of stories, music, dancing and a spectacular final farewell of fireworks. We even heard a message from Butch read by his 'second daughter', his niece Kathy MacNeil Nichol. A perfect send-off to a man who touched so many lives!

Thank you to everyone who helped make this final farewell so special! From everyone who attended the funeral and/or the 'celebration of life' to the friends and family who were part of the ceremony and helped put on the 'event of a lifetime'. Thank you to everyone who visited, sent cards, messages, texts, prayers and who called and sent love, sent flowers, donations to Maison Aube Lumiere and for all the wonderful food that was brought to the farm. And we are so very grateful for the quality of care Dad received from doctors, nurses and staff members at the CHUS, the CLSC and La Maison Aube Lumiere. MILLES FOIS MERCI!

He leaves behind "the lady who takes care of me", his beloved Barbara Ann Levitt; his daughter and son-in-law Cyndy & Pete Montana and their two kids Kaylee and Jaxen (Grand Island, NY); his son David Jr, his two kids Savannah and Kolton and their mom Caroline Bisson; his brother Robert Charles Crack (Phyllis), his sister Miriam Rose "Mickey" Crack and his extended family. He is reunited with his beautiful wife Phyllis Mary (Todd), his wonderful sisters Gertrude Kathleen "Trudy" and Joyce Ann and his loving parents Robert Gordon and Lila Kathleen (Kerr).

In Memoriam

CHARBY, Susan Jersey - July 20, 1991
*You were like the sun
 Your smile was radiant
 You were a shining star to everyone
 Just like you were as a person
 You are missed and loved*
 Always,
YOUR SISTER SANDY

**Show
 you've really
 got heart.
 Give us a hand
 by becoming
 a volunteer
 for the Heart and
 Stroke Foundation
 and help fight the
 #1 cause of death
 in Québec.**

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 OF QUÉBEC**

Datebook

TUESDAY, JULY 21, 2015

Today is the 202nd day of 2015 and the 31st day of summer.

TODAY'S HISTORY: In 1861, the first Battle of Bull Run – the first major battle of the Civil War – was fought in Virginia, ending in a Confederate victory.

In 1925, Tennessee teacher John Scopes was convicted of violating the state's law against teaching the theory of evolution.

In 1954, the French surrendered North Vietnam to Communist forces.

In 2011, NASA's Space Shuttle Program came to an end as the shuttle Atlantis landed at Kennedy Space Station in Florida.

TODAY'S BIRTHDAYS: Ernest Hemingway (1899-1961), author; Marshall McLuhan (1911-1980), author/theorist; Isaac Stern (1920-2001), violinist; Don Knotts (1924-2006), actor/comedian; Yusuf Islam aka Cat Stevens (1948-), singer/songwriter; Garry Trudeau (1948-), cartoonist; Robin Williams (1951-2014), actor/comedian; Brandi Chastain (1968-), soccer player; CC Sabathia (1980-), baseball player; Juno Temple (1989-), actress.

TODAY'S FACT: Turkish adventurer Erden Eruc completed the first solo, human-powered global circumnavigation on this day in 2012, after traveling 41,196 miles in 1,026 days.

TODAY'S SPORTS: In 1959, the Boston Red Sox (the last major league team to integrate) fielded their first African-American player when Pumpsie Green entered a game against the Chicago White Sox in the eighth inning.

TODAY'S QUOTE: "The good parts of a book may be only something a writer is lucky enough to overhear, or it may be the wreck of his whole damn life – and one is as good as the other." – Ernest Hemingway

TODAY'S NUMBER: -128.6 – temperature (in degrees Fahrenheit) at Vostok Station, Antarctica, on this day in 1983, the lowest recorded temperature in world history.

TODAY'S MOON: Between new moon (July 15) and first quarter moon (July 23).

For that reason, you will likely work with a dietitian during your pregnancy. He or she will adjust your diet to ensure that your baby receives proper nutrition, but that you do not consume too many calories. Finally, you will have more frequent HbA1c tests during pregnancy. And you will have more frequent ultrasound tests to monitor your baby's growth and development.

