

Winter Nights

**Mondays**  
An app perhaps?  
Half price on all appetizers  
4:00-6:00

**Wednesdays**  
VT 5 Night! Skip's  
Gourmet Burgers  
with \$5 VT Brews

**Thursdays**  
Mexican Returns!  
Sizzling Fajitas, Quesadillas,  
Enchiladas, Chimichangas  
& Margarita Sampler!

**Fridays**  
Prime Rib Night!  
Three delicious ways for \$20  
Dezzie's Bar Fly Special  
Live Entertainment!

**Saturdays**  
Seafood Buffet with  
Live Saute Station & Feature Fish  
Live Entertainment!

**Bishop's raises \$20,000 for Mental Health Estrie**

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THE  
**RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**U.S.A. 'wiping' out our forests**

Editorial - Page 6

\$1.00 + TAXES

PM#0040007682

THURSDAY, FEBRUARY 28, 2019

**Bishop's Psychology Department exploring offering services to the community**

By Gordon Lambie

Last Friday evening Students and Faculty of the Bishop's University Psychology Department hosted a gathering at Uplands Cultural and Heritage Centre in Lennoxville to test the local English community's interest in the creation of a new mental health and wellbeing centre. With representatives of a range of local community organizations, Federal, Provincial, and Municipal Governments, and the University in attendance, members of the team proposing the new project pitched their vision of how Bishop's could start offering improved access to mental health services in the region.

"The idea would be to offer some professional mental health services at a reduced cost within a centre which would also be a meeting place where educational workshops, discussion groups of various sorts, relaxation and art-based sessions, etc., are offered free of charge," explained Psychology Professor Dr. Claude Charpentier. "We are meeting

CONT'D ON PAGE 3

**ETSB students take a stand against bullying with Pink Shirt Day**



Alexander Galt Regional High School

KYLE MARTEL



Lennoxville Elementary School

COURTESY



Sutton Elementary School

COURTESY



Drummondville Elementary School

COURTESY

By Matthew McCully

In 2007, a Grade 9 student in Nova Scotia was bullied for wearing a pink shirt to school.

Two other students from the school took it upon themselves to take a stand

against bullying. They went to a discount store and bought 50 pink tank tops.

The next day, they handed them out to their fellow students to wear in solidarity with the bullied boy.

Over the years that gesture has

evolved into a national campaign; Pink Shirt Day, held on Feb.27 each year, against bullying.

Many schools across the Eastern Townships School Board participate by wearing pink.



Clinique de denturologie  
**Josée Lauzon**

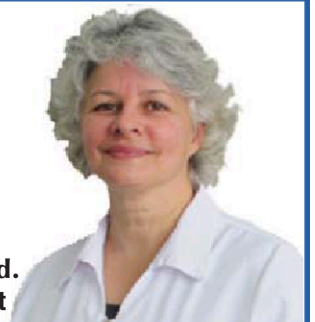
■ Manufacture and repair of dental prosthesis

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Josée Lauzon d.d.  
Denturologist



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## Weather



TODAY:  
SUNNY

HIGH OF -8  
LOW OF -20



FRIDAY:  
SUNNY

HIGH OF -2  
LOW OF -10



SATURDAY:  
PERIODS OF  
SNOW

HIGH OF -2  
LOW OF -9



SUNDAY:  
60% CHANCE  
OF FLURRIES

HIGH OF -5  
LOW OF -17



MONDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -6  
LOW OF -18

# Hello, hot sauce, my old friend



ROSS MURRAY

It's not like we haven't cleaned the fridge in 20 years. We changed refrigerators at some point in there, so that mean's it's been sorted through at least once. No, I'm quite certain that our refrigerator has undergone frequent if unscheduled cleanings and/or purges.

And it's not like I didn't know the bottle was there. Why, just the other day I was describing it to a student at school. I don't recall how the subject came up — something about long-standing items in one's fridge — but it quickly became uncomfortable when I found myself saying that I distinctly remembered the bottle because it had a... naughty label.

"A what?" the student asked.

"A naughty label. It has a naughty picture on it." Somehow saying "naughty" to a teenager had become worse than saying what was actually on the label: boobs.

Let me back up — 20-plus years ago.

I owned *The Stanstead Journal* with my partner Greg. Returning from a trip, Greg bought with him several varieties of hot sauces, all with provocative labels and names. These would become the subject of one of his food columns, but in the meantime he encouraged me to

take my pick. I, of course, opted for the interactive bottle, and by "interactive" I mean the one whose label depicted woman with a bikini top made out of that silvery scratch-off material found on discount cards.

I immediately scratched it off. I was much more immature in those days... in my 30s.

Now, before you think I've been hanging on to a slim bottle of hot sauce for 20 years because of a pair of cartoon breasts, I need to point out that the sauce itself was quite good. "Ultimate Burn," it was called. "This Brazen Lady has no cholesterol and zero calories," the label gushed. "Prepare to strip as the heat goes up." Oh my. "Your endorphins will flow freely, while your senses bask in the fire of pure, unadulterated tropical pleasure."

(As a side note, I'd like to say how impressed I am that there is not a single exclamation mark in that copy. You wouldn't think a bottle with boobs would be capable of such restraint.)

The thing with hot sauce (especially really hot sauce) is you don't use a lot of it, particularly when you tend to accumulate many varieties of hot sauces over the years because, really, can you have too many hot sauces?

The other thing about hot sauce is you don't have to worry about it. Hot sauces last virtually forever. Growing up, we had a bottle of Tabasco sauce that may have actually been one of my parents' wedding gifts. It had long gone from red to a shade of murky brown, yet was still delicious when we plopped a dash in our fancy glasses of tomato juice at Christmas dinner because we were

classy like that.

But according to [doesitgobad.com](http://doesitgobad.com), Tabasco is good for years and won't, in fact, go bad. It just might misbehave a little.

And so I felt pretty confident that our bottle of Ultimate Burn was perfectly fine for the many years that it survived in our fridge. While I can't remember the last time we used it, I don't remember anyone suffering gastric distress. (Talk about "ultimate burn.")

But let's get back to the boobs (as one tends to do).

It was (I realize now in my much more mature fifties) a bit tacky to have a naked-lady bottle in the fridge, although I'd like to point out that the fridge is not solely my domain. Anyone could have removed it. In fact, now that I think of it, how often did our young children say to their friends, "Hey. Want to see something cool in the fridge? And I don't mean yogourt." Were they learning all the wrong things about body image? Worse, were they standing with the fridge wide open?

So last Sunday, I threw it out. And not just Ultimate Burn but a bottle of homemade "Dr. Hippy's Hot Sauce," which was much younger (maybe five years old?) but had clearly separated into its three basic components: solids, liquids and pathogens.

But why now? Why did I finally decide it was time to let my brazen probably-still-good hot sauce go?

Because by the time I get around to cleaning the fridge again, I might have grandchildren, and I don't want them seeing that!

# CHUS and Granby centre create new health care work-school program

Record Staff

Students in a new program at the Granby Regional Integrated Training Centre (CRIF) will be able to enter the job market more quickly after the CIUSSS de l'Estrie - CHUS and the Centre are launching a new work-study program for future client attendants.

All those interested in a career in health care are invited to the Center this Wednesday, Feb. 27, from 5:30 to 8:30 p.m. for an open house, where there will be opportunity to register directly on site.

The new training, which begins on

April 1, will allow students to enter the job market more quickly through the transition from school to work.

"After 12 weeks of training at CRIF, a job as a paid intern will be awaiting students at the CIUSSS de l'Estrie - CHUS. Beginning in the fall, students will continue their training three days a week in class and two days in the workplace," explained CRIF Deputy Director Rose Desjardins.

"Through this partnership and in the context of workforce scarcity, we will be quickly able to add trained personnel to provide care to individuals while enabling future attendants to learn

through experience and develop the required skills to perform the work of client attendant," commented Stéphane Tétreault, Assistant Director of Human Resources, Communications and Legal Affairs for the CIUSSS de l'Estrie - CHUS.

