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Page 3

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Lifting houses:  
an out of the  
ordinary  
profession**

Page 5

## WEEKEND EDITION

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FRIDAY, AUGUST 30, 2019

### Robin-Marie Coleman named President Adjoint- Director General of CIUSSS de l'Estrie-CHUS

Record Staff

In 2014 The Record interviewed Robin-Marie Coleman. Born and raised in Bury, the then assistant director of nursing (who just so happens to share a birthday with famous nurse Florence Nightingale), was being honoured for her achievements as an employee of the CIUSSS de l'Estrie CHUS, recognized as a 'person of heart and action'.

Five years later, Coleman has come a long way.

On Thursday, the CIUSSS de l'Estrie-CHUS announced that Coleman has been named President Adjoint Director General of CIUSSS de l'Estrie-CHUS, as announced by the Quebec Cabinet on Thursday, August 29. The appointment is effective Sept. 1.

CONT'D ON PAGE 3

### Parc Découverte Nature unveils new \$2.7 million interactive game



TAYLOR MCCLURE

By Taylor McClure  
Special to The Record

Yesterday morning, Parc Découverte Nature announced a new project that will be hitting the site by sum-

mer of 2020.

In collaboration with Desjardins, Ministère des Affaires Municipales et de l'Occupation du Territoire, Tourisme Cantons-de-l'Est, Ville de Coaticook, MRC de Coaticook, and the Neil and

Louise Tillotson Fund, the park's board of directors is hoping to bring a new fun and interactive experience for tourists and Coaticook locals to enjoy.

CONT'D ON PAGE 5

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## Weather



TODAY:  
SUNNY

HIGH 23  
LOW 11



SATURDAY:  
SUNNY

HIGH 21  
LOW 8



SUNDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 22  
LOW 11



MONDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 23  
LOW 12



TUESDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 21  
LOW 13

# Mistah Christiad!



## GOOD READS

### LENNOXVILLE LIBRARY

This week's review comes from Brier Island, Nova Scotia. By an extraordinary coincidence this is both the boyhood home of Joshua Slocum (first man to complete a solo circumnavigation of the globe in 1895), AND the place where, last week, I discovered mildewed and dog-eared editions of the works that I review now: Richard Henry Dana's *Two Years before the Mast*, and Charles Nordhoff and James Norman Hall's *Men against the Sea*. If you get a distinct whiff of salt air from these circumstances, be not alarmed.

Dana's *Two Years before the Mast* is based on his own personal diary of his voyage (1835 - 36) on a merchant ship south from Boston, around Cape Horn (pre-Panama canal) and thence north-

wards, along the sparsely settled coast of California. Dana was a student at Harvard University when failing eyesight and poor health convinced him that he needed a change of scene and way of life. Not one for half measures, he signed up as a common seaman on the brig *Pilgrim*, and he was off.

Fortuitously, Dana's wonderful gift for language allowed him to convey what had never been conveyed before—the life of a common seaman from up close. For modern equivalents, think Hunter S. Thomson or George Plimpton and their brand of direct, you-are-there journalism. The difference is that Dana's character is always in the background. He records his elation as he overcomes his first days of seasickness, as he masters complex rigging manoeuvres, as he finds a new way of "frisbeeing" cowhides, but overall he is deferential—he realizes that what he is relating has its own inherent fascination. We learn of the complexities involved in running a merchantman. We appreciate the maritime culture that arose within the ships, which were, effectively, workhorses of trade, colonization, and proto-globalization. We discover the subtle social constraints that govern the interactions of the Captain and crew members of different stations. Wannabe chief mate? Rock and a hard place! Go too easy on the crew, they will take advantage of you and perhaps put the ship at risk. Go too hard, they will lose their willingness to work, and, again, put the ship at risk. In either case, you lose the respect of the Captain and stand to be roundly abused and demoted. To flog or not to flog? Now THAT'S a question....

*Men against the Sea* is the middle volume in a trilogy by Nordhoff and Hall, the sequel to *Mutiny on the Bounty*; prequel to *Pitcairn's Island*. The *Bounty* story is well known; Captain Bligh was in charge of an expedition to test the viability of bringing breadfruit from Tahiti to the Caribbean for cultivation as a source of food. Bligh was extremely authoritarian and seemed to care significantly more for the breadfruit than for his sailors. The entire trilogy was based on meticulous research of admiralty records, ship logs, articles, and personal interviews with descendents. In this middle volume the authors provide a vivid recreation of the voyage of Captain Bligh and his loyal crewmen (18 souls) who, in May of 1789, were cut adrift on a 23-foot launch by the mutineers on the *Bounty*. Relying on Bligh's logbooks, the authors provide an account that rivals

Dana's in its realism and immediacy. Abandoned near the Friendly Islands (Tonga), Bligh and his crew discover that the seriously over-laden launch is no match for heavy seas. There is a sail, but any rough weather puts the crew in a frantic race to see if they can bail fast enough to avoid sinking. With scant provisions—and no firearms—they are obliged to run a gauntlet of hostile island tribes. Provisioning frequently results in a headlong race against long war canoes manned by seriously disgruntled natives. One crewmember—the only one lost on the voyage—is brained in one such encounter. They traverse 3,618 miles—from the Island of "Tofoo" through the "Feejee" islands over New Holland (Australia) to finally, on the brink of death, reach the Dutch settlement at Timor.

These works provoke interesting questions for the modern reader—about authority, discipline, dedication, toughness. As Dana shows, a Captain's authority on board ship is absolute. He can do anything that he deems in the best interests of the ship, the owners, or himself. And Captains become Captains through a very rigorous process of selection. Fully rigged ships simply cannot survive under incompetent hands. A ship in a storm is like a machine gone berserk; all hands must work together in perfect concert to assure survival. There is no time for "collaborative" muddling to a clear understanding of what should be done, no "democratic" deliberations over a decision, and, certainly, no sick days or burn-out provisions. The Captain of the *Pilgrim* is an arbitrary, selfish "s.o.b." but Dana never once questions the value or necessity of his absolute authority. Captain Bligh so oppresses his crew that they mutiny, yet through his rare quality of will, his knowledge of the sea, his capacity to lead, he sees his loyal men through a seemingly impossible experience.

A significant appeal of these works is in the detail—the marble-like smoothness of a sail stretched taught by the wind, the fluorescent trails left by dolphins at ship side, the desolation of sunrise over a gray, inhospitable sea, the beating of bare, frozen hands against frozen sails to restore feeling.

*Two Years before the Mast* has been made into a movie which is not worth viewing. The book is available in Lennoxville Library. Nordhoff and Hall's works are widely available through interlibrary loan.

—Stephen Sheeran



## Ben by Daniel Shelton



# LOCAL NEWS

*“For Quebec, it was crucial to compensate all the exceptional expenses that were made for asylum seekers in the years 2017 and 2018.”*

## Ottawa to reimburse Quebec for expenditures related to asylum seekers in 2017 and 2018

Record Staff

Quebec Minister of Immigration, Diversity and Inclusion Simon Jolin-Barrette and Sonia LeBel, Minister responsible for Canadian Relations and the Canadian Francophonie, have reached an agreement relating to Canada’s compensation to Quebec for its expenses with the Interim housing assistance program. Quebec will receive a financial compensation of \$250 million

for the exceptional expenses incurred for asylum seekers in 2017 and 2018.

Canada will also compensate the province of Quebec for its 2019 expenditures, the amount to be determined between the two once the number of asylum seekers is officially confirmed. They will pursue negotiations to implement a distribution mechanism that will allow asylum seekers to be directed towards their province of destination once they reach the Canadian border.

“For Quebec, it was crucial to compensate all the exceptional expenses that were made for asylum seekers in the years 2017 and 2018. After many months of negotiations, we have obtained a full refund for our expenditures for those two years and Canada’s commitment to reimburse the amount that will be spent in 2019. It’s a major breakthrough and confirm Quebec’s role as regards immigration,” said Jolin-Barrette in a recent press release.

“Defending the interests of Quebec is at the heart of my priorities and signing this agreement demonstrates the relentless work our government does in this respect,” added LeBel. “Signing this agreement is the proof that it is essential for our governments to maintain continuous conversations about the complex issues that affect Quebecers.”

## Nominate an outstanding educator

Record Staff

The Prime Minister's Awards honour educators who inspire the next generation of bold innovators.

Day in and day out, Canadian educators inspire and empower young people to shape our future. These educators, in

a very real way, are nurturing a culture of curiosity in Canada—an environment where young people are encouraged to reflect, to take on challenges and to dream their biggest dream.

Nominations are now being accepted for the 2020 Prime Minister's Awards for Teaching Excellence, Teaching Excel-

lence in Science, Technology, Engineering and Math (STEM) and Excellence in Early Childhood Education. Canadians from coast to coast to coast are encouraged to recognize an inspirational educator who has made a real difference in their community by nominating them for an award.

Nominations will be open until 11:59 a.m. (PT) on January 14, 2020.

The 2019 Prime Minister's Awards mark 25 years of recognizing educators across Canada. The program has honoured more than 1,900 outstanding educators from across the country.

## Robin-Marie Coleman

CONT'D FROM PAGE 1

A nurse by training, Coleman has dedicated herself to the Estrie health and social services network for over 20 years. Over the last year, she was deputy general manager for the CIUSSS de l’Estrie-CHUS’s general and specialized health program. She has accumulated dozens

of years of experience in management, including four as senior executive of the institution’s Nursing Branch.

“This is an important step in Ms. Coleman’s career, and we are happy that she is taking it with our organization. The board of directors can attest to her great ability, her commitment, and her rigour for many years,” said Jacques Fortier, the

chairman of the board of directors, in a recent press release. “We will have a high caliber management team,” Fortier added.

“Throughout my life, the more vulnerable people were, the more attracted I was to helping them,” she admitted in a previous interview with the Record. “I knew when I was three years old that I wanted to be a nurse.”

Coleman explained that when she began her nursing studies, her goal was to eventually work in critical care. When she completed her training, her first placement was in intensive care, which made her re-evaluate her long-term plan and pushed her to continue challenging herself.