With good prenatal care and by keeping your blood sugar under control, you can look forward to a safe pregnancy and a healthy baby.

Dr. Komaroff is a physician and professor at Harvard Medical School.

Woman with type 2 diabetes can achieve healthy pregnancy

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I have Type 2 diabetes, and I would like to get pregnant. What can I do to increase my chances of having a healthy baby?

DEAR READER: Like you, some women already have either Type 1 or Type 2 diabetes before they become pregnant. There also is a kind of temporary diabetes that develops during pregnancy called gestational diabetes. It goes away after the baby is born.

You're right to be concerned. Type 1, Type 2 and gestational diabetes all cause high blood sugar and can cause pregnancy complications. But for this column, I'll focus on pregnancy and Type 2 diabetes.

Consistently higher-than-normal blood sugar during pregnancy puts your baby's

health at risk. It increases the chances of having a miscarriage or going into premature labor. It may also cause your growing baby's organs to form abnormally. Women with diabetes are also more likely to have large babies. This can make delivery difficult, and cesarean sections more likely.

So, keeping blood sugar under control early in pregnancy is crucial to your baby's health. In fact, it is also important to achieve good blood sugar control before you become pregnant. That means keeping your HbA1c levels less than 7 percent. (HbA1c levels indicate your average blood sugar over the past three months.)

Many women with Type 2 diabetes are overweight or obese. Try to lose weight by eating fewer calories and exercising regularly if you are trying to become pregnant. This should help reduce your blood sugar levels before and even during the preg-

nancy.

If lifestyle changes aren't enough to drop or keep your blood sugar levels in a healthy range, you may need to begin medication. If you're already taking a medicine, you may need to increase the dose or switch the kind.

Unfortunately, studies have not yet shown whether it is safe to take oral diabetes medications during pregnancy. Your doctor may recommend two pills that appear to be safe: metformin or acarbose. Alternatively, doctors often recommend starting or switching to insulin. This is an injectable hormone that lowers blood sugar.

Your diet during pregnancy is different from your diet before pregnancy because you're eating for two. That means taking in enough calories for the two of you, and also eating the types of food that are healthiest for both you and the baby.

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

RICHMOND

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

NORTH HATLEY

The Spitfire Dance play about women aviators with music from the WWII era will be at the Piggery Theatre in North Hatley on Friday, July 24 at 8 p.m. This is a benefit night for the Waterville-North

Hatley United Church. Advance tickets can be reserved by calling Margaret Cheal at 819-842-4661 or Joan Mills at 819-842-2128.

GEORGEVILLE

Sunday, July 26, 10 a.m., Georgeville Anglican Church invites you to come and bring your pets to the service of Blessings of the Pets.

ST. FELIX DE KINGSEY

July 25 and 26 - Saturday from 8 a.m. to 4 p.m. and Sunday from 9 a.m. to 3 p.m. - Sale and Silent Auction at St. Paul's Church, 25 chemin des Domaines, Sydenham Place. Treasures plus baked goods to take home. Donations of clean items in good condition welcome. Fundraiser for the church and cemetery. Option of renting space to sell your items. Info: 819-848-2430 or 819-470-8519.

BURROUGH'S FALLS

Chrystal Beach 50th Reunion Jamboree on Saturday, August 1, featuring Lyndon Sheldon and the original Plainsmen, at Burrough's Falls from 3 p.m. to 9 p.m. Admission charged. Lots of musicians and bands have been invited to join in. All bands are welcome to participate.

NORTH HATLEY

North Hatley Legion, 95 Jackson Heights, North Hatley will be holding a Barbecue (LooWoW!!) on July 25 at 6 p.m. Menu: Barbecue pork leg, grilled vegetables and pineapples, baked onions, rice, dessert and coffee. Reservations please: 819-842-2933 after 2 p.m.

TRENHOLM

Trenholm United Church. Come and join us in worship and fellowship on Sunday, July 26 at 11 a.m. Our service will be followed by a Box-Lunch Picnic and fun Auction! Auction items usually include home baking, pickles, jams, jellies, household items, and a variety of fun stuff! Have anything to donate? Bring it along! All proceeds go to the church. Refreshments will be provided, just bring your box lunch and a lawn chair!