The program for client attendants has been renamed Personal Assistance in Residential and Home Care. The number of training hours will increase from 750 hours to 870 hours, explained by the merger of the personal and home care assistance programs.

The combined program will better meet the new needs of the health community.

## Ben by Daniel Shelton



## LOCAL NEWS

Around 80 models wore clothing from 17 different fashion brands, including a handful of local fashion lines such as Boutique Kitsch and Boutique l'Office.

## Bishop's University raises \$20,000 for Mental Health Estrie

By Emilie Hackett  
Special to the Record

The months of hard work preparing for Bishop's University's annual Charity Fashion Show was well worth the effort.

Held on Saturday, Feb. 16 at Centennial Theatre, 'Bliss', which the fashion show committee had been planning since last year, ended up the most fruitful edition of the event since its beginning. The Fashion Show, which sponsors a charity organization every year, raised over \$20,000 for the Eastern Townships' very own Mental Health Estrie.

Over 150 community members attended the community show, which included catwalks with Lennoxville Elementary School students who partic-

ipate in the Big Buddies program. The evening show, dedicated to the Bishop's students, was almost sold out with close to 550 attendees.

Around 80 models wore clothing from 17 different fashion brands, including a handful of local fashion lines such as Boutique Kitsch and Boutique l'Office.

On top of the "Bliss" ticket sales, volunteers held other events throughout the year, including fundraising nights at the Golden Lion Pub and the Gait, an auction night, various bake sales, a clothing swap. The students also helped bag groceries at the Provigo in Lennoxville in order to arrive at the \$20,000 grand total for Mental Health Estrie.



PHOTO CREDIT: VARUNA SINGH

Bishop's University students raised over \$20,000 for Mental Health Estrie thanks to their annual Charity Fashion Show.

## Sherbrooke flies flags at half mast for Jacques Madore

Record Staff

The City of Sherbrooke is paying tribute to Jacques Madore, the late mayor of the Municipality of Saint-Malo and Prefect of the RCM of Coati-

cook, who died on February 13. The City will be flying its flags at half-mast at City Hall.

"I would like to acknowledge Mr. Madore's commitment as a municipal

elected official and his great involvement in his community, particularly with the Sherbrooke Hussars, the Canadian Cancer Society's Relay For Life, and the Coopérative agricole de Saint-Isidore-

de-Clifton. Mr. Madore was a role model for his entire community," says Sherbrooke Mayor Steve Lussier.

The flags will be at half mast until Monday, March 4.

## Bishop's Psychology Department

CONT'D FROM PAGE 1

community representatives because we want their input about the feasibility of this project in meeting some of the needs of their clientele."

The project is being led by Dr. Catherine Malboeuf-Hurtubise, a member of the Psychology Department and a registered clinical psychologist for children and adolescents.

"I've been hoping to incorporate more and more clinical practice into my academic work for a few years now," Malboeuf-Hurtubise said on Friday evening, adding that it was in talking about this idea to her colleagues that the idea expanded into what she gave the working title of a "community wellbeing psychology centre"

"Our students can be an active part of Bishop's giving back to its community," she said.

The meeting on Friday had two main parts following a brief introduction to explain the idea behind the project. In part one, five groups of students offered short pitches on different kinds of group activities they are interested in offering through the hypothetical new centre, including a reading group with a focus on death and dying, listening groups for young and old that would tap into the therapeutic power of music, and a mindfulness and meditation group.

In part two the community representatives were asked to reflect on three questions: 1) based on the clientele that you are working with, is there a need for such a centre and, if yes, should it be on

or off campus? 2) What services are most needed by your clientele that you cannot currently provide? 3) How could the centre work most effectively with your organization?

"We want to actively work to best meet the needs of the community," Charpentier said, calling the department an untapped resource in mental health support in the area. She added that universities that have a PhD. program in psychology, like the Université de Sherbrooke, habitually offer this kind of service as a way of helping their students have practical experience in a supervised environment.

At the moment Bishop's only has an undergraduate program in psychology, so the offerings of such a centre would be limited by that boundary, but Charpentier said that as the centre proves its merits and worth in the community, the hope is that it could help build momentum towards the development of a more advanced program which, in turn, would support more advanced community support services.

"We're not there yet," she said, although she pointed out that Malboeuf-Hurtubise has begun to offer a very limited case load for \$20/session starting after the end of the March break. "We're actively working on trying to offer the same kind of services to adults," she added.

Right now, the professor said, the committee wants to test the water and see how people feel about the idea of a centre and get feedback on how to make it a reality.

"This is going to be an ongoing conversation," Charpentier said.

Reflecting on Friday's meeting, Esther Barnett, President of Mental Health Estrie, hailed the project as good news.

"I thought it was excellent," Barnett said, noting that although there are still details to be worked out, the discussion on how to bring more professional services to the English community is very encouraging. "That's what we're really lacking here," she continued, adding that she is particularly interested by the death and grieving services proposed.

In the conversation that followed the initial presentations, Barnett said that she heard a definite consensus among those gathered that the department needs to work closely with existing organizations to avoid duplicating services that already exist.

"The existing organizations have the expertise," agreed Josée Parent, founder of the Mon Shack supervised housing project in Lennoxville, "It responds to a need for the English population, but the project needs to happen in collaboration with the community."

Parent and Barnett both shared the view that services should be spread out across the region, and that if a physical centre is to exist, it should not be tied to the Bishop's campus.

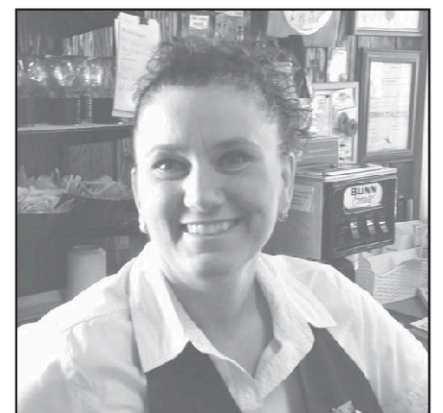
"Mental health affects every age level," said Sylvie Gilbert Fowles, of the Lennoxville and District Community Aid, agreeing that services should be spread out as much as possible. "I'm glad that they are talking about this. People are anxious to start working."

Following last week's meeting, the organizing team for the pilot project is looking over the extensive notes that were made to determine what works best as a next step before reporting back to their original focus group.

While recognizing that the project is still in an early phase, Barnett said that there is a lot of enthusiasm for the new idea and its potential.

"I think something good will come out of it," she said, "and it won't take years."

**Congratulations to  
Tina Corriveau  
for 30 years of service  
at Jerry's Pizzeria**



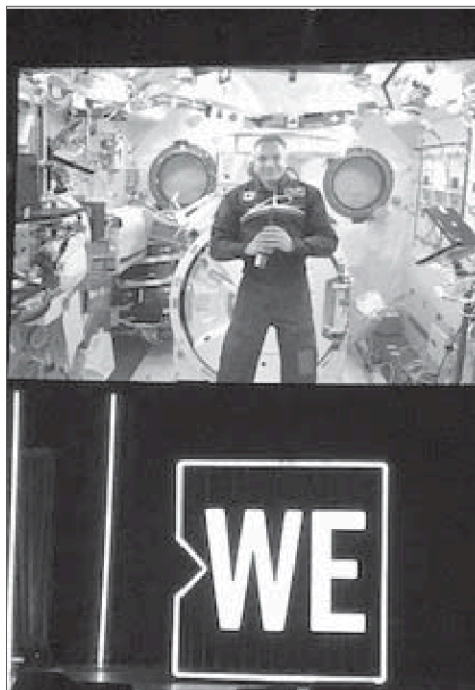
**Thanks for thirty years  
of your smiles  
and good work!**

# School Page

## Knowlton Academy Elementary School

By KA Secondary One

Knowlton Academy Student Parliament and 10 other students travelled to Montreal on Monday,



February 11th to attend the WE DAY celebration. This annual event brings together over 2000 students from all over Quebec who are making a difference in their local communities and in places thousands of miles away. WE DAY spotlights individuals who serve as inspirations to everyone. The highlight for our group this year was the live chat with astronaut David St. Jacques. He answered questions from his home abroad the International Space Station. It was a really special memory. And all of us were pumped up after hearing a rousing talk from WE founder Craig Kielburger- he truly empowers us to be change makers. Tickets for WE DAY cannot be purchased; they must be earned. KA earned ours this year by leading the WE SCARE HUNGER, WE ARE SILENT and WE READ TOGETHER campaigns but we're not done yet.