The mother of three is also an associ-

ate professor at the University of Sherbrooke nursing school and worked on two published studies related to pain management in unconscious patients.

Coleman is known for her ability to create partnerships, her sense of responsibility and accountability, and her close monitoring of the institution’s primary goals. Her managerial decisions are always made with the needs of health and social services users and the general population in mind.

She worked nights for 12 years before working her way through the ranks of the CHUS and becoming assistant director of nursing. Her nomination as deputy president-general manager of the CIUSSS de l’Estrie-CHUS is the culmination of over two decades of hard work.



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# Israel Wood (1822-1906): Merchant in Compton, Accountant in Stanstead and Director and Mayor in Sherbrooke

By Gérard Coté (Lennoxville-Ascot Historical and Museum Society) and Jean-Marie Dubois (Université de Sherbrooke)

Sherbrooke City Council named Wood Street, after its 27th mayor in 1947, shortly after it had annexed part of Orford Township, west of Jacques-Cartier Boulevard North

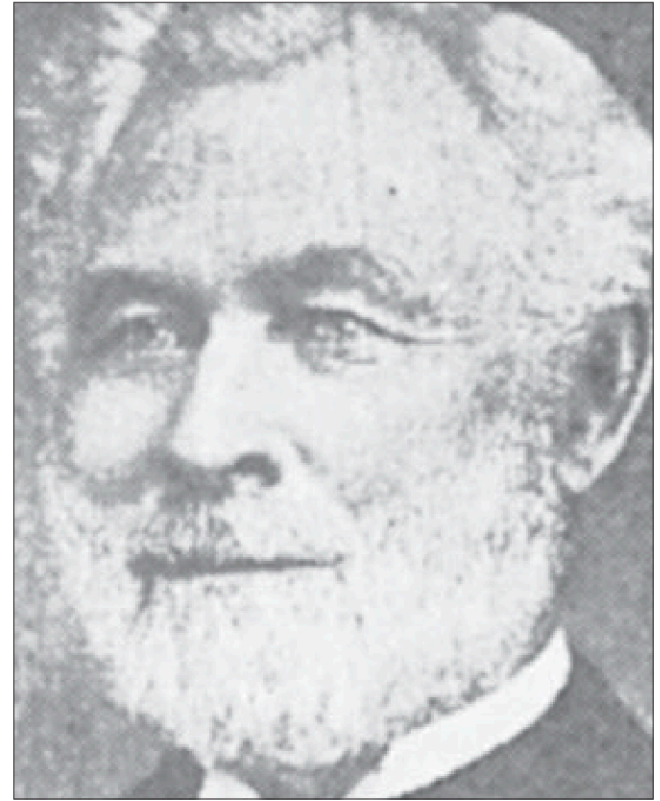
Israel Wood IV was born in 1822 in Stanstead Township. He was the fifth of 12 children born to Lucy Lucina Bangs (1789-1862), originally from Massachusetts, and of Captain Israel Wood III (1797-1843), whose parents had left Massachusetts in 1797 to settle in Stanstead Plain.

Israel Wood was a member of the Militia and joined the Stanstead Cavalry. His unit was assigned to patrol the boundary in the Stanstead area during the apprehended invasion by the Fenians in 1866 and 1870. He received his commission as Militia Captain from the hands of Lord Dufferin, Governor General of Canada at the time (1872-1878), and his commission as Major from the hands of the Marquis of Lorne, Governor General of Canada from 1878 to 1883.

Israel Wood married Lydia M. Moulton (1822-1915), daughter of Fanny Wallingford and of Ariel Moulton, at the Free Will Baptist Church in Stanstead on October 9, 1849. They had a daughter, Lucy Frances, born in 1851. The family first settled in Compton Township where Israel was a merchant. Then, between 1861 and 1871, he lived in Stanstead Plain, where he was an ac-

countant and later in Sherbrooke (1878). Israel Wood worked as a claim adjuster for several insurance companies. Starting in 1866, he was also bankruptcy trustee, Director and Vice-President of the Eastern Townships Bank (to be absorbed in 1912 by the Canadian Bank of Commerce). He was also Vice-President of the Jenckes Machine Co. (a manufacturer, mostly of railway equipment) as well as a shareholder of several other companies. He was a Sherbrooke alderman in 1890-1891 and Mayor in 1891-1892. At the time, the mandate of mayor was of one year at a time. During Wood's mandate, in 1891, the City bought 67 acres of land from Thomas B. Terrill in order to create Victoria Park.

In 1886, Israel Wood was a founding member of the Sherbrooke Library and Art Association that built (1887-1888) the building presently at 229 Dufferin Street thus providing the first arts and cultural centre as well as a public library until 1927. Israel Wood was, among other activities, a member of the Natural History Committee. From 1903 to 1906, he was President of the Sherbrooke Protestant Hospital, then located on Park Street (du Cégep Street since 2006). He was also a faithful advocate of the temperance movement. Wood died in Sherbrooke in 1906 and was buried with his wife in Elmwood Cemetery. After the death of her husband, Lydia Wood lived with her daughter and son-in-law, Daniel Hansom Green, in Montreal's Notre-Dame-de-Grâce district.



From page 20 of Gaudreault, Amédée (1954) *Les maires de Sherbrooke*.



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## SQDC opens a new joint in Sherbrooke

Record Staff

The Société québécoise du cannabis (SQDC) will be opening its Sherbrooke branch at 1681, King West Street, on Tuesday September 2, 2019, as of 10 a.m. Advisors will be present to answer any questions clients might have.

On its website, the SQDC claims that its mandate is primarily social. "It consists of selling cannabis in Quebec while prioritizing the health and safety of our customers. To that end, the SQDC undertakes to sell quality, lower-risk products and to inform and educate users on how to minimize the health impacts of cannabis consumption," it read. "Because our mandate is not commercial, we will not take part in any form of advertising

or promotion. Ultimately, we aim to reduce the presence of the illicit cannabis trade. Any profits we make will be used to create a fund that invests primarily in cannabis prevention and research."

In addition to its SQDC.ca website, the SQDC has more than 20 stores, a number that is expected to grow to more than 40 by March 2020, after which point the network will be expanded as necessary to meet market requirements.

The Société québécoise du cannabis (SQDC) is a subsidiary of the Société des alcools du Québec (SAQ). It was created in June 2018, following passage of the Cannabis Regulation Act. Constituted as a business corporation, the SQDC is run independently from the SAQ.

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# Lifting houses: an out of the ordinary profession

By Gordon Lambie

Anyone driving through Lennoxville recently may have noticed a change at 212 Queen Street. Under the oversight of the Guertin house moving company, the distinctive local home has been lifted into the air to have its original stone foundation demolished and replaced.

"It opens up new possibilities," said Mario Guertin, explaining that although the lift is not something that people might be used to seeing on a daily basis, his business is not suffering for lack of work in the area.

Guertin represents the third generation in his family to work in the business of raising houses, and his son is already working alongside him to keep the business going into the future. Asked about what prompts someone to lift their house, he said that the family business largely works on older buildings like the one in Lennoxville whose original stone foundations are crumbling. As the foun-

datations, which as sometimes little more than stacked stone, cave in, so too can houses that would otherwise continue to be safe, comfortable living spaces for years to come.

The house mover said that the process of rebuilding a foundation also has other advantages in that it often adds significant amounts of space to a building, as new foundations open up new options for basement rooms.

Guertin did not hide the fact that the work is expensive, but he said that in an era where house and material prices are on the rise, many homeowners are finding that it is cheaper to move an existing house to a new location than to buy new or build from scratch.

The other aspect to moving a house, which he said is more common in his English speaking clients, is the desire to preserve heritage architecture. Rather than see heritage buildings crumble, Guertin said that he has seen many people elect to invest in relocation, including one project as recent as last week

where his company moved a 140 year old house on the Georgeville road.

"It is very particular as a job," he said, reflecting that the work is very physically demanding and can vary a lot from one job to the next. He also pointed out, from the business point of view, that since most people will never move a house in their lives, let alone do it more than once, every customer is new and has no frame of reference for how the job is done. Because of that, he said he has gotten quite used to seeing people photograph and film his work.

Asked about the particulars of lifting and moving a house, Guertin said that every company that does it will do things a little bit differently.

"We have our way of doing things," he said, stressing the fact that the skills he is now passing on to his son have been honed over the years from lessons first learned by his grandfather.

That generational knowledge is the basis for Guertin's company slogan, "we may not be the biggest, but we are the

best."

On changes to the business since it first got started, the house move said that the fundamentals of the job are still the same but some things, like workplace safety standards and building materials, have changed. In particular he pointed out that the shift to building with softwood has made the job easier because it makes houses lighter

Although one thinks of a house as a solid structure from bottom to top, Guertin explained that part of what makes his family's work possible is the fact that, particularly in the older buildings, the house is really just sitting atop the foundation and can, once properly secured, simply be raised up.

"It's out of the ordinary to be sure," he said, encouraging people to follow the progress of the new foundation construction in Lennoxville over the coming days, provided that they keep a safe distance from the work site itself.

PICTURES BY GORDON LAMBIE



## Parc Découverte Nature

CONT'D FROM PAGE 1

For those who are not familiar with Parc Découverte Nature, it is a non-profit organization located in the Coaticook Valley. Over 9,000 people visit their site annually where activities such as hiking, fishing, bird watching, tours of wetlands, exhibitions, and fish barbecues take place. In the winter, their site is also open for ice fishing.

Their new project, called Acoatica, is an interactive game where visitors will take on the superhero role. The goal of the game, as explained by Parc Découverte Nature's Director Caroline Sage, is to create the largest fish bank of one of the four species of fish that are on site. Throughout the game, participants will

be faced with certain challenges, such as deforestation and overfishing, that they will have to find solutions for in order to complete their task.

It's like a video game that you will get to play inside and outside!