WATERVILLE (HUNTINGVILLE)

Three Link Fraternity, Unity Lodge #8, IOOF would like to invite you to our Grandma's Style Roast Beef Supper on Sunday, July 26, 2015 at 4150 Route 147, Waterville (Huntingville). Delicious roast beef and all the "fixins" just like Grandma used to serve! We will be pleased to serve you from 4:30 p.m. to 6 p.m. We have a family price. Remember

we are completely handicapped accessible! PLEASE TAKE NOTE: All profits from this event will go to benefit Camp Mas-sawippi, a summer camp for handicapped children in Ayer's Cliff. This is a great opportunity to support this and our other community projects. Show up, have a great meal and help us help you. If you would like more information on any of these projects or to apply for a scholarship please come to our supper or contact Unity Lodge, IOOF at unity8ioof@yahoo.ca or 819-820-5672. See you on July 26!

• • •

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

When he tells his parents that he doesn't like being touched, they either laugh or get angry

TUESDAY, JULY 21, 2015

Annie's Mailbox

wedding gift. Your obligation is simply to respond "yes" or "no" to the invitation."

Dear Annie: When is it OK for a child not to want to be touched by anyone, including his parents? My 10-year-old grandson doesn't want to hug anyone, nor does he like people putting their hands on his back, shoulder or head. Should this just be accepted?

Should we use behavior modification so he will let us be affectionate, or are we just supposed to respect his wishes on this? If I put my arm on his shoulder, he will move away. If my wife pats him on the arm, he flinches. When he tells his parents that he doesn't like being touched, they either laugh or get angry. What do you say? — Miffed

Dear Miffed: Please do not try to force a child to be physically affectionate if he does not wish to be touched. There could be many reasons for this. Is this a recent development? Has the child been touched inappropriately by anyone? Is the child autistic? Is his skin sensitive and the touching too painful or irritating? And some children that age become extremely embarrassed by any public displays of affection, especially from family members.

The parents should neither laugh nor get angry. They should speak to the child's pediatrician and ask for guidance. There could be a serious reason (earlier molestation) or something as simple as needing to be tolerant and respectful of this stage of his development. As we hope you will be.

Dear Annie: A friend is getting married soon and the invitation states that it is going to be a potluck reception. I have never heard of such a thing for a wedding. Is this new? I have always believed that the bride and groom should have the wedding they can afford and not ask the guests to bring food to the reception. Also, I found out that she is having the bridesmaids help set up and clean after.

I understand the bride and groom don't have a lot of money, but come on! She also had put a lot of pricey items on her bridal registry and when I spoke to her later, she told me she was upset that she only received half the stuff she


wanted and they were mostly the less-expensive items.

What is your take on all this? Should someone say something to her about her being so cheap? She already knows that most of her family doesn't like the man she is marrying. — Friend's Wedding

Dear Friend: In some cultures and areas of the country, potluck weddings are perfectly fine. In those places, the entire community comes together to prepare the wedding celebration. It isn't a demand on an invitation. It is simply how things are done. Unfortunately, this doesn't sound like the case with your friend.

Some folks won't mind the request and will be happy to show off their cooking skills. And we are certain that some guests will prepare and bring a lovely dish and consider it their

Happy 90th birthday



Justin Lowry

love from all your family

Elizabeth Zuyderhoff-Dekker turns 90 on July 21!



It's been quite an adventure!

Born in Indonesia, went to Holland as a teenager to complete schooling, where she met and married Rudolf Zuyderhoff. Together they moved to Canada in 1951, where they raised 4 children: Maaike, Olga, Vera and Rudy. Did a 'walkabout' by going to southern India for 5 years, after which she returned to Montreal to become a massage therapist. Moved to the Eastern Townships to her beloved mountains & trees, where she still lives happily with her plants and Eck meditations.

Happy Birthday!

With love also from the 'grand kids'
Alexandre, Max & Sandrine, Orion,
Flinder & Marlen

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.