KA students are currently participating in our "Tasks for Toonies" event where each chore they perform earns them \$2. The proceeds from these chores allows KA to continue our sponsorship of three young girls from Afghanistan. We have been paying for them to go to

school for three years now and the connection we have with them is very strong. The letters we receive from them are always a highlight. We are also considering a few new ideas for this year- the WE Go Green campaign where we will highlight our wonderful KA garden and raise awareness about sustainability, the We Bake for Change campaign in conjunction with our Bistro program and the WE Create Change campaign where we will collect our loose coins to purchase a goat for a family in need. And then in May the whole school will participate in our Second Annual WE WALK FOR WATER event. Last year we raised enough funds to provide fresh drinking water for 143 people for life. It was an extremely powerful event for everyone involved and we are hopeful that we can match that success this year.

Knowlton Academy is very proud to be a WE School. We invite other ETSB schools to join us in helping to make a difference and teaching us to truly be Children of the World.



# To your hearts content – healthy management of medication and shingles conference in Potton



THE SCOOP

MABLE HASTINGS

As Potton's Annual Healthy Heart Month comes to an end I am pleased to share in this article, the success of just one of the many events held. On Thursday, February 14 as part of Potton's Annual Healthy Heart Month, the "Club des Retraites de Potton" and the Missisquoi North Volunteer Centre (CABMN) collaborated in hosting a special conference for seniors on the subject of the healthy management of medication and shingles.

Guest speaker, Cathy Riendeau (Pharmacist) co-owner of the FamiliPrix Pharmacy in Mansonville shared her expertise on the two subjects in a professional, well organized and informative session complete with gift bags for all who attended. Riendeau has generously spoken on a variety of topics in the past aimed at keeping seniors and the community informed in vigilant health practices to assure that good decisions are made in regards to the well-being of all.

Held on Valentine's Day, all who attended were encouraged to wear red and the event was followed by a delicious

lunch and many activities to warm the heart. Coordinated by the CABMN's Senior Service (SAPA) team of Angelle Laplume and Monique Gilbert, the event was a highlight during the activities held throughout the month.

"With 25 attending, everyone collaborating in this event was pleased with the interest and involvement," said Monique Gilbert one of the CABMN Senior Service Coordinators. "We have many upcoming activities, information sessions and workshops being organized for seniors through the Volunteer Cen-



25 gathered for lunch at the event coordinated by the CABMN and Potton's "Club des Retraites"

tre," she continued. "It is always wise to check the CAB website ([www.cabmn.org](http://www.cabmn.org)) to know what is forthcoming."

Angelle Laplume, the other half of the CABMN senior services coordination team, was quick to note the professionals who attended the lunch in support of the event.

"We had social workers from the local CLSC-CIUSSSE, guests from the Municipality and others who came for the

lunch and who welcomed the opportunity to exchange and break bread with the seniors in attendance and Cathy Reindeau is always a hit," said Laplume.

This collaborative event was one of many held throughout the Healthy Heart month in Potton an annual event that many look forward to each year. For more information about Potton events, visit [www.potton.ca](http://www.potton.ca)



Cathy Riendeau (Pharmacist) and co-owner of Mansonville's FamiliPrix Pharmacy was the guest speaker at the event held on February 14.

PHOTOS: COURTESY

# The Border Report

"The more that you read the more things you will know. The more that you learn the more places you'll go" - Dr. Seuss

## Dr. Seuss' Birthday Celebration at Phelps Helps



Join us in introducing some of your favourite childhood stories to your children and creating a new generation of Seuss fans!

"The more that you read the more things you will know. The more that you learn the more places you'll go" - Dr. Seuss

Phelps was founded in 2012 and has grown organically from a single high school tutoring program to nine unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at [info@phelpshelps.ca](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.



On Saturday, March 2 from 1-3 p.m. Phelps Helps will be hosting a celebration for Dr. Seuss' 115th birthday. This family-friendly event is open to everyone and will take place at Phelps' location: 272 Dufferin street in Stanstead.

Many of Dr. Seuss' favourite characters will be on-site for Seuss themed crafting stations, read alouds and treats.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Pasha

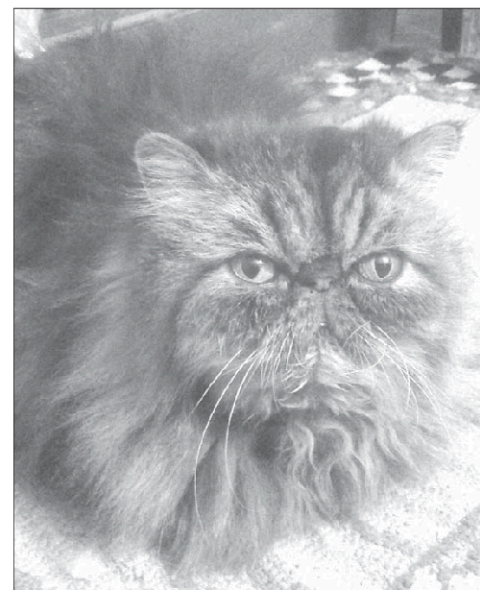
Pasha is a lovely and sweet senior cat who needs a kind and compassionate adopter to love and care for him through his remaining years. When this beautiful Persian first came to us almost two years ago, it was clear he had been neglected. He was thin, needed dental work and was in need of a lot of TLC. At the time he was 13 and we knew he would not easily adapt to shelter living. We were lucky to find him a foster home where he settled into a comfortable routine and has lived a quiet and contented life. Unfortunately, his foster family can no longer keep Pasha so he needs a new home.

Pasha has kidney stones and is in the very early stages of kidney disease. Our vet feels strongly though, that he is happy and still enjoying a good quality

of life. He could live another several years, so we feel we owe it to him to do everything in our power to find him a loving retirement home.

Ideally, we would like to place Pasha into an adoptive home where he will spend the remainder of his life pampered and loved but we are also prepared to place him into a foster home. Because of Pasha's medical needs we recognize that welcoming him into your life is a gesture of heart and a commitment that extends beyond your average adoption but we can't let him down. If you open your heart and your home to this gentle senior, you will need to monitor his drinking and overall health. He will need blood works done every six months and possibly he will require a special diet of kidney care food.

Pasha needs to be moved soon. After reading this, if you are even just considering, offering Pasha an adoptive or foster home, we encourage you to call our adoption coordinator Linda at 819-868-2684. She will be happy to discuss how we can work together to best meet his needs and ensure that Pasha's final years are filled with love, comfort and happiness. He is an affectionate and quiet cat —although he is quite vocal about letting you know when he wants his breakfast and dinner —who needs a soft place to land. If you can't adopt or foster, please consider sharing Pasha's story. This write up can also be found on our facebook page at [www.facebook.com/frontieranimalsociety](http://www.facebook.com/frontieranimalsociety). The more people we reach, the better his chance of finding a home.



## Quebec ski resorts adapting to climate change

Record Staff

The Association of Quebec Ski Resorts (ASSQ) is welcoming the findings of the Ouranos Report by the Consortium of Regional Climate and Climate Change Adaptation, on the cost-effectiveness of climate change adaptation for ski resorts in the Eastern Townships.

"The entire ski industry in Quebec is aware of the challenges posed by climate change," said ASSQ President Yves Juneau. "Fortunately, the Ouranos study confirms that Quebec ski resorts are here to stay. Our partners and station management teams will have to continue to invest in order to cope with winter fluctuations to ensure the profitability thanks, in particular, to the optimization of snowmaking systems. In this context, we are looking forward with confidence."