With the help of Arcane Technology, a software company that works with 3D interactive technologies, the Société du Parc Découverte Nature de Baldwin will transform their present site to incorporate some of the best technology available in order to create the experience. They plan on using their existing space to create large game tables. As Sage put it, "It took five years of work and looking for partners and collaborators to make this project, WOW!"

The project was created with the in-

terests of both children and adults in mind to provide a day of excitement for everyone. The game will be fun and informative creating a unique experience for those visiting the area.

In attendance for the project announcement was the Marie-Claude Bibeau, MP for Compton-Stanstead and Minister of Agriculture and Agri-Food, to announce an investment on part of the Canadian Government in support of tourism in the Eastern Townships.

"The government will donate \$500,000 towards the \$2.7 million dollar project," explained Bibeau.

"We know how this community can be innovative and attractive. I look forward to visiting the park in less than a year from now with its immersive and

gourmet experience."

She also went on to explain why they chose to support the project. "One of the main reasons is because it's in a rural region. It's outside of the major centers. We want to contribute to the economy of these regions with interactive projects like this. I am confident that it will contribute to tourists staying longer in the region."

The project, which will contribute the local development of the region in the area of tourism, has a lot of support. "It's a big project," explained Sage, "that we couldn't have made possible alone."

If you're hoping to visit, Parc Découverte Nature is located at 2471 Chemin de Baldwin Mills-Barnston, Coaticook.

## EDITORIAL

Unfortunately, when children take up instruments they're not passionate about, most don't stick with music for long.

# Let's change the 'girls play flute, boys bash drums' stereotypes

By Robbie MacKay

Lecturer in Musicology, Dan School of Drama & Music, Queen's University, Ontario

In 2019, surely we are past the days in music class where boys are shunted to drums and trombone while girls are pushed toward flute and choir? Not necessarily so.

Music researchers have consistently found what musicians, music educators, parents or students may have anecdotally noticed: many people have gendered associations with particular instruments related to instruments' pitch and timbre or their role and size. And, these gendered associations shape both people's perceptions of the gender identity and social role of musicians and of what instruments people should choose.

In the 1970s, in the United States, Harold Abeles of Columbia University and Susan Yank Porter of Wilmington Public Schools began to study the effects of gender in music education. They found that both children in kindergarten to Grade 5 and adults make gendered associations with musical instruments, and that students and music teachers tend to prefer "gender appropriate" instruments.

They also found from "most feminine to most masculine," the list looks like this: flute, violin, clarinet, cello, saxophone, trumpet, trombone and drum. Similar findings persist in studies conducted regularly since.

Unfortunately, when children take up instruments they're not passionate about, most don't stick with music for long.

But what is the background here, and what can teachers and parents do to ensure that children are selecting musical activities based on their real desires?

## Sounds like gendered history

Historical research shows that gender disparities in music have existed for a

long time.

Writing in 1886, music critic George Upton concluded that women were unable to be creative in music. His reasoning was that history shows women wrote no great music and "having equal advantages with men, they have failed as creators."

Anecdotally, in my teaching and research career I have found many music students repeat the fallacy "if there were any good women musicians we'd have heard of them."

In the 1980s, scholar Ellen Koskoff of the Eastman School of Music, University of Rochester, published an influential volume of essays that surveyed women's experiences in music, both globally and historically. Koskoff's volume points to gendering of musical pursuits as a pan-global experience.

Of course, the corollary is that men's musical activities, though generally broader and more prestigious, are also prescribed and restricted. As far back as the 1930s, the Music Educators Journal published a reflective essay by music teacher Inez Field Damon, "The Boys Who Would Not Sing." Damon laments her experiences talking with the principal at a school where she's failing at cajoling boys' participation. The principal replies:

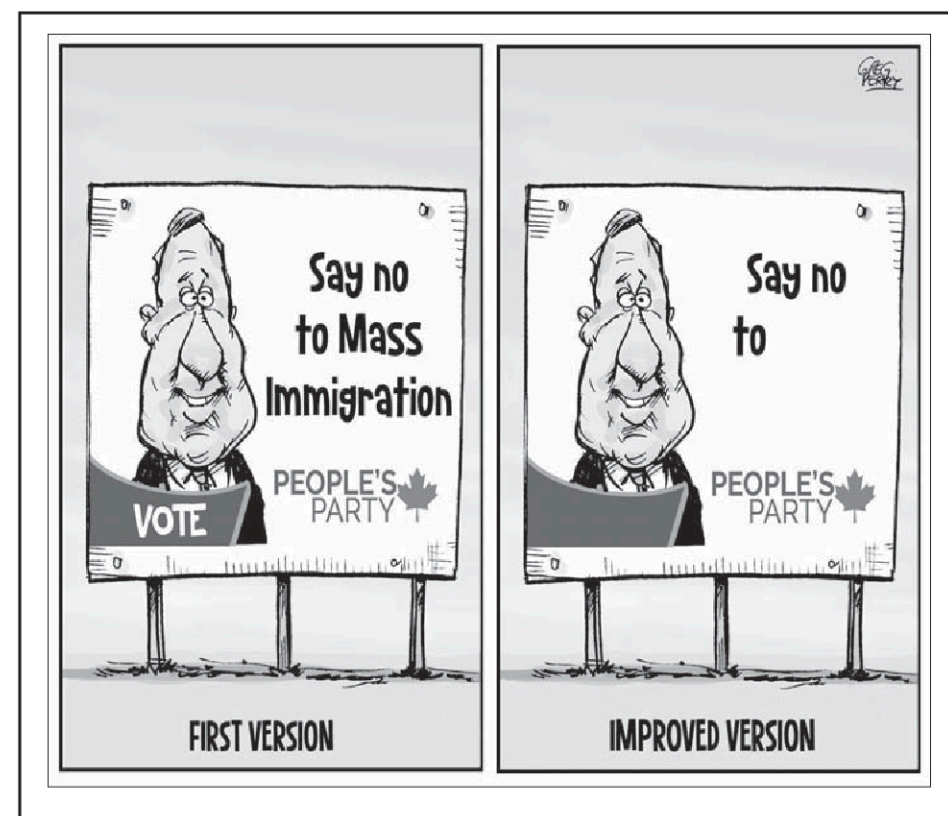
"You can't make them sing. They never sing. They are heavy in everything."

Closer to our own times, sociology of arts scholar Clare Hall of Monash University in Australia examines the "missing male" trend in singing at school. She finds that far fewer boys joining choirs or willing to sing likely finds its origins in very early childhood.

## Musical genius isn't male

In my work, I'm tracking gender research in music education. There are many ways researchers are investigating this area.

Researchers look beyond musical instruments, such as barriers to girls play-



ing the electric guitar, to include all types musical pursuits, including collecting records, DJ-ing or writing and producing music.

There are two approaches aimed toward greater gender equity in music education — which could also be adapted to combat gender inequity in other human endeavours — which really must be used in concert. These are known as compensatory practices and challenging practices.

Compensatory practices aim to fill in some gaps related to music history. Rather than just studying dead white European men, music educators must consciously and purposefully include women of diverse cultures or backgrounds in the story.

Let's study medieval abbess Hildegard von Bingen and American composer, singer and arranger Roberta Martin. Let's study Americana guitarist Maybelle Carter, or contemporary music makers like blues rocker SATE or vocalist Tanya Tagaq.

And, for those who scoff that we can't just not study Beethoven, I say, "Of course we study Beethoven! He's pretty good. But, we don't privilege Beethoven's work as inherently more important or a product of musical genius exclusive to men."

## Role models

Compensatory practices used alone are not enough. Filling gaps is necessary, but alone, compensatory practices

don't take steps to combat continued gendering in music. Some challenging practices that interrupt the formation of gender stereotypes are needed. One of the most effective is providing students with a variety of musical examples or role models.

Exposing students to images of both male and female musicians playing varied instruments or in varied musical roles has been shown to be effective. But beware, because simply showing what might be thought of as counter-examples (only girls playing drums, for instance) runs the risk of creating an equally strong gender bias shifted from the prevalent one.

Any lifelong musician can tell you the benefits of making music. We talk about enhancing self-esteem and self-regulation, building community and enhancing academic achievement among the benefits. But let's not forget the joy and needed self-expression that music making also brings.

It's a shame when children miss out on these many benefits either because somebody pushes them in the wrong direction because of who or what they appear to be, or because encouragement and efforts to break down stereotyping are lacking or ineffective.

Robbie MacKay does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

## Letters

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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## C COLUMNIST

*With young children, I like to pass around a small basket of assorted seeds, inviting each to take one and hold it, feel the energy in this small package of potential.*

ONE COLUMN, FOUR VOICES

## Open to the Spirit

Today's word: Seeds

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Rev. Carole Martignacco

1) "Inch by Inch, row by row, gonna make this garden grow..." These are the opening lines to the Garden Song, a favourite of mine, popularized by John Denver and many other singers. It speaks about the need to nurture the seeds we plant. It is every bit as pertinent to our internal life as it is to the garden out in the backyard.

Buddhist monk Thich Nhat Hanh writes about this inner garden containing seeds of both desirable and undesirable plants. Each of us harbours seeds of resentment, fear, jealousy and anger. We also hold seeds of joy, gratitude and curiosity. These seeds get planted every time we interact with the world, through both happy and painful experiences. What we do with these seeds then becomes a choice.

Whatever we nurture, tend to, water and focus our attention on will grow. We can let our inner garden become overgrown with the weeds of dark thoughts, bitterness and pessimistic forecasts. If we allow that to happen they will choke out our more positive, uplifting seeds.

Nurturing the seeds of gratitude and compassion is hard work, especially if we have been wronged or have experienced great sorrow. Yet the rewards, as any gardener will tell you, abound. A sense of accomplishment, contentment and a sense of working very closely with the beauty of creation. Truly this is food for the soul.

We could do worse than to follow the next lines of the song: "Plant your rows straight and long. Temper them with prayer and song. Mother Earth will make you strong if you give her love and care

2) When I was very young we had school fairs in our area. Many of us in grade school would get seeds

and enter the flowers or vegetables in the Fair in September. I was always quite competitive, so I would plant them, weed them, keep them watered and so would usually win prizes. There were other classmates however who would plant them and then forget them. Seeds need nurturing in order to grow.