"AW LNY GPAIH KSWNUS LNY VXSOH
GPS NGPSU JYL JSGV PAV FNHS AI
WAUVG." — SIJDAVP OBGNU/RVABA OI
FARRL IOAD

Previous Solution: "People who insist on telling their dreams are among the terrors of the breakfast table." — Max Beerbohm

TODAY'S CLUE: *d equals X*

KIT N' CARLYLE



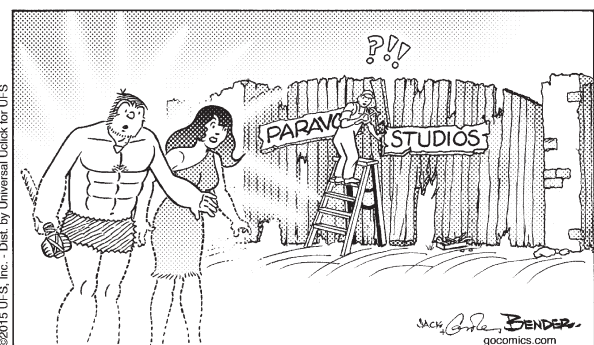
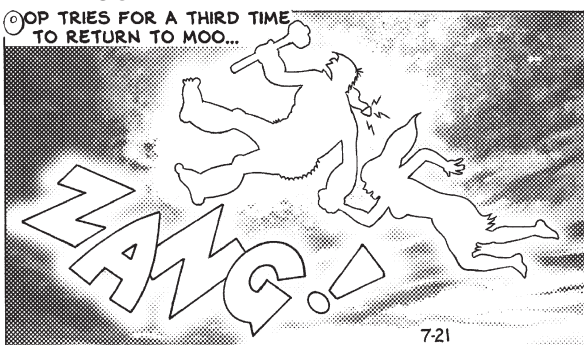
HERMAN



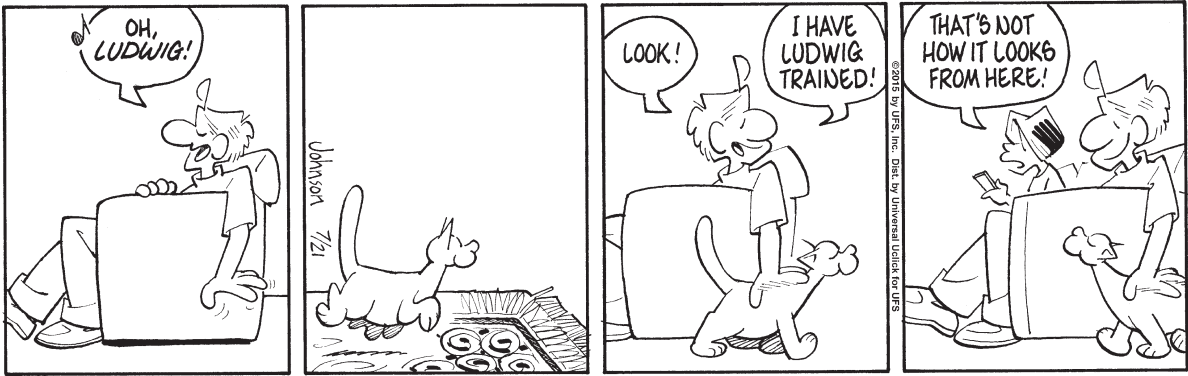
"Can't you get on with your work without watching me all the time?"

ALLEY OOP

OP TRIES FOR A THIRD TIME TO RETURN TO MOO...