"We enjoy the presence of beautiful mountains on our territory that delight hundreds of thousands of skiers and snowboarders every winter," added Tourisme Cantons de l'Est Executive Di-

rector Francine Patenaude. "These still have many enjoyable seasons ahead of them. Our ski resorts understand the importance of improving customer experience and the investment announcements of the last few months confirm that they are heading in this direction."

In the report, Ouranos notes that by investing strategically in adaptation, the profitability of ski resorts will not be threatened until at least 2050, despite anticipated climatic variations during the winter months. However, in the absence of adaptation measures, the opening date of the resorts, the length of seasons, and the percentage of the available ski area could be significantly affected by climate change.

"All resorts in the Eastern Townships have already begun to make investments - often with the help of public partners - to optimize snowmaking systems and to develop a four-season services, the installation of new ski lifts, and the development of reception facilities," commented Juneau.

The resorts wish to continue playing a role in the Quebec economy and are ready to adapt their business strategies to better face climatic challenges.

The Ouranos report stresses that electricity pricing will have to be adapted to take into account the new realities of the ski industry in Quebec. In February 2017, as part of the Régie de l'énergie's hearings on measures likely to improve pricing practices, the ASSQ argued for a simplification of the fee schedule, a review of billing, and a relaxation of Hydro-Québec's conditions of service.

"Appropriate fee rates would benefit not only the ski industry, but also Hydro-Québec and the entire winter tourism industry in all regions of Quebec. It's a win-win approach," said Mont Sutton President Jean-Michel Ryan.

**\$ 476 million over ten years**

For the year 2018 alone, Quebec ski resorts announced private investments supported by public levers worth \$476 million over the next ten years. For the Eastern Townships region, this sum reaches \$353.6 million, with government

assistance of more than \$53 million. Every winter in Quebec, the ski industry generates \$800 million in economic benefits and employs more than 33,000 people, making it the number one winter tourist activity, according to a study commissioned by the ASSQ in 2015.

**Data on the ski industry in Quebec \***

- 75 ski resorts in 16 tourist regions
- 6 million ski visits in 2017-2018
- \$800 million in economic benefits each winter
- \$137 million in tax revenue for the federal and provincial governments
- 20 per cent of customers come from Ontario, the United States, and outside the continent
- 22 per cent of Quebec's population practices skiing or snowboarding
- Eastern Townships data**
- 6 ski resorts
- \$214.5 million in economic benefits each winter
- 3,000 jobs
- 1.3 million visits

# EDITORIAL

The industry leaders explain that their own studies show that users overwhelmingly prefer to pamper their bottoms and that recycled products or non-wood products don't offer the same 'efficiency' or comfort.

## U.S.A. 'wiping' out our forests



TIM BELFORD

As if devastating wild fires, invasions of foreign beetles and a booming construction industry weren't enough, our forests are in danger from an entirely unsuspected source: excessive bottom wiping.

Yes, as Jack Paar used to say on the Tonight Show, "I kid you not." According to a new study our forests are being devastated by an over-exuberant American public as it performs its daily bathroom duties. In the study, released a week ago, the national Resources Defense Council and Stand.earth claim that the average citizen south of the border uses nearly three rolls of toilet paper per person, each and every week. Three rolls a week!

Now, maybe I'm wrong and I've never done a study of my own but I would humbly suggest three rolls a week is just a tad much. Even taking into account children who are notorious over-users and those with unfortunate internal problems, it would be a stretch of the imagination to believe that our American cousins reach for a new roll every two and a half days. A family of four would be spinning out nearly two rolls a day. Then again, that may be why so many Americans shop at Walmart.

It should also be pointed out right up front, that both the Resources Defense Council and Stand.earth are international non-profit environmental groups with their own agenda - not necessarily a bad one - of protecting our natural resources. The report goes on to point out

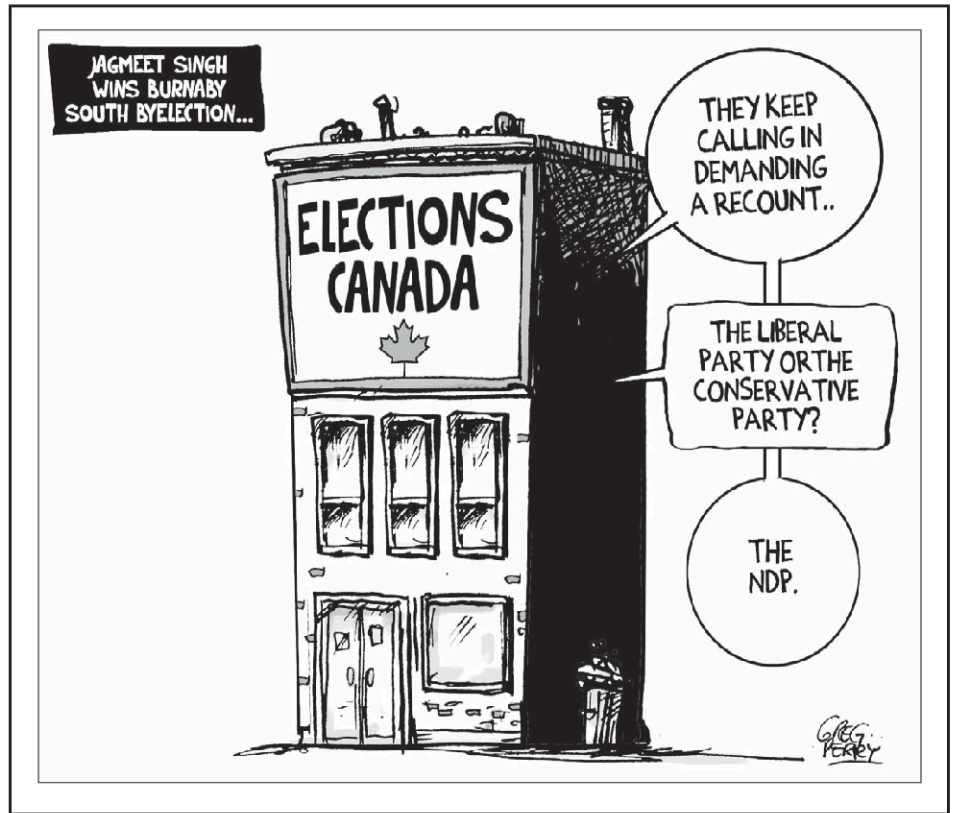
that not only are Americans on a roll, so to speak, but that only the softest of tissues will do and this is the real problem.

The major producers of toilet paper, including Proctor and Gamble, Georgia Pacific and Kimberly-Clark, apparently only use virgin fibre pulp in the making of the big sellers like Cottonelle, Charmin and Quilted Northern. This, in turn, means using, or over using, Canada's northern boreal forests which has a corresponding effect on everything from the climate to the air we breath.

The industry leaders explain that their own studies show that users overwhelmingly prefer to pamper their bottoms and that recycled products or non-wood products don't offer the same 'efficiency' or comfort. The Resources Defense Council and Stand.earth counter that argument by pointing out, perhaps unnecessarily so, that 150 years ago people were using corn cobs for the same purpose.

Mind you, they have a point. Anyone of a certain age reading this epistle may remember the days, not so long ago, of the 'outdoor facility' where the luxury of virgin fibre was neither heard of nor contemplated. In lieu of the pleasant feel of Cottonelle drawn softly across one's tush there was often a page of last month's Eaton's catalogue. (The catalogue and the women's underwear section also doubled as the adolescent's version of Playboy magazine but that's another story.) Even with the introduction of the glossy version of the catalogue the inconvenience and discomfort was minimal.

It's true. We probably don't need to pamper our bottoms as much as we need to preserve the millions of acres of life-giving forests. And for heaven's sake a roll a week per person should be enough, two is frivolous and three is just careless.



## Letters

### Nurse Practitioner diagnostic right requires law modification

On the strength of its mission to protect the public, the Quebec Order of Nurses (OIIQ) recalls that, until the Regulation respecting Specialized Nurse Practitioners (SNPs) is amended, SPIs are not authorized for the moment to make diagnoses. Faced with the enthusiasm generated by the opening of diagnosis to the SNPs, several media have suggested that an SNP could do it now.