I recently did a funeral where I met a boy who I had baptised 30 years ago in Ontario and hadn't seen since he was a baby. It was wonderful to see how he had grown and become a mature compassionate adult. Sometimes in church circles we bring babies to be baptised and plant the seeds of faith as it were, and then forget to nurture them with Sunday school, camp, youth groups, or other activities. It is no surprise that these seeds do not always grow to become healthy plants.

Even as adults we need to nurture the seeds of faith within us. Study groups, weekly worship or community charities provide good soil. We are also called to be sowers planting seeds of faith. I'd like to think that our column in the Record is a great way to plant seeds. May we also remind people that a little sunshine, water, and the occasional weeding are needed. My hope, dear readers, is that you can find a community of love and faith to turn these seeds into a beautiful garden.

3) I have always been a gardener, and have learned some important lessons over the years, not just about plants and soils, but also life.

These days in my neighbourhood, every drugstore and supermarket has at least a few plants that are for sale once spring begins. Flowers, tomatoes some lettuce, maybe even a slightly wilted blueberry bush. The perfect size and ready to put in the ground, these plants have already made their way through much of their life. The first roots have pushed their way through the soil, and those first leaves are long surpassed by many others. The quiet miracle of those

seeds coming to life is taken over by convenience.

I am tempted to buy the plants, but I know that I am missing something important by not starting from the beginning. Yes, a seed takes time, and plenty of care and patience, and it is sometimes hard to even fathom that a tiny seedling can even grow into a full sized plant.

There is an important lesson in this. In our fast paced world, it is very easy to want convenience. Quick shipping, a fast response, instant gratification. We want our plants and our products, ready to go, and fast. Yet we miss out on something important when we skip those sweet moments of growth, those precious experiences of doing our best to live in the moment. We need to remember that everything starts small. Whether a little root and tiny leaves, a simple idea, a kind word or a single act of compassion, we can hold onto the faith that the smallest seeds can grow into truly something spectacular.

4) "Have you ever watched a seed grow? Have you ever noticed how it begins so small, so still, so quiet, like a gift waiting to be opened...and how slowly it wakes up, begins to unfold, growing into something larger... and Larger...and LARGER? Then you know that whatever comes from a seed usually ends up looking very little like the seed it came from..." Those are opening lines to a poem I once wrote that eventually turned into an illustrated origin myth first published in the early 2000s as I was beginning my career in ministry.

The idea for the story of The Everything Seed grew into a book that became in turn the seed of many readings and creative events. Colourful batik illustrations by my friend Joy inspired amazing art, writing, drama. Conferences and churches used it as a story for all ages in far corners of the globe. People and places I could never have known or reached were touched by what began

as a meditation on the wondrous miracle of seeds. Given as blessing it celebrates times of transition and new beginnings. And like all that comes from a seed, it's continued to blossom "in ways that are yet to be known." Which is how the book ends...because seeds continue to flourish wherever they find fertile ground to grow.

With young children, I like to pass around a small basket of assorted seeds, inviting each to take one and hold it, feel the energy in this small package of potential. On the outside, it may be smooth and shiny or shriveled and crusty. A clear jar of mustard seeds or poppy seeds shows that it doesn't matter how small we begin. Like any seed, we too may blossom into astonishing beauty. Love is the sunlight we humans need to grow.

Who knows how far and wide the deeds we do will spread, or how a chance word of kindness or encouragement might sprout in the heart's deep soil. What seeds have you planted in your life whose blossoms you will never see? Scatter wisely, sow without counting, broadcast kindness everywhere, even between the rows. Let us be like seeds.

**One word, four voices - now it's your turn to reflect: If you yourself were a seed in the world, how would you blossom; what fruit would you bear?**

*Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist, is retired from her ministry with UUEstrie and now resides in St. Andrews-by-the-Sea NB. She aims to keep one foot in the Townships by continuing with this column and writing with her clergy colleagues.*

## Local environmental group coordinating roundtable on invasive species

Record Staff

The Conseil régional de l'environnement de l'Estrie (CREE) is in the process of coordinating a an Estrie roundtable to consult stakeholders on actions to prevent and control the spread of invasive foreign plant species in Estrie.

The main objectives of this regional committee are to promote the sharing of information and good practices via a web platform on the CREE website, the

development of regional mapping, the organization of training workshops and demonstration sites on control methods and the organization of a regional forum in winter 2020.

The proliferation of invasive species is a significant global issue due to the negative impact they have on the environment and biodiversity, as well as economic and recreational activities and human health.

"It goes without saying that the Estrie region is not immune to this scourge.

Citizens, associations and municipalities are all equally affected by the impacts of many aquatic and terrestrial species," explained Geneviève Pomerleau, on behalf of CREE. As a top priority, five problem species were targeted: Eurasian Watermilfoil, Japanese Knotweed, Buckthorn, Giant Hogweed and Common Reed.

Using Japanese knotweed as an example, it is renowned for its aesthetic appeal, but is a fearsome invasive plant that colonizes ditches, lakeshores and

private property by forming dense stands that suffocate native plants and restrict wildlife movement.

For the implementation of the Table's activities for the next 2 years, the CREE obtained \$17,000 in funding, including \$7,000 from the Fondation de la faune du Québec's Programme d'aide pour la lutte contre les plantes exotiques envahissantes, and \$10,000 from the Programme d'aménagement durable des forêts (2018-2021).

# Local Sports

Goalies: Vancouver, Maxime Crepeau, Zac MacMath; Montreal, Evan Bush, Clement Dio

## Huntingville Coed softball league playoff schedule and results

MARS	Mercredi	4 sept.	Gold Rush	Venom	7:00 PM
MARS	Wednes.	Sept. 4	Venom	Gold Rush	8:15 PM
			PLUTO DIVISION WINNER	SAVING RYAN'S PRIVATES	
			VENUS DIVISION WINNER	ROADRUNNERS	
MARS DIVISION TO BE DETERMINED					

## Montreal 2, Vancouver 1

The Associated Press

First half\_1, Vancouver, Reyna, 6 (Chirinos), 17th minute; 2, Montreal, Henry, 4, 35th; 3, Montreal, Urruti, 3 (Sagna), 37th.  
 Second half\_None.  
 Goalies\_Vancouver, Maxime Crepeau, Zac MacMath; Montreal, Evan Bush, Clement Diop.  
 Yellow Cards\_Urruti, Montreal, 51st.  
 Referee\_Ismail Elfath. Assistant Referees\_Kyle Atkins, Claudio Badaea, Geoff Gamble. 4th Official\_Pierre-Luc Lauziere.  
 A\_14,513.

Lineups

Vancouver\_Maxime Crepeau; Ali Adnan, Derek Cornelius, Doneil Henry, Jake Nerwinski; Michael Chirinos (Fredy Montero, 76th), Jon Erice, Hwang In-beom, Russell Teibert (Thelonius Bair, 87th); Yordy Reyna, Tosaint Ricketts (Lass Bangoura, 82nd).  
 Montreal\_Evan Bush; Rudy Camacho, Daniel Lovitz, Jukka Raitala, Bacary Sagna; Lassi Lappalainen, Samuel Piette, Saphir Taider; Bojan Krkic (Ken Krolicki, 83rd), Orji Okwonkwo (Shamit Shome, 67th), Maximiliano Urruti (Jorge Luis Corrales, 90th+3).

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 Milk - Cattle  
 15, Route 251  
 Martinville
- Miel Pur Délices**  
 Beekeeping  
 815, Route 141  
 Coaticook
- Ferme des Petits Torrieux**  
 Lambs and sheep -  
 Cattle - Wood  
 8622, Route 204  
 Frontenac
- Érablière École de Saint-Romain**  
 Maple Syrup  
 500, chemin Allen  
 Saint-Romain
- Ferme Lurijo**  
 Milk - Cattle  
 180, rang Saint-Joseph  
 Lambton
- Tradition d'Antan**  
 Berries - Barnyard  
 891, chemin de Learned Plain  
 Cookshire
- Pisciculture Jacques Roy**  
 Aquaculture  
 1253, Route 112  
 Weedon
- Ferme Renaissance**  
 Red deer - Boar  
 1120, Rang 2 Sud  
 Weedon
- Ferme F. Côté et fils**  
 Milk - Cattle  
 921, chemin Côté  
 Cookshire



# Tilman Von Der Linde runs marathons in costume to the delight of rivals



## A RUNNER'S MIND

CHRISTINE BLANCHETTE

**H**ypothetical question for marathon runners: Would the sight of a man in a chicken suit approaching the finish line ahead of you inspire you to dig a little deeper and beat him? If you answered, "I'm schooling that chicken, no matter what," this would bring a smile to the face of Tilman Von Der Linde, a marathon runner known for inspiring other runners in his very unique way. He knew he had a gift for running as he was one of the fastest in elementary school but talent alone wasn't enough to satisfy Von Der Linde. He got noticed for running the Boston Marathon twice and the New York Marathon, among big road races. But what really set him apart is he ran them all in costume, from chicken to gingerbread Man and many more.

In a Q&A interview the Vancouver resident and registered massage therapist, Von Der Linde shared his passion for running in costume and also offered a few training tips.

**Q:** When did you start running in costumes?

**A:** My first attempt at running in a costume didn't work out so well. I was wearing a rabbit suit in the 2000 Vancouver Sun Run and the head piece only had 2 holes for the eyes where the air was coming in. It was very difficult to breathe but I finished. That was the first and last time for the bunny suit.

**Q:** What do you like most about running in costume?

**A:** I like seeing the looks of disbelief on people's faces. That look can only mean one thing which is that the envelope of possibility is being expanded in their minds.