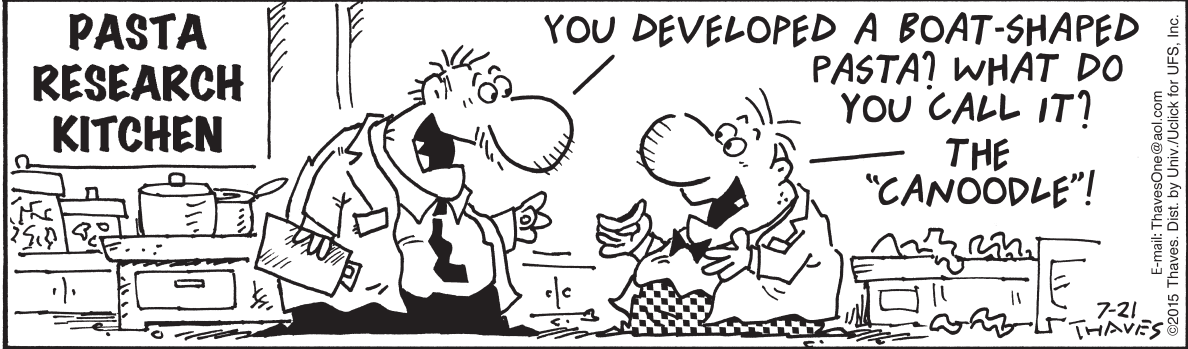
ARLO & JANIS



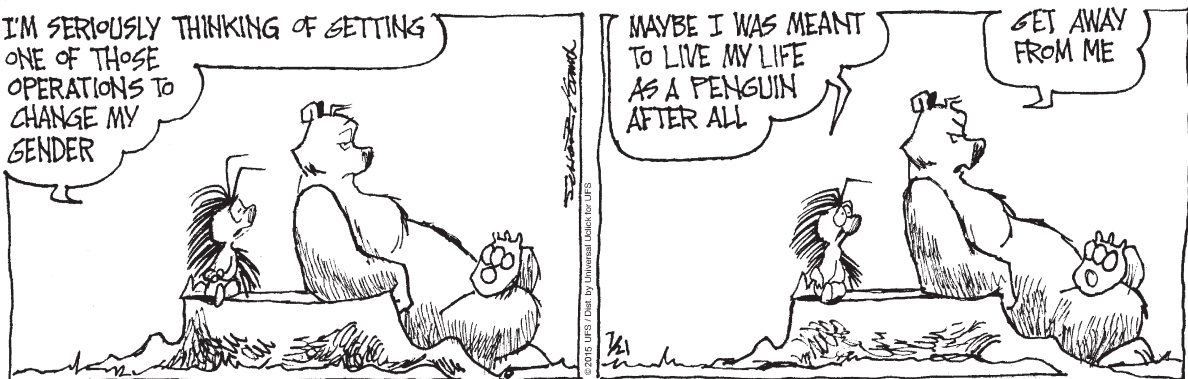
THE BORN LOSER



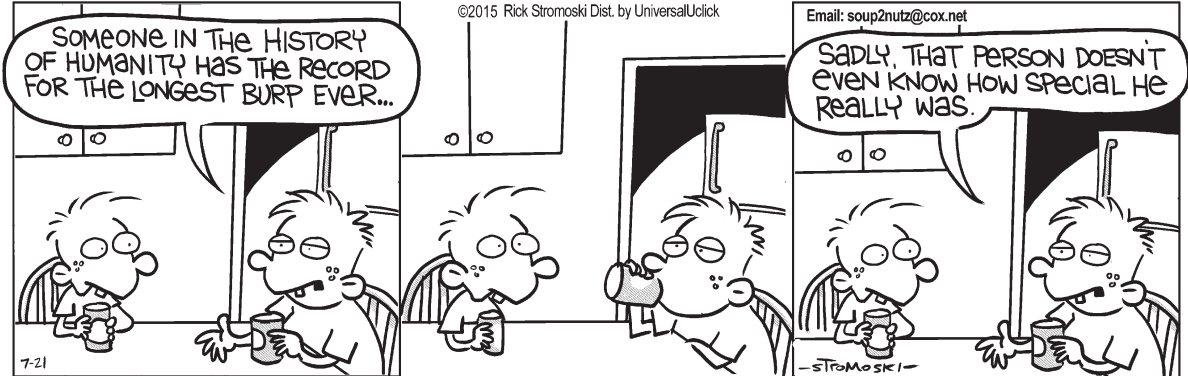
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1								7
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1	5	4	6	8	7	3	2	9
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2	8	6	3	9	4	7	5	1
8	9	5	7	6	3	4	1	2
7	4	1	9	5	2	8	3	6
3	6	2	1	4	8	5	9	7
4	1	9	8	3	6	2	7	5
6	2	8	5	7	1	9	4	3
5	3	7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

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