It should be noted, however, that the 30-day period available to a physician to diagnose the six chronic diseases covered by the Regulations - diabetes, high blood pressure, high cholesterol, asthma, chronic obstructive pulmonary disease, and hypothyroidism - has been well and truly abolished. This means that after receiving a patient on the front line for one of these diseases, the SNP will no longer be required to refer to a physician within 30 days. However, the SPN must make sure to discuss with his or her partner doctor the level of priority with regard to the diagnosis.

The OIIQ is the largest professional order in the health field in Quebec. It is governed by the Nurses Act and the Professional Code. The OIIQ is also guided by its governance values of trust, kindness, respect, and fairness. As of March 31, 2018, it had some 75,000 members and some 16,000 registered students. Its mission is to ensure the protection of the public by and with nurses, while ensuring the health of Quebecers. The OIIQ also has the mandate to contribute to the promotion of a quality nursing practice and to ensure the maintenance of nurses' skills.

COLETTE OULET, DIRECTOR, OIIQ PRESIDENT'S OFFICE  
KARINA SIERES, PUBLIC RELATIONS, OIIQ PRESIDENT'S OFFICE

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

*Legault says he would have expected the game to be stopped so those responsible for the slurs could be ejected from the arena.*

## Quebec premier says hockey game should have been stopped after racist taunts

The Canadian Press

Quebec Premier Francois Legault says he's appalled that hockey fans would hurl insults at a player because he's black.

Speaking to reporters before question

period today in Quebec City, Legault raised the case of Jonathan-Ismael Diaby, a semi-pro hockey player who was subjected to racist taunts during a game in St-Jerome, Que., last Saturday.

Legault says he would have expected the game to be stopped so those responsible

for the slurs could be ejected from the arena.

The premier called on fans to intervene when they hear racist comments and state clearly that such conduct is not acceptable.

Diaby, a former draft choice of the NHL's Nashville Predators, left the Ligue

nord-americaine de hockey game during the second period as a result of the verbal abuse.

He says he didn't feel his family members, who were at the game and were also taunted, were safe, and they all left the arena.

## Manziel experiment in CFL over after league directs Alouettes to release QB

By Dan Ralph  
THE CANADIAN PRESS

The Johnny Manziel experiment is over.

The CFL terminated the former Heisman Trophy winner's contract with the Montreal Alouettes on Wednesday. The league also informed the eight remaining clubs that it wouldn't register a contract for Manziel if any tried to sign him.

The league said Manziel had contravened an agreement that made the Texan eligible to play in the CFL.

"We advised Montreal that Johnny had violated one of the conditions we had set for him to be in our league. And Montreal announced his release today," CFL commissioner Randy Ambrosie said Wednesday in Vancouver. "We didn't release the terms of those conditions then and we're not going to do that now.

"We're trying to do what we believe is in the best interests of the entire league. The conditions we set, we thought were the right ones. Those conditions have been violated and we feel it's best, and Montreal feels its best, to let Johnny move on. And we think it's best for our league that he do the same. And we wish him well."

A posting to Manziel's Twitter feed indicated he was already looking for other opportunities south of the border.

"I want to thank (Alouettes coach Mike Sherman), my teammates, and the CFL fans," Manziel tweeted. "My time there re-established my love for the game of football and the work that goes into it. I look forward to exploring new options within the United States."

"Me and E.B. (agent Erik Burkhardt) are fully committed to playing ball and trying to get into the best situation possible and that's what it's all about." Ambrosie announced in December 2017 that the league would approve a contract for the former Cleveland Browns first-round pick, who at the time was on the Hamilton Tiger-Cats negotiation list. But Manziel had to fulfil certain requirements to join the league.

The league's due diligence included an assessment by an independent expert on domestic violence and a head-to-head meeting between Manziel and Ambrosie. Manziel had sought treatment for anger management and alcohol abuse as part of his acquittal on a 2016 charge of domestic violence.

Manziel eventually ended up signing with Hamilton in May 2018 but was unable to get on to the field behind starter Jeremiah Masoli. The Ticats dealt Manziel and offensive linemen Tony Washington and Landon Rice in a blockbuster trade with Montreal on July 23 for receiver Chris Williams, defensive end Jamaal Westerman and two first-round draft picks (2020, '21).

The move reunited Manziel with Sherman, who also recruited Johnny Football to Texas A&M. Acquired to be Montreal's No. 1 quarterback, the 26-year-old Texan was 2-6 as a starter, completing 106-of-165 passes (64.2 per cent) for 1,290 yards with five TDs and seven interceptions.

Manziel was due a \$75,000 bonus March 1 and scheduled to earn a \$202,000 base salary in 2019. Manziel's departure leaves Montreal with five quarterbacks on its roster (Vernon Adams Jr., Jeff Matthews, Antonio Pipkin, Matthew Shiltz and Cana-

dian rookie Richard Hugo).

Pipkin appeared in six games last year, completing 78-of-131 passes (59.5 per cent) for 1,120 yards with eight TDs and three interceptions.

"We are disappointed by this turn of events," Alouettes GM Kavis Reed said in a statement. "Johnny was provided a great deal of support by our organization, in collaboration with the CFL, but he has been unable to abide by the terms of his agreement.

"We worked with the league and presented alternatives to Johnny, who was unwilling to proceed."

Manziel's CFL action was his first in pro

football since December 2015.

Manziel appeared in just 14 games with Cleveland, completing 47-of-258 attempts (57.0 per cent) for 1,675 yards with seven touchdowns and seven interceptions. He also ran for 259 yards and a touchdown.

Manziel had been out of football until signing with Hamilton. When Manziel joined the Ticats, head coach June Jones boldly gushed about Manziel's potential.

"I think he'd be the best player to ever play up here," Jones said. "He can throw it and he can run it like nobody ever has been able to do."

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**SYLVESTER, Jessica Mary Lyn:** February 24, 1991 – March 1, 1991.

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Love you lots,  
Miss you forever.  
**MOM, GRAMMA**

**In Memoriam**

**SYLVESTER, Robert -** In memory of a dear husband and father who passed away February 28, 2000.

*Cherished memories live on forever  
Until we meet again.*

**SUSAN & FAMILY**

**In Memoriam**

**SYLVESTER -** In loving memory of a dear brother, brother-in-law, uncle & great-uncle, Robert Bruce Sylvester, who went home to Heaven February 28, 2000.

*Life is not measured by the number of breaths we take,*

*But by the moments that take our breath away.*

- author unknown

*So today our dearest Robert, as we have done every day since you left us,*

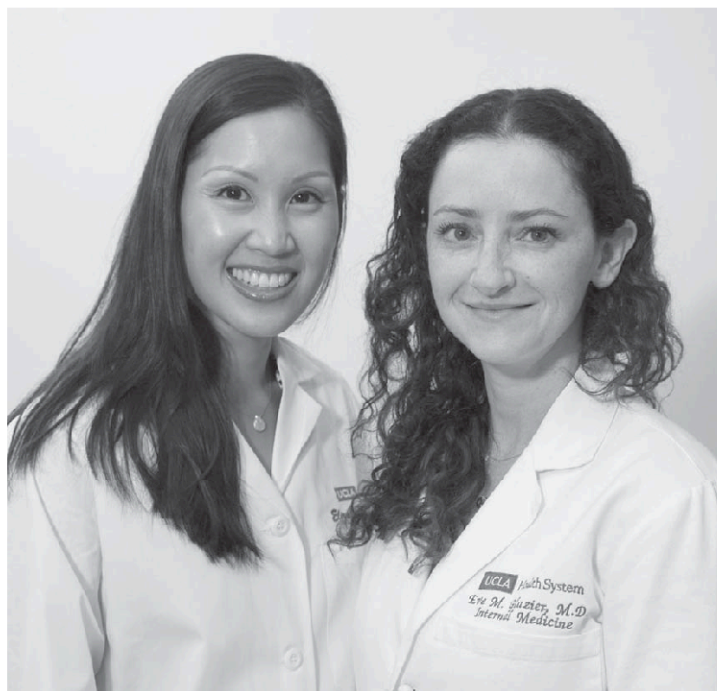
*We thank God for you and all the beautiful special moments that we shared together*

*And we will forever cherish and hold them dear to our hearts.*

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# Be practical when tackling major lifestyle changes



## ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctor:** After the new year, I started making some serious lifestyle changes, including losing weight and quitting smoking. It's not my first time around, so I hope you have advice to stay motivated. I really don't want to be making these same resolutions next year.