Wearing a costume in a race also seems to affect the other racers around me. People running behind me step up their pace as they don't want to be beaten by a guy in a costume at the finish line. (Ed. note: We have confirmation) And on occasion I have had some racers run with me who later said that they simply needed to hear the elevated level of cheers from the crowds for themselves. Then there are others who have come up to me in the finish areas and thanked me for motivating them to run faster. In my case, it's not about personal attention, it's about the fun and effect that the costume generates.

**Q:** Do you ever not put on a costume for a race?

**A:** Since 1999 I have run all my races

in costume. Lately I have been running in a chicken man suit that I built myself. However my favorite running suit has been a gingerbread man suit which also happens to be the most challenging one I have found to run in.

**Q:** Do you have any tips to share for future costumed racers?

**A:** Training in the heat of the day also works to accustom you to the experience. Do not train in your costume - you wouldn't want someone driving on the road to have an accident because they are distracted by you wearing a suit.

Train for dehydration and endurance. Slowly spread out the distance between water breaks. That said, hydrate every chance you get during races.

Make sure the material is thin enough to let air flow through. My Gorilla suit looks thick and hot from the outside but it has great airflow through the material and keeps the sun off the skin.

Vision is important and some suits may not allow for great vision. Always communicate to others around you with a swing out of the arm as a hand signal indicating your direction to pass in traffic.

**Q:** What is your funniest story about running in costume?

**A:** Three years ago I was spring skiing in my Gorilla suit at Whistler Mountain. I was in the gondola alone, heading up to the upper parking lot where more people were getting on. I wasn't wearing the gorilla head piece at the time but when the doors opened a lady walked into the gondola, saw me, turned around and walked right back out telling the lift attendant, "I can't go in there...there's a bear in there!"

*Christine Blanchette is a TV host/producer of Run With It, a monthly running, fitness and health program on YouTube.*



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# Church Services

# Grace Village names the Grand Hall as Faith Hall

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. 819-346-5564.

### NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m.

### SHERBROOKE

Church of the Advent, 373 Bowen St. South, invites you to Morning Prayer at 11 a.m. this Sunday, September 1. Our next service of Holy Communion is at 1 p.m. on Sunday, September 15.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship at 10:00 a.m. on Sunday, September 1 with Rev. Linda Buchanan. Everyone is welcome. 819-565-8449; website -lennoxvilleunited-church.com.

### RICHMOND

The Richmond-Melbourne Pastoral Charge welcomes you back, and invites you to join us for worship at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, September 1 at 10:30 a.m. Rev. Patricia Lisson will be leading this service of Baptism. All are welcome!

### SHERBROOKE

Join us at Plymouth-Trinity United Church, corner of Dufferin and Terrill in Sherbrooke, 819-346-6373, www.plymouthtrinitychurch.org, for our service on Sunday, September 1 at 10:30 a.m., with children's church. Joignez-vous à nous pour notre culte dominical le 1 septembre, à 10h30, avec culte des enfants. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

Grace Village, with the Dr. W. J. Klinck Foundation, announced today, August 29, the formal naming of the Grand Hall as Faith Hall.

The Hall was named in honour of Richard Gordon Faith, the Faith Family, and the Faith Foundation, who have all been longtime supporters of Grace Village. A reception was held on August 2 for family & friends of the Faiths, as well as board members of Grace Village & the Dr. W. J. Klinck Foundation. A word of thanks was given by the Hon. David Price, President of the Foundation, followed by a ribbon-cutting in front of the main doors. Mr. Faith then gave a short speech, and Brad Willms, Chair of the GV Board, offered a prayer of dedication.

The new Grace Village Care Pavilion was completed in the summer of 2017, and since has become home to over 120 residents. This project could not have come about without the help of the amazing staff, wonderful volunteers, and of course the generous donors who have supported this community. Faith Hall has been used extensively since the Pavilion opened, welcoming residents, family and community members to everything from Christmas Dinners to Maple Sugar Celebrations, Craft Sales to Strawberry Socials, Church Services and Bible Studies, to Weddings and Funerals and Birthday Parties. We are proud to have a lovely woodland painting by Rose Faith, Richard's mother, displayed in the

Hall.

Grace Village would like to thank the Faiths for their generous support over the years, as well as all the donors to the Capital Campaign. As a nonprofit, charitable organization, Grace Village has always relied on the kindness of its community to be able to welcome the seniors of the Eastern Townships. If you would like to learn more about our Capital Campaign, please visit [www.gracevillage.ca/advancement](http://www.gracevillage.ca/advancement). Dr. W. J. Klinck Foundation, 1515, rue Pleasant View, Sherbrooke, QC, J1M 0C6, [www.gracevillage.ca/donations](http://www.gracevillage.ca/donations). For more information, please call (819) 569-0546 or email [info@masscom.ca](mailto:info@masscom.ca)



# SUDOKU

DIFFICULTY RATING: ★★★★★

				6	3		2	
		2			8	1		7
1	3			7				
7		1		3			5	8
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				1			9	2
3		6	5			4		
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8/30

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## PREVIOUS SOLUTION

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

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

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

## PREVIOUS SOLUTION

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	8		5	2				

DIFFICULTY RATING: ★★★★★

# SUDOKU

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

**Death**



**Daniel DOWNEY**  
1958-2019

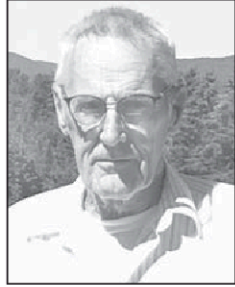
Passed away, at the CHUS-Hôtel Dieu, Sherbrooke, QC, on Thursday August 15, 2019. Daniel Downey, at the age of 61, was the beloved son of Richard Downey and Cécile Dion Downey.

Family and friends will meet at the Steve L. Elkas Complex, 4230 Bertrand-Fabi Street, Sherbrooke on Saturday, September 7, 2019 from 10:00 a.m. to 12:40 p.m., followed by a service in the Complex Chapel.

Daniel leaves to mourn his parents: Richard and Cécile; his brother Patrick (Linda Labrecque); his sister Carolene (Pierre Roberge); his nephews, nieces, great-niece, great-nephew, as well as his aunts, uncles, cousins, other friends and relatives.

**STEVE L. ELKAS FUNERAL HOME**  
4230 Bertrand-Fabi, Sherbrooke QC  
PHONE: 819-565-1155  
FAX: 819-820-8872  
info@steveelkas.com  
www.steveelkas.com

**Death**



**Lester DREW**

Peacefully at the CHUS Fleurimont on Tuesday, August 27th in his 80th year.

Beloved husband of the late Judith Cutler. Dear father of Lori (Neil), Trudy (Gary), late Kevin, Sue-Lane (Perry), Sherry (Doug) and Becky (Todd). Son of the late Cyril and Elsie Drew. Brother of the late Gerald (late Priscilla), late Donald (late Eileen), Galen (Constance), Annie (late Robert), Joyce (Elwyn), Gary (Corienne) and the late Graydon (Wendy). Grampa to Michael (Jessica), Nicole (Carey), Bradley, Ryan (Holly), Kevin, Caitlin (Ryan), Lucas, Marcus, & Garrett. Great-Grampa to Hailey, Sebastian, Nathan, Autumn, Wolfgang, Lauren, & Derek.

Resting at Hatley United Church (Main Street, Hatley, QC) on Saturday, August 31st from 10 a.m. to 12 p.m. Service to follow. In lieu of flowers, donations may be made in Lester's memory to the Hatley Cemetery Association, 915, Massawippi St., North Hatley, QC JOB 2C0.

**CASS FUNERAL HOMES**  
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**Death**

**Gilles GRIMARD**  
1935-2019

Passed away, at the CHSLD-Argyll, Sherbrooke, QC, on Tuesday, August 27, 2019. Gilles Grimard, at the age of 84, was the beloved son of the late Lionel Grimard and the late Emerentienne Dostie and the loving husband of Deborah Warner, living in Sherbrooke, previously from Lennoxville.

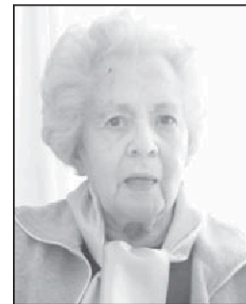
As per Mr. Grimard's wishes there will be no visitation and a private service will be held.

Mr. Grimard leaves to mourn his wife: Deborah Warner; his children: Sherry (Nadia), Marc (Melina), Jennifer (Antoine); as well as his brothers, sisters, nieces, nephews, other friends and relatives.

The family would like to thank all the personnel of the CHSLD-Argyll (5th floor) for the kind and professional care given to Mr. Grimard. As a memorial tribute, donations to the Vitae Foundation, 375 Argyll, Sherbrooke, Qc, J1J 3H5 or www.fondationvitae.ca, would be appreciated.

**STEVE L. ELKAS FUNERAL HOME**  
4230 Bertrand-Fabi, Sherbrooke QC  
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**Death**



**Rita QUILLINAN**  
1926-2019

Rita died peacefully on Tuesday, August 13th at Maplewood Long Term Care residence in Brighton, Ontario, surrounded by her children. Wife of the late Owen Quillinan.

She is survived by her sister Jeanette and brother Robert (Bonita). Beloved mother of Susan, Michael, Patty (Ron), Peggy, Nancy (Brian) and Paula. Lovingly remembered by her grandchildren: Owen (Bailey), James, Evelyn (Dave) and great grandson Leewood as well as nieces and nephews throughout Canada. Rita's family will remember her as a devoted mother, a fearless world traveler, a passionate volunteer and lover of music and dancing.

Interment on September 12 at Mount St. Mary's cemetery in Stanstead, Quebec at 2 p.m. then a celebration and toast to Rita's life to follow at the Royal Canadian Legion in Stanstead from 4 to 6 p.m.



**Death**

**Verlie Hazel McLEOD**

Passed away on August 22, 2019, in her 94th year.

Dear mother of the late Judy Oxford and Robert Cole, grandmother to Jeffery Oxford and great-grandmother to Blake and Jackson.

A Graveside Service will be held at the Eaton Cemetery on Saturday, September 7 at 11 a.m. Family and friends welcome.



