

A Bishop's alum plying the seven seas

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Finding harmony in the 'real stuff' of life

Susan Mastine - Page 6

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TUESDAY, AUGUST 5, 2014

WWI CENTENARY

For Canada, it began with a telegram

By John Ward
The Canadian Press

Canada went to war a century ago not with a vote in Parliament, nor even a vote in cabinet. It was a decision made in London.

On Aug. 4, 1914, a telegram was delivered to the home of the governor general of the time, the Duke of Connaught, informing him that Britain was at war with Germany. The duke informed the government of Sir Robert Borden. And that was that.

An extra edition of the Canada Gazette issued the next day said simply: "Aug. 4, 1914: His Royal Highness the Governor General received a telegraphic dispatch from the Secretary of State for the Colonies at 8:45 this evening announcing that war has broken out with Germany."

No one questioned Canada's involvement. In 1910, then-prime minister Sir Wilfrid Laurier told the Commons flatly: "When Britain is at war, Canada is at war. There is no distinction." Four years later, Borden agreed.

The government rushed to offer troops, even though the Commons was prorogued. In British Columbia, the government of the day went even farther.

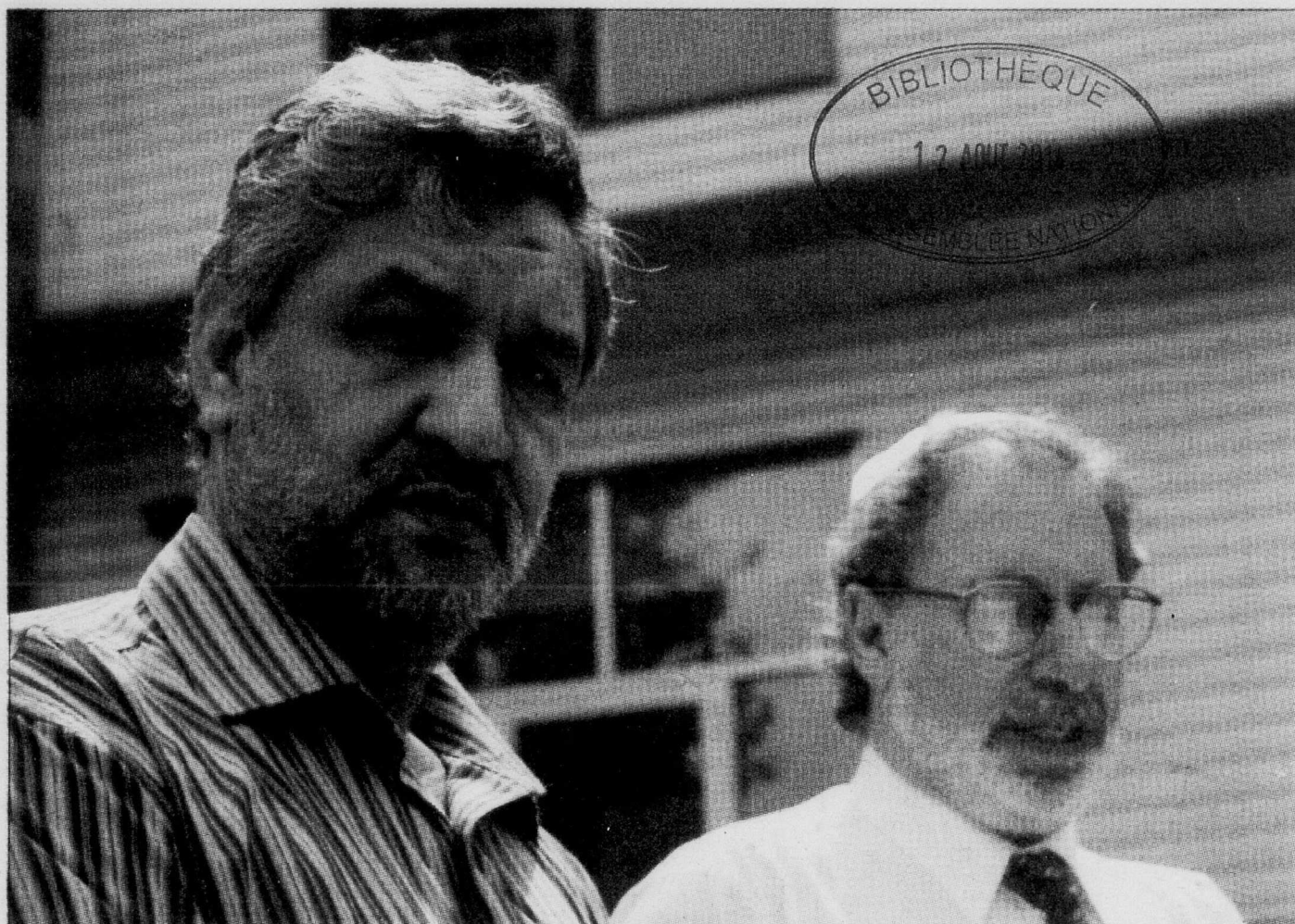
The provincial premier, Sir Richard McBride, worried about possibility of German warships prowling the Pacific and threatening the undefended coast, bought two submarines that had just been completed in a Seattle dockyard.

They were ordered by the Chilean government, but the builder was willing to spirit them into B.C. waters, in violation of American neutrality laws, for about \$1.2 million, or about 50 per cent above the Chilean price. McBride said yes, cut a cheque and the deal was done. Ottawa repaid the province three days later.

On Aug. 6, the government offered Britain a gift of a million bags of flour, about two million kilograms of cheese, over a million tins of salmon, 100,000 bushels of potatoes