**Dear Reader:** As we've all learned by now, there's a world of difference between knowing what's best for us and actually doing it in real life. One of the reasons making changes can be so challenging is that even a seemingly simple goal involves altering our behavior — and our thinking — on multiple fronts.

Before you begin, we think it's important to fully understand your goals. Let's begin with your resolution to quit smoking. Start with understanding why you're going to make this change. If the answer is for better health, go a bit deeper and make a list of all the ways that smoking makes

you feel bad. Are you short of breath? Is it hard to run (or even quickly walk) a short distance? Do you get winded going up a flight of stairs? Maybe you start the day coughing? On the social side of things, perhaps you're sensitive to how your clothes or hair or car smell, how your family and friends respond to your being a smoker, or to the financial cost of your habit.

Once you've written your list — and we urge you to be as complete, detailed and honest as possible — you've taken a significant step toward understanding what's at stake as you go about making this change. Where before all you had was the command "quit smoking," you now have a multifaceted understanding of the different ways this habit affects your life. You have imbued your goal to quit with depth and personal meaning. That's important because when you're struggling through the inevitable rough patches that we all go through when making a lifestyle change, you now have multiple footholds to help stop the fall.

Another element of successful change is setting reasonable interim goals. Sure, the endpoint is zero cigarettes. But two or three fewer cigarettes per day or week, depending on your habit, is definitely a success. The same goes for weight loss. Lose just 5 ounces per week and by the time the next New Year's Eve rolls around, you're down 16-plus pounds. Taking the long view in reaching your goals will make it easier (and far less painful) to integrate ongoing changes into your daily life.

A final note: In your letter you refer to "some" serious lifestyle changes, indicating you've set more than just the goals of quitting smoking and weight loss. If so, you've added a significant level of difficulty. We think it would be wise to prioritize those changes and work toward them sequentially rather than all at once. Pick the goal that's most important. When you feel solidly on the road to success with it, then tackle the next one. That way you've got a better chance of crossing at least one or two of the goals off your list of resolutions, rather than feeling overwhelmed and giving up on all of them.

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

## Datebook

### THURSDAY, FEBRUARY 28, 2019

Today is the 59th day of 2019 and the 70th day of winter.

**TODAY'S HISTORY:** In 1935, DuPont scientist Wallace Carothers invented nylon.

In 1993, federal agents raided the Branch Davidian cult compound in Waco, Texas.

In 1997, two heavily armed and armored bank robbers were killed in a shootout with police on the streets of North Hollywood.

In 2013, Pope Benedict XVI became the first Catholic pope to resign since 1415.

**TODAY'S BIRTHDAYS:** Vincente Minnelli (1903-

1986), film director; Milton Caniff (1907-1988), cartoonist; Frank Gehry (1929- ), architect; Mario Andretti (1940- ), race car driver; Bernadette Peters (1948- ), actress; Paul Krugman (1953- ), columnist/Nobel laureate; John Turturro (1957-), actor; Pat Monahan (1969- ), singer-songwriter; Lemony Snicket (Daniel Handler) (1970- ), author; Eric Lindros (1973- ), hockey player; Jason Aldean (1977- ), singer-songwriter.

**TODAY'S FACT:** The 2 1/2-hour series finale of "M.A.S.H.," which was watched by 60.2 percent of U.S. TV-owning households, remains the highest-rated TV series finale in history, with a 77 percent share of the Nielsen ratings during its original airing on this day in 1983.

**TODAY'S SPORTS:** In 1967, Wilt Chamberlain of the Philadelphia 76ers missed a shot for the first time in four games, ending his NBA-record streak of consecutive field goals at 35.

**TODAY'S QUOTE:** "People aren't either wicked or noble. They're like chef's salads, with good things and bad things chopped and mixed together in a vinaigrette of confusion and conflict." — Lemony Snicket, "The Grim Grotto"

**TODAY'S NUMBER:** 51 — days that the 1993 Branch Davidian standoff in Waco, Texas, lasted.

**TODAY'S MOON:** Between last quarter moon (Feb. 26) and new moon (March 6).

## 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)  
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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)

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For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
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# 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

Tea & Talks. March 12, 2 p.m. to 4 p.m., at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Special Irish theme for March with Patricia Keenan, guest speaker. Bring a friend to make it double the fun. Free refreshments.

## LENOXVILLE

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

## WATERVILLE

The Lennoxville and District Commu-

nity Aid will be holding Blood Pressure clinic on Tuesday, March 5 at the Town Hall from 10 a.m. to 11 a.m.

## NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, March 1 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

## NORTH HATLEY/LENOXVILLE

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

## SAWYERVILLE

Loisir Sawyerville will hold free income

tax return preparation sessions to help individuals with their Federal and Québec returns. You are eligible for the income tax assistance program if your family income does not exceed \$25,000/person living alone, \$30,000 for a couple + \$2000 for each additional dependant; no self-employed, or rental and business income and expenses; no declared bankruptcy and no return of a deceased person. The free tax preparation session will be held at the Community Centre, 6 Church, Sawyerville on Wednesdays: March 6, 1 p.m. to 4 p.m., March 13, 1 p.m. to 4 p.m. and 6 p.m. to 8 p.m.; March 20, 1 p.m. to 4 p.m. and 6 p.m. to 8 p.m.; March 27, 1 p.m. to 4 p.m.

## LENOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, February 28 at Hope Community Church, 102 Queen St., Lennoxville. Entrance from parking lot, wheelchair accessible, elevator available. Everyone welcome. The next luncheon will be held on March 28.

## LENOXVILLE

Lennoxville Girl Guides are collecting donations for their annual Coffee Party

and Auction fundraiser that will be held on March 16. If you wish to donate or volunteer please contact Esther Keller at 819-542-1962 or email us at lennoxville@guidesquebec.ca.

## RICHMOND

Richmond Legion, Branch #15. It's that time again. Our Legion 'Green Sale' Auction will take place on Saturday, March 2 at 1 p.m. There is an entry charge, and after the sale a light lunch is served. P.S. You don't have to be a Legion member to participate in these events - everyone is welcome! For information contact 819-826-3444.

## AYER'S CLIFF

St. Patrick's Day Brunch on Sunday, March 10 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome.

# Destination wedding a burden

Dear Annie

THURSDAY, FEBRUARY 28, 2019

Dear Annie: Our beautiful 44-year-old daughter is making plans to be married for the third time. Her first wedding was over-the-top and cost us a fortune. Her second wedding was also expensive, held at a pri-

vate home. We helped her pay for that wedding, as well. She is now planning her third, which she says will be a destination wedding. The destination she chose is across the country in a very expensive area.

Between the two of them, they have five children. They make a good income but not enough for this not to be a burden to them financially.

My husband and I feel that because their friends and family have now attended two weddings and given two gifts, this would be too much. We wish she would have a very low-key local wedding with just her immediate family and then have a small party to celebrate down the road.

We're not sure whether to broach the subject and give her our opinion or to leave it alone. Her father and I would be financially unable to attend the destination wedding. — Mother of the Bride, Times 3

Dear Mother of the Bride: For everyone's sake, I certainly hope that the third time's a charm and that your daughter found her Prince Charming.

Though she will always be your daughter, she is still a 44-year-old adult who is capable of making her own decisions. If she and her fiance want to have a destination wedding, then by all means, let them do so. The fact that her friends and family have attended two weddings might make it more challenging for them to have many people attend, but maybe they want it that way.