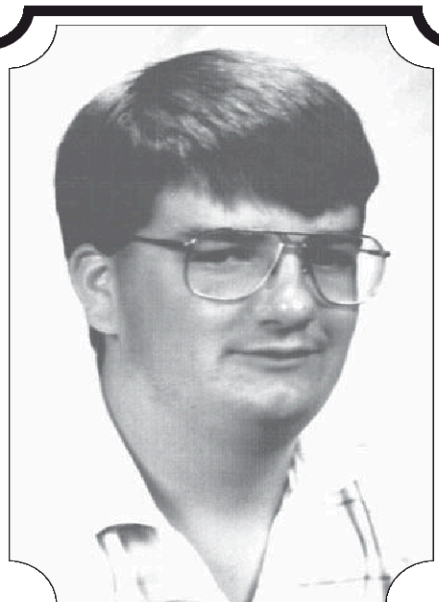
**Card of Thanks**

**RODRIGUE, Rock** - We wish to express our sincere gratitude to all of our friends and relatives who supported us in many ways during the illness and passing of our beloved husband, father and grandfather. Your kindness will never be forgotten.

**BESSIE AND THE FAMILY**



**In Memoriam**



**TREVOR COTE**

March 21 1976 - August 30 1997

In loving memory of our dear son, brother, brother-in-law, uncle and great-uncle.

*May the winds of heaven blow softly  
And whisper in your ear  
How much we love and miss you  
And wish that you were here.*

Love,  
MOM & DAD  
(Eugene & Lorraine Willey Cote)  
KIMBERLEY & TIMOTHY McCARTHY  
BRITTANY, JOSHUA & OWEN  
CHOINIERE  
MICHAEL, LEANNE & CAMDEN  
McCARTHY

**Datebook**

FRIDAY, AUGUST 30, 2019

Today is the 242nd day of 2019 and the 71st day of summer.

**TODAY'S HISTORY:** In 1945, British forces ended Japan's occupation of Hong Kong.

In 1963, a United States-Soviet diplomatic teletype "hotline," intended to prevent accidental war, was installed.

In 1967, the U.S. Senate confirmed the appointment of Thurgood Marshall as the first black Supreme Court justice.

In 1996, Russian and Chechen leaders agreed to a ceasefire, ending the First Chechen War.

**TODAY'S BIRTHDAYS:** Mary Wollstonecraft Shelley (1797-1851), author; Huey Long (1893-1935), politician; Shirley Booth (1898-1992), actress; Roy Wilkins (1901-1981), civil rights activist; Fred MacMurray (1908-1991), actor; Ted Williams (1918-2002), baseball player; Warren Buffett (1930- ), businessman/philanthropist; Robert Crumb (1943- ), writer/illustrator; Peggy Lipton (1946-2019), actress; Lewis Black

(1948- ), comedian; Robert Parish (1953- ), basketball player; Michael Chiklis (1963- ), actor; Cameron Diaz (1972- ), actress; Andy Roddick (1982- ), tennis player.

**TODAY'S FACT:** The number of hours Americans spent online increased more than 100 percent between 2000 and 2018, from 9.4 hours per week to 23.6 hours per week.

**TODAY'S SPORTS:** In 1905, Ty Cobb made his major-league debut for the Detroit Tigers.

**TODAY'S QUOTE:** "There is love in me the likes of which you've never seen. There is rage in me the likes of which should never escape. If I am not satisfied in the one, I will indulge the other." — Mary Wollstonecraft Shelley, "Frankenstein; or, The Modern Prometheus"

**TODAY'S NUMBER:** 32 — cases Thurgood Marshall had argued before the Supreme Court before he became a justice. He won 29 of them.

**TODAY'S MOON:** New moon (Aug. 30).



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# Following your gut

Dear Annie

FRIDAY, AUGUST 30, 2019

**Dear Annie:** I graduate from college in December (hopefully), and before then I have some important decisions to make about my future. I've been thinking about the outcomes for several months already, and the decision has not gotten any easier.

I've been dating my boyfriend for well over a year now and we've talked about getting married in the future. We also plan on getting engaged in a couple months. While I have no doubt in my mind that's what I want, it's what comes after that I'm struggling with.

My parents are very supportive and have paid for my college. In return, I am paying them back once I get a full-time job after graduation. For custody reasons with his daughter, my boyfriend is planning on moving back to his hometown in January and very much wants me to join him (which is seven hours away). Not only do I want to be there with him, but also I know there are a lot more job opportunities there than where I currently reside.

While my parents are aware of his situation and support it fully, they aren't sure whether I should join him. My debt could be paid faster if I lived with my parents for a year before we get married. My boyfriend also assured me that even with him I wouldn't have to worry about bills until I paid off my debt, as he makes enough money to cover everything and then some.

Even though my boyfriend supports whatever decision I end up making, I'm still torn on what I should do. I want to follow my heart, which is to follow him, but I also don't want to disappoint my parents by not following their advice.

I've been very stressed out ever since these decisions came to light. I've even started losing sleep wondering where I'll end up and whether I'll be hurting people I love in the process. As you can see, I need a third party's view on the situation. Any advice is very appreciated. — Tossing and Turning

**Dear Tossing and Turning:** Your heart is telling you to follow your boyfriend after graduation, but what is your gut telling

you? I ask because I'm not convinced it's just your parents giving you pause. When it comes to making a life decision as major as this, you should be so self-assured in it that nothing can stop you.

If I am correct that you, deep down, are not 100% sure you want to move in with him just yet, then wait. It's always better to err on the side of taking things too slowly than too quickly. He's not going anywhere.

Ultimately, it's not about what I, your parents, or your boyfriend wants for you. It's about what you want for yourself. Because no matter what anyone else thinks is right for your life, you're the one who actually has to live it. Trust your gut above all else.

**Dear Annie:** When we are the last table at a restaurant and the staff is waiting for us to go home, I feel we should get up and leave within 20 minutes. However, the other night, my husband and two other couples continued to talk for at least an hour. The staff gave hints by cleaning our table and vacuuming. I was so embarrassed. My husband and friends feel they

spent money for dinner and drinks and are thereby entitled to stay as long as they'd like. I used to waitress and find this very rude. What is proper etiquette? — Concerned New Yorker

**Dear Concerned New Yorker:** If your husband is looking for a place to indefinitely hang out with friends at his leisure, he can try your living room. Seriously. Maybe dinner parties at home are a better idea. It is absolutely rude to linger more than 20 minutes after finishing your meal when a restaurant has closed, and you can tell him I said so.

"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).

## Your Birthday

FRIDAY, AUGUST 30, 2019

A steady pace will get you where you want to go. Refuse to let others' actions influence the way you proceed. Follow your heart and focus on what's important to you. Be a self-starter and take responsibility for the way your life unfolds. Walk away from extreme situations.

**VIRGO** (Aug. 23-Sept. 22) — You'll learn plenty if you observe how others respond to what's going on around you. Set your sights on what you want and make your plans a reality.

**LIBRA** (Sept. 23-Oct. 23) — Protect yourself against people who are trying to control or take advantage of you. Recognize that you deserve more. Put the past behind you and focus on self-improvement and personal gain.

**SCORPIO** (Oct. 24-Nov. 22) — Check out what's available, what interests you and how best to use your skills and knowledge to get what you want. A social

evening will promote romance.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Stick close to home. Traveling, socializing and engaging in elaborate or excessive activities will put you in a vulnerable position. Don't give in to emotional manipulation.

**CAPRICORN** (Dec. 22-Jan. 19) — Plan your actions and execute them with precision. Positive change is heading your way. Don't sit back when everything depends on using your skills and insight to gain ground.

**AQUARIUS** (Jan. 20-Feb. 19) — Speak the truth and demand the same in return. Don't feel that you must follow someone else's path. Consider what makes you happy and proceed that way.

**PISCES** (Feb. 20-March 20) — Balance, integrity and living within your means will help keep your stress level down and your spirits high. A creative project will bring you joy, while romance also looks promising.

**ARIES** (March 21-April 19) — Knowledge is power, and it will give you

the confidence you need to stand up for what you want. Look at an unexpected change as a chance to move forward.

**TAURUS** (April 20-May 20) — Take a deep breath and plunge into action. If you see something you want, don't hesitate to go after it full throttle. A positive change regarding a personal relationship is apparent.

**GEMINI** (May 21-June 20) — Don't feel the need to make a big decision right now. A break from the everyday will help you put things in perspective and come up with a viable plan.

**CANCER** (June 21-July 22) — Get together with friends or relatives. Make romantic plans with someone special. You have plenty to gain if you are attentive, caring and game to try something new. A makeover will prompt compliments.

**LEO** (July 23-Aug. 22) — Don't give in to someone who is inconsistent or asking you to take part in something that won't benefit you directly. Explore avenues that offer the adventure you crave.