All that being said, I think you need to sit down and talk to your daughter — not to tell her what you think her wedding should be like but rather to tell her you and her father would be unable to attend because of the financial burden. Once she has this knowledge from you, it

will be up to her to decide whether she wants to either pay for your travel expenses or have her parents not attend her wedding. By pointing this out, you may make her realize that it might be a financial burden to others, as well.

In the end, it's her party. You can always share your wisdom and advice with your grown children, but you can't always expect them to listen.

Dear Annie: Recently, you printed a letter from "Bashful," who was frustrated that her face flushes so easily when embarrassed. She said she used to blush whenever a cute guy spoke with her but has mostly gotten over that with age and increased confidence. My suggestion would be that she work on becoming a better speaker. Her blushing around cute guys went down as she got more experienced and thus more confident. Likewise, practice in public speaking should help her blush less.

I recommend Toastmasters. Toastmasters did a lot to help me overcome stage fright and become a smoother speaker. There are Toastmasters chapters all over the country and even around the world. Here is a site to find the nearest Toastmasters group: <http://www.toastmasters.org/find-a-club>. — Ann K.

Dear Ann: You make a great practical suggestion. I do not have direct experience with Toastmasters myself, but I've heard many fine things from readers about the organization.

"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](mailto:dearannie@creators.com).

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

2/28

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## PREVIOUS SOLUTION

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

## HOW TO PLAY:

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



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### 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.

"XTUUV PWCEBWGG NWE W GIVWG  
ZCLTUA ... WUA JCST ESXXICJTC IZ  
NIPTU LU JBT LUASEJCV. CTEJ LU  
XTWOT." — DWJBV MCLZZLU

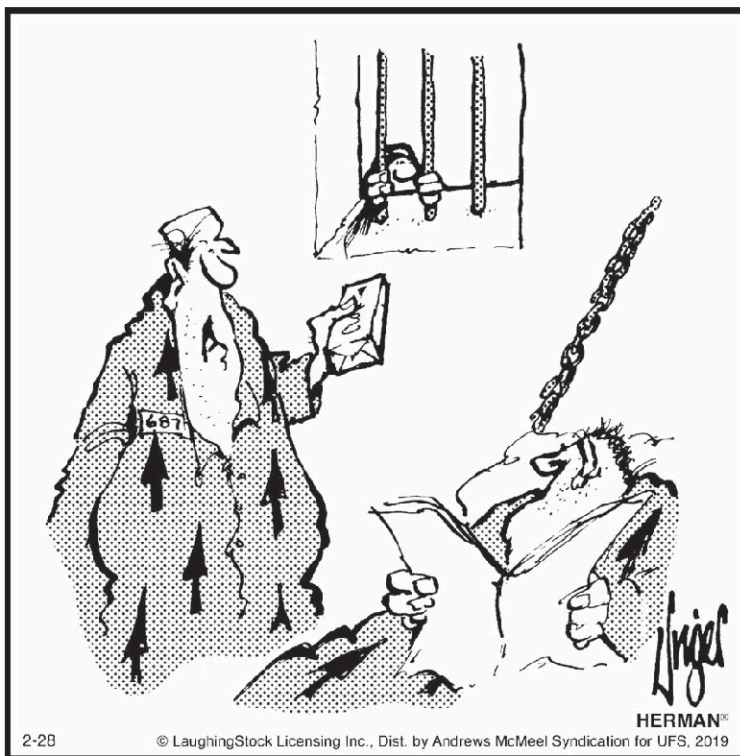
Previous Solution: "My good friend Penny Marshall is gone — one in a million ... and, oh, what fun we had!" — Cindy Williams

TODAY'S CLUE: *o sjanbe o*

### REALITY CHECK



### HERMAN



"D'you wanna buy any Girl Guide cookies?"

### ALLEY OOP



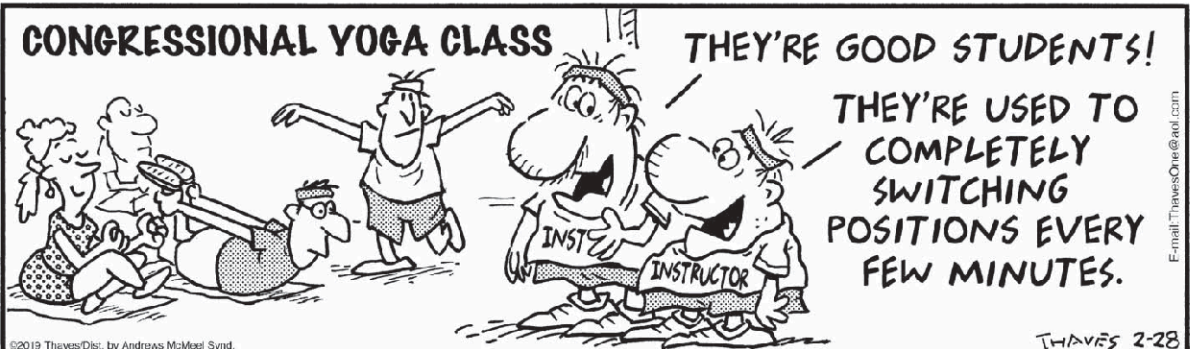
### ARLO & JANIS



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Worthy Grand Matron Janet Patch must have known something about this winter when she named the paper Winter Wonderland because it certainly fits what we have been having this year.

Worthy Grand Matron Janet and Worthy Grand Patron Robert Weidner were pleased to have had the opportunity to attend all the chapters, when they held their installations of officers for the New Year. They were also pleased to be there when chapters initiated new members: Lake St. Louis # 45, two new members Sister Anne Marie Ashcroft and Brother Brian Greenway, Fidelity Chapter #55, one new member Sister Riham Reda, Maple Leaf #2, two new members Sister Lilian Charry Palacios and Brother Herman Gravenhorst Cowansville Chapter #17, three new members Sister Makayla Hume and Brothers Razvan Mitchell (Brother Brian and Sister Donna's son) Fred Wallet. Congratulations to all these chapters.

W.G.M. Janet was thrilled with all that she received for the Mental Health Estrie, Sherbrooke. She, with Brother Bryan and Sister Donna Mitchell and Sister Elaine Young deliv-

ered, when they had the opportunity to enjoy lunch with the staff and volunteers. Both W.G.M. Janet and W.G.P. Robert have enjoyed visiting various chapters on their own. W.G.M. Janet takes her friend "Buddy" to all the meetings and says that he is enjoying them very much.

The Most Worthy Grand Matron Marianne sent greetings to the chapters saying that New Years' Day is her favourite day of the year because we can clean the old slate and begin with a new. She stated that the comic strip Mutts that morning said "And now we welcome the new year, full of things that have never been" (Rainer Maria Rike) She is looking forward to all the joy she receives from being a member of the Eastern Star- friends, hugs, laughter, doing things for others and delicious food.

Chapter news: Owl's Head #35-was very happy, along with Maple Leaf #2 and Cowansville Chapter #17 to deliver gifts to the B.M.P. for the patients in the hospital over the Christmas Holidays. They attended the oyster/ham dinner on the invitation of the Masons from St. John's Lodge #27, which they enjoyed very much. Sister Sharon Kirby is receiving treatment in Montreal and is wished a speedy recovery. Maple Leaf #2 presented Sister Sandra Ewart P.G.M. with her 50 year service pin with Brother Eric Sanborn P.G.P. acting as Santa Claus and Sister Donna Jenne Grand Conductress as his elf. Cowansville #17's two big events of the year were presenting Sister Louise Hall with her 70 year service pin and the Initiation of three new members because one was their son and one his fiance, the other new Brother was someone who had attended the open installation and was very impressed, enough to join the order. The Mitchell's daughter Lara has been a member for a few years.

So the Mitchells are very happy and proud.

Congratulations.

February Birthdays - Mary Lou Burns (2nd ), Udo Schereff (3rd), Sandra Morrison (15th), Eileen Eldridge (5th ), Christine Chagnon (15th ), Joyce Hebert (22nd ), Brothers Garnet Marrison (9th), Neil Albers(13th), Richard Chagnon (20th), Owl's Head Chapter#35 and Sisters Joyce Corey (18th), Patricia Koch ( 12th), Christiane Chagnon (15th), Audrey Page (20th ), Joyce Hebert (22nd ) and Brothers Gordon Young (4th ), Travis Gendreau ( 28th ), Maple Leaf Chapter # 2.