Saturday horoscope on page 15

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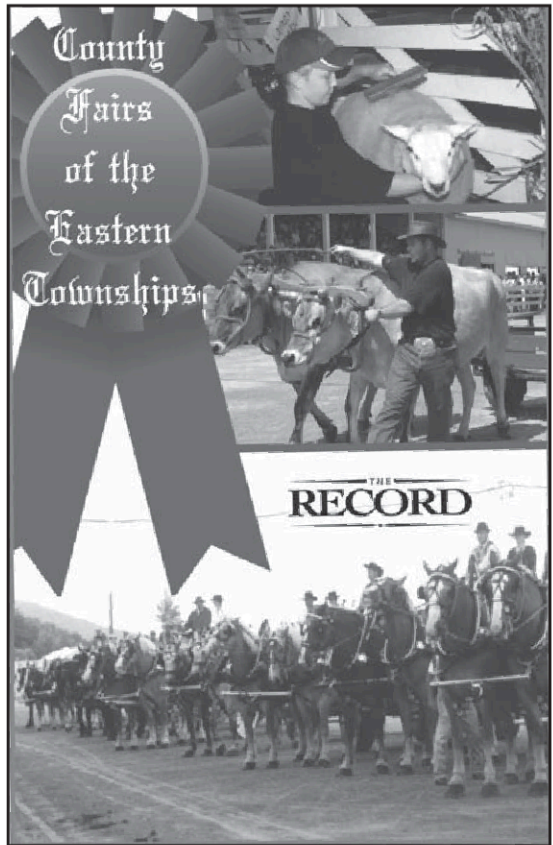
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**CELEBRITY CIPHER**

by Luis Campos

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

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

Previous Solution: "I would like for my kids to at least have some familiarity with who I am: 'It's the man from TV!' — Steve Carell

TODAY'S CLUE: 7 letters

**CELEBRITY CIPHER**

by Luis Campos

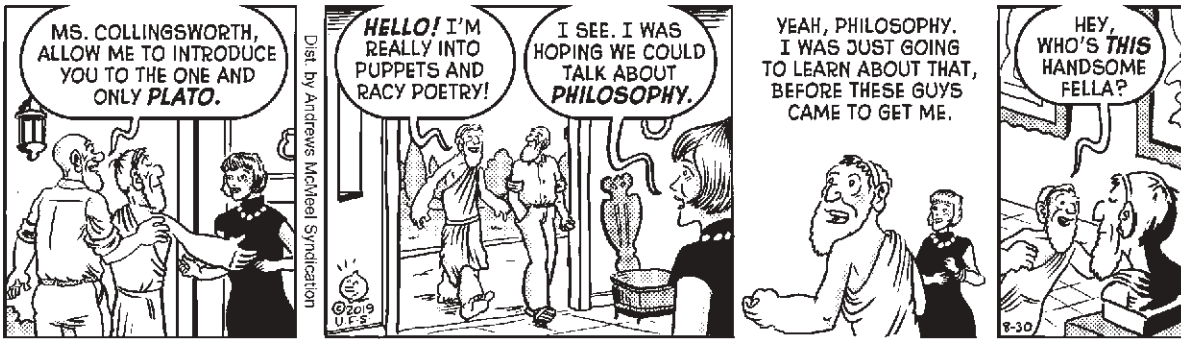
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" N J N B N O K L C E P N X P Z Z G H K L Z H K L U  
 C E T . 4 2 1 Y E X L O . H K E H ' O E V Z H Z J  
 S Z V Z U N B X I K L B T Z M H K N B G E P Z M H  
 N H . " — E C E W O E B C V L U

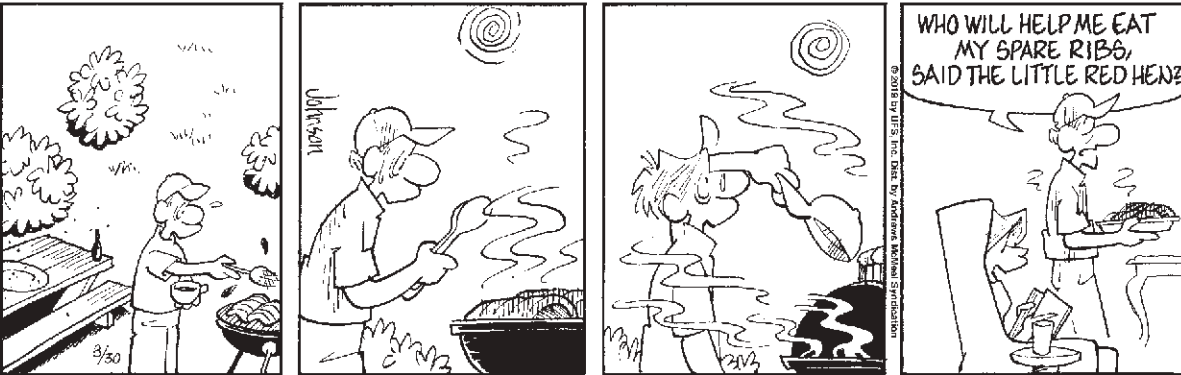
TODAY'S CLUE: 1 equals W

Previous Solution: "I've had dentists who have wanted to help me out, but I say, 'You know, I won't work again if you fix my teeth.'" — Steve Buscemi

**ALLEY OOP**



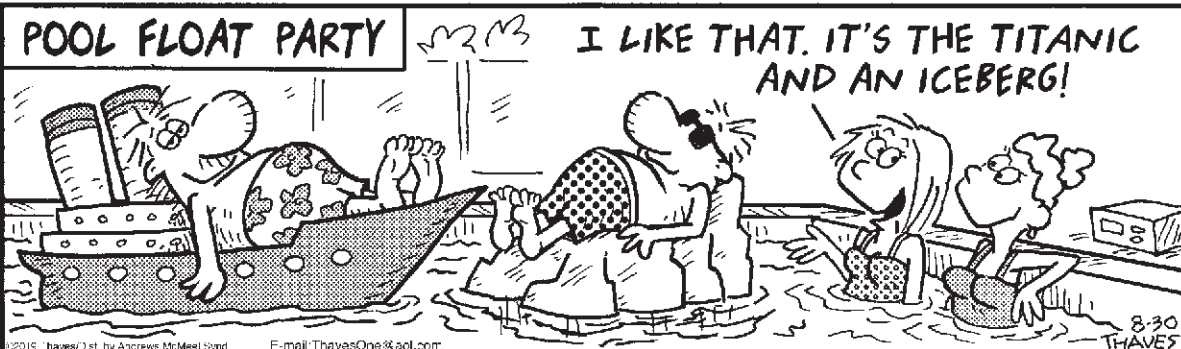
**ARLO & JANIS**



**THE BORN LOSER**



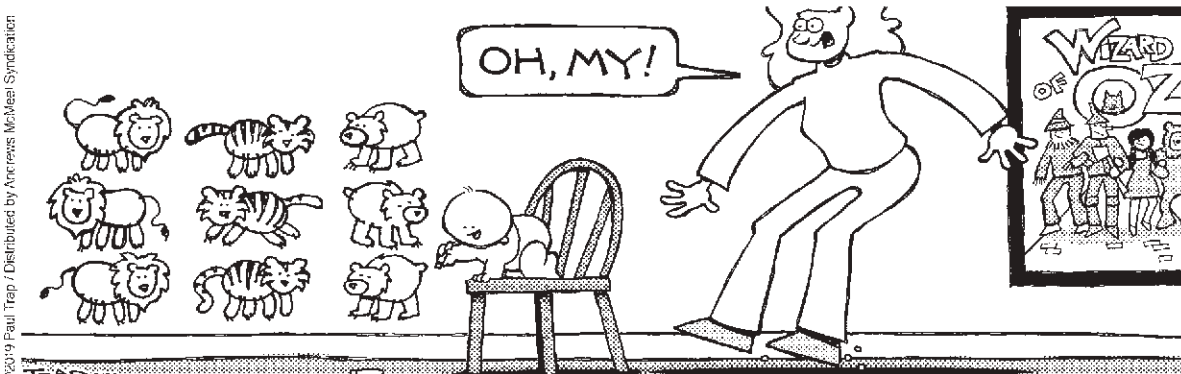
**FRANK AND ERNEST**



**GRIZWELLS**



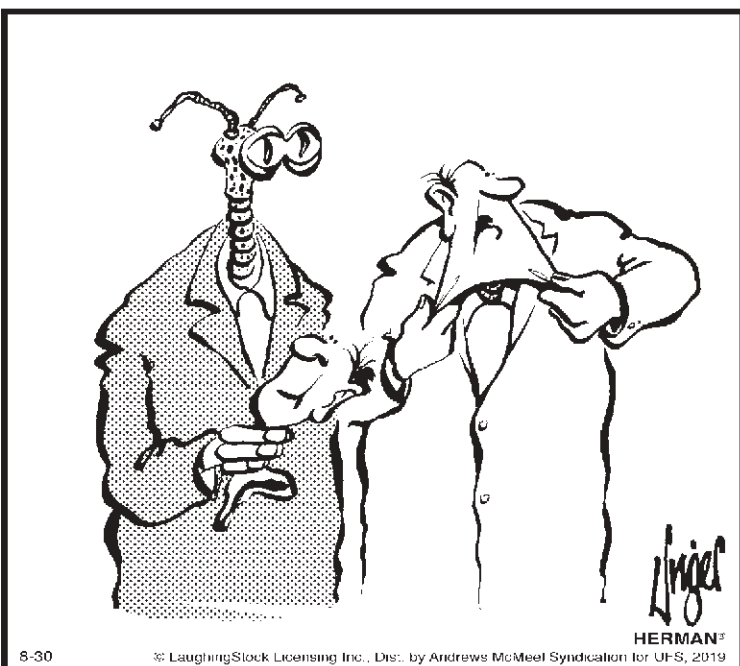
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<b>275</b> Antiques	<b>293</b> Bowling
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**293** Bowling

**BOWLING.** Are you up for something new? Come join us. Men and women needed. No experience necessary. Small balls – 10 pins. A fun adult league. September to April, Thursday nights 6:30 p.m. to 9 p.m., at Centre Multi-Loisirs Sherbrooke, 1010 Fairmount Street, Sherbrooke. Call Everett Boynton 819-822-0286.



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**STANSTEAD BIG SALE,** August 29 to September 2, at Les Belles Affaires, 287 Dufferin St., Stanstead. 20% off in store. A real treasure chest! Something for everyone. Antiques, vintage toys, furniture, old records, collection pieces and much, much more! Hope to see you there!

**STANSTEAD** Garage Sale at 9 and 11 Holland Avenue on Saturday, August 31 at 8 a.m. Reasonable prices.

**WESTBURY** Garage Sale on Saturday and Sunday, August 31 and September 1, at 630 Route 214, Westbury from 9 a.m. to 4 p.m. Rain or shine. **Closing store** – furniture, clothing, etc. Come see!

**TAPIS STEVE -** Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.

**ELDERLY COUPLE** in quiet village have room (s) available. Ideal for university student. 30 minutes by car, depending on weather conditions. We will not charge rent, perhaps a small donation towards heating expense. Preferable mature student. If interested, please call 819-838-1502.