Anniversaries - Sheila Bellam (1976), Darleen Ditcham (1998), Karyn Kirby (2005), Victoria Davis (2008), Owl's Head Chapter # 35 and Brothers Norman Cook (1992). Raymond Wescott (1973), Pierre-Denis Leger (2006) Maple Leaf Chapter #2 and Brother Robert Mayhew (1996) Cowansville Chapter #17.

Members are pleased to know that Sister Marjorie Empey P.M. St Louis Chapter # 45 is recovering from her fall and receiving rehab at the Catherine Booth Hospital. Sister Dorothy Gauley thanks everyone for remembering her with cards etc. while she was recovering from an operation on her knee. She hopes to be back in circulation by the spring. Best Wishes are wished to these two Sisters for a complete recovery.

Two big dates to remember: March 9th The Bowl-a Thon and March 17th St. Patrick's Day Parade. Hope to see members at both events.

Just a Chuckle: A man was walking in the woods, when he came face to face with a bear so he prayed "Please God help me". God came down and said, "What do you want You don't even believe in me and often make fun of those who do but I will grant you one wish." "Please make that bear a Christian" the man said. God turned towards the bear and blessed it. The man was happy until he saw the bear kneel down, put his two paws together and say "Oh thank you God for the meal that I am about to receive."

Until next time, remember that each new day is one day less of WINTER.

Submitted by Evelyn Beban Lewis (Publicity)



### INTERNATIONAL WOMEN'S DAY CONTEST

Do you know someone who should be celebrated this International Women's Day (March 8)? If so, The Record wants you to send in a small message and photo, along with \$10 (visa or mastercard), to classad@sherbrookerecord.com and we will publish them in the paper on March 8. Your name will be put into a draw to win a

**\$150 Gift Card to Strom Nordique Spa in Sherbrooke.**

Messages must be sent in by March 5 and a name will be randomly drawn on March 8.



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# NEA Crossword Puzzle

- ACROSS**
- 1 Violate a law
  - 6 Plantain lily
  - 11 Expelled
  - 13 Hoisted
  - 14 Electrical unit
  - 15 Put in an appearance
  - 16 Watch secretly
  - 17 Say no
  - 19 Whale school
  - 20 Snatch
  - 23 Triumphant cry
  - 26 — ex machina
  - 27 He directed Marlon
  - 29 Floor covering
  - 30 Rustic lodging
  - 31 Metal grate
  - 32 Ram constellation
  - 34 Uninteresting
  - 36 Epoch
  - 37 Flax capsule
- DOWN**
- 1 Feathered scarves
  - 2 Kind of roast
  - 3 See
  - 4 Packed away
  - 5 Deborah of films
  - 6 Gold records

Answer to Previous Puzzle

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

- 7 More frequently
- 8 Fem. saint
- 9 Decade number
- 10 Tack on
- 12 Extend a mine shaft
- 13 Praises
- 18 Runs aground
- 21 Assumed name
- 22 Hull's bottom
- 23 Emir or sheik
- 24 Great Lake
- 25 Lithe
- 26 Bad-mouth
- 28 Novelist — Waugh
- 31 Fitness center
- 33 Voted in
- 35 Declaimed violently
- 38 Good, to Pedro
- 43 Went by bike
- 44 Garment part
- 45 Corn holder
- 46 Immediate successor
- 47 Eventful periods
- 48 Qt. parts
- 49 Angry dispute
- 50 Bullring shout
- 52 Sweater letter

1	2	3	4	5		6	7	8	9	10	
11					12		13				
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	40				41						
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48	49	50					51		52		
53							54				
55							56				

# Your Birthday

THURSDAY, FEBRUARY 28, 2019

Take on whatever comes your way. Be up-front with everyone and follow your heart. Your ability to make changes that will improve your life and encourage you to make a difference will lead to a successful and satisfying year.

**PISCES** (Feb. 20-March 20) — Set up guidelines and concentrate on your target. Determination and belief in your abilities will help you make a positive change. A financial opportunity looks promising.

**ARIES** (March 21-April 19) — Do what you can and stop being so hard on yourself. A physical activity will help you blow off steam. Don't worry about what you don't have; instead, be grateful for what you've got.

**TAURUS** (April 20-May 20) — Use your intelligence and charm to get ahead. The work you put in will pay off, and the praise you receive will raise your self-esteem. Learn as you go and stop at nothing.

**GEMINI** (May 21-June 20) — Pay closer attention to your needs, and make changes that will improve your life and relationships. Walk away from people who are unreliable or untrustworthy.

**CANCER** (June 21-July 22) — Don't disregard your ideas. Offering a different point of view will intrigue someone you want to get to know better or collaborate with. Romance is in the stars.

**LEO** (July 23-Aug. 22) — Anger will lead to trouble, but hard work and personal change will lead to opportunity. Choose the high road and don't give in to someone looking for a fight.

**VIRGO** (Aug. 23-Sept. 22) — Learn from past mistakes and feel confident about your path. How you deal with partners and peers will make a difference to the outcome. Distance yourself from indulgent or excessive people.

**LIBRA** (Sept. 23-Oct. 23) — Assess your situation to figure out a way to deal with people who are pressuring you. Change may be needed, but it must lead to something better.

**SCORPIO** (Oct. 24-Nov. 22) — Participate, travel, set up meetings and express what's on your mind. Taking a unique approach to an old idea will make you look like a genius.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Someone will try to make you look bad. Be explicit in your explanation and leave no room for error. Know what you want and what you are willing to give.

**CAPRICORN** (Dec. 22-Jan. 19) — Don't feel that you must fall in line with everyone else. Be a self-starter and pursue what you feel is in your best interest.

**AQUARIUS** (Jan. 20-Feb. 19) — Keep an open mind and be willing to let others do as they please. If you mess with someone's plans, you will end up in an argument and be accused of meddling.

THURSDAY, FEBRUARY 28, 2019

## Where to find the extra trick?

By Phillip Alder

Wernher von Braun, he of rocket technology fame, said, "The best computer is a man, and it's the only one that can be mass-produced by unskilled labor."

There were nine entries in last year's world computer bridge championship, one each from China, Denmark, France, Germany, India, Japan and the Netherlands, and two from the United States: Bridge Baron and Meadowlark Bridge. The programs were written by skilled labor — and they took many, many man-hours to produce.

This deal featured an excellent defense by the Indian entry, TCS (Tata Consulting Services) BridgeBot. How did the play proceed in three hearts by South? What do you think of the auction?

Considering the bidding first, North's raise to three hearts was debatable, despite having only seven losers and a singleton. South had indicated 12-14 points, and although at teams scoring one pushes hard to reach game, settling for a partscore is right occasionally. North might have rebid two spades on the theory that then the North hand would have generated more winners by collecting several trump tricks. But since hearts was known to be at least a 6-

North				02-28-19
♠ A K 9 4 3 2				
♥ 7 2				
♦ J 7 6 4				
♣ 4				
West		East		
♠ J 8 5		♠ Q 7 6		
♥ 10 6 4		♥ Q 9		
♦ A K Q 10		♦ 8 3		
♣ 6 5 3		♣ A J 10 8 7 2		
South				
♠ 10				
♥ A K J 8 5 3				
♦ 9 5 2				
♣ K Q 9				
Dealer: South				
Vulnerable: Neither				
South	West	North	East	
1♥	Pass	1♠	Pass	
2♥	Pass	3♥	All Pass	
Opening lead: ♦ A				

2 fit and spades could have been 6-0, not bidding two spades was understandable. (Two spades probably would have made.)

Against three hearts, the West TCS BridgeBot took its three top diamond winners, East showing its doubleton before discarding an encouraging club. Then West, realizing that there was no hurry to cash the club ace, led its fourth diamond, which East correctly ruffed with the heart queen to promote a trump trick for West. It was a textbook uppercut.