**AUCTION for  
NORMA & THE LATE CLIFFORD BROWN**  
3005 Route 251, Cookshire-Eaton, Quebec  
Saturday, September 7, 2019 at 9:30 a.m.  
Viewing: 8:30 a.m. to 9:30 a.m.

**ANTIQUES:** Armoire, harvest table, drop leaf table, 40's dining room set, wash stand, telephone table, secretary, chrome table & chairs, mantle clock, parlour tables, couch table, what not shelf, trunks, marbles, crocks, match safe, dishes, royal Staffordshire dish set "The Sound of Music", crystal, carnival, Royal Doulton figurine "Christmas Morn", Cutlery set "Birks regency", paintings, child's rockers, high chair, bureaus, binoculars, wood box, oil cans, Texaco oil barrel, Mink coat, boot jack, sleigh, planters & lots more! **HOUSEHOLD:** Rockstan table & chairs, desk, wicker, wicker plant stands, 2 wing back recliners, end tables, coffee tables, couches, chairs, hide a bed, carpets, room divider, wood carved lamp, electric lamps, piano "Bell St. Therese", linens, bedroom suit, bedroom set, carpets, rug cleaner, vacuum, Electric bed double, wool blankets, humidifier, chuck wagon, horns, horse hames clock, 8 track tapes & player, microwave, pots & pans, dishes, electrical appliances, sewing machine, freezer, refrigerators, washer, dryer, stove & lots more! **SHED STOCK:** 300 John Deere lawn tractor 42", John Deere lawn sweep, lawn roller, Honda 4000 generator, Massey Ferguson utility trailer, compressor, anvil, vice, Troy-Bilt rotor tiller, gas trimmer, pressure washer, 8 h.p. Troy-Bilt high wheel mower, shop vac, ladders, hardware, gardening tools, 5 cord hard wood block wood & lots more! **MACHINERY:** 1996 John Deere 5200 tractor, 2 wheel drive with 540 front loader & bucket, 36' Little Giant hay conveyer, 3 pt hitch blade, fertilizer spreader, bale pic, and lots more **CONDITIONS:** Auctioneer not responsible for injuries, accidents or property damages. Tent & canteen on premises **TERMS:** Cash or cheque from known buyers with I.D.

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**AUCTION for  
LARRYMEAD HOLSTEIN SENC**  
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Lindsey Currie, owners  
225 Centre, Knowlton, JOE 1V0  
Friday, September 6 at 11 a.m.


**Complete dispersal of  
Larrymead herd**

**TO BE SOLD:** 135 purebred Holsteins, choice herd, 50 years of breeding, closed herd and has already been master breeder. The herd is composed of 75 cows, 25 bred heifers, 15 open heifers and 20 heifers from 0 to 10 months old. Herd average 10.750 kg 4.01% 3.20% MCR 227-230-233 CCS 102. Classification 7 EX - 30 TB - 20 BP - 10 B and unclassified balance will be reclassified prior to sale. Preventive medicine, vaccinated, Salmonella Dublin tested according to MAPAQ standards. **N.B.** The herd goes to pasture morning and evening and is bred in cubicle. **DAIRY EQUIPMENT:** 1000 gallon Surge milk tank, 2-in. Surge Pipeline for 60 cows, 8 unit Dematron 50 IQ milking system, 11 True Test scales of which 5 are 50 kg and 6 are 45 kg, Westfalia RPS2800 7.5 hp compressor, Milk Guard thermometer, Surge plate cooler, MV1000 Agro Contact 6 compartments, 400 ft H-Beam rail.

**Note:** Remember this date. This is a choice herd! For information contact the owners at 450-775-1403 or the auctioneer

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# NEA Crossword Puzzle

## ACROSS

- 1 Curds and —
- 5 In vogue
- 8 Swedish import
- 12 Volkswagen kin
- 13 Floor
- 14 Bounty rival
- 15 Stalactite starter
- 16 Sweater front
- 17 Paradise
- 18 Portable home
- 20 Type of bear
- 22 Geologic time division
- 23 Gathered dust
- 24 Goes back-packing
- 27 Cab devices
- 30 Coffee maker
- 31 Open-wide word
- 32 Luau strummer
- 34 Dressy accessory
- 35 Poisonous serpent
- 37 Casserole cover
- 38 Quagmires
- 40 Flat broke
- 42 Diamond stat
- 43 Work unit
- 44 Earlier
- 46 Sorcery
- 49 Wishes one hadn't
- 50 Little rascal
- 52 Golf club
- 54 Yves' girl
- 55 Edge a doily
- 56 Call
- 57 John, in Germany
- 58 Sauce in a wok
- 59 Munch

## DOWN

- 1 Bankroll
- 2 Injured
- 3 Actress — Falco
- 4 Hurrah!
- 5 Expert

## Answer to Previous Puzzle

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

- 6 Have a mortgage
- 7 Kind of fishing (hyph.)
- 8 Lithe
- 9 Verdi opus
- 10 State positively
- 11 Not allow
- 19 Aurora, to Socrates
- 21 Pledge
- 24 Lean-to
- 25 Spring bloom
- 26 Understood
- 27 Glove compartment items
- 28 Decree
- 29 Lose control
- 33 Ben & Jerry rival
- 35 Pulpit
- 36 In good — (cheerful)
- 39 Originates
- 40 Hunters' org.
- 41 — on (inciting)
- 43 Vacant
- 44 Catamount
- 45 Curb
- 47 Cyrus' realm, today
- 48 Deep sleep
- 49 Cheerleaders' word
- 51 — Zedong
- 53 Futuristic

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
	18				19			20	21			
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	44	45						46		47	48	
49					50	51			52			53
54					55				56			
57					58				59			

# Your Birthday

SATURDAY, AUGUST 31, 2019

Participation will lead to better friendships, respect and opportunity this year. Welcome change with open arms and a curious mind. Assess situations and choose what works for you to achieve your goals. Progress can be made if you are decisive and follow through with your plans. Embrace romance.

**VIRGO** (Aug. 23-Sept. 22) — A change is favored. Join in, have fun and get involved in social events that will lead to exciting encounters with positive people who challenge you mentally, physically and emotionally.

**LIBRA** (Sept. 23-Oct. 23) — Take a broader look at your personal life and current situation. Weigh the pros and cons of a certain situation. Let experience be your guide.

**SCORPIO** (Oct. 24-Nov. 22) — Mixing business with pleasure will help you get ahead. You have more assets than you realize, and you should exploit what you have to offer to get the highest returns.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Stop, look and listen. Recognize that some people will use deceptive means to trick you into buying something you don't need or doing something you shouldn't. Protect your reputation and assets.

**CAPRICORN** (Dec. 22-Jan. 19) — Set high standards. Strive for success. Take care of your interests personally. Offer a loved one something that will bring you closer together. Romance will enhance your life.

**AQUARIUS** (Jan. 20-Feb. 19) — Check out new possibilities. A chance to make a professional move, retire early or use your skills in a way you find more enjoyable looks promising.

**PISCES** (Feb. 20-March 20) — Be honest about your feelings, intentions and life goals. Being willing to share will lead to a solid plan and a bright future.

**ARIES** (March 21-April 19) — Visit a friend, attend a reunion or sign up for something that will expand your mind or improve your health. Keeping busy will ease stress and encourage positive change.

**TAURUS** (April 20-May 20) — Explore the possibilities but don't lose sight of what you already have. A combination of mixing the old with the new will add balance to your life. Romance is featured.

**GEMINI** (May 21-June 20) — Social events that are indulgent or costly or include unsavory people are best avoided. It's in your best interest to rethink whom you get involved with financially or emotionally.

**CANCER** (June 21-July 22) — A family gathering will give you access to people who can offer information about your extended family's history. Personal and spiritual growth will encourage better relationships. Romance is in the stars.

**LEO** (July 23-Aug. 22) — Do something that makes you happy or that makes you feel good about your appearance or career. Helping others will make you grateful for what you have.

FRIDAY, AUGUST 30, 2019

## Here is an echo of yesterday's theme

By Phillip Alder

Sydney J. Harris, a journalist who was born in London but lived most of his life in Chicago, wrote, "When I hear somebody sigh, 'Life is hard,' I am always tempted to ask, 'Compared to what?'"

This deal was too hard for almost every declarer in a New York City bridge club some 30 years ago, but if you remember yesterday's play theme, this one is comparable.

What did the successful South do in six hearts after West led a fourth-highest diamond two, and East won with his ace and shifted to the club four?

West's two-no-trump overcall in theory showed at least 5-5 in the minors. Making the bid with 4=6 distribution isn't recommended, but duplicate players are always looking for ways to consume bidding space. The rest of the auction was natural, South bidding what he hoped he could make.

Every declarer except one cashed the heart ace at trick three and had to go down. Unlucky, yes, but the successful South saw how to give East a chance to err. Declarer judged that if West had a spade void, he would have led a high diamond, trying to send a suit-preference signal. So, at trick three, South led a low spade to the board and called for the heart nine.

		North	08-30-19
		♠ A K J 10 4	
		♥ 9 3	
		♦ Q J 9	
		♣ 9 8 5	
West		East	
♠ 9 7 6		♠ 8 5	
♥ —		♥ 10 8 6 5 2	
♦ K 6 4 2		♦ A 8 7 5 3	
♣ K J 10 7 6 2		♣ 4	
		South	
		♠ Q 3 2	
		♥ A K Q J 7 4	
		♦ 10	
		♣ A Q 3	
		Dealer: South	
		Vulnerable: North-South	
South	West	North	East
1♥	2NT	3♠	5♦
6♥	Pass	Pass	Pass
Opening lead: ♦ 2			

East, holding the 10 and the eight, saw no harm in covering the nine with the 10. But he soon learned the error of his way. Declarer won with the ace, crossed back to dummy with another spade, played a heart to his seven, drew trumps and claimed. South took five spades, six hearts and one club. If East had withheld the heart 10, South would have put up an honor, of course, and gone down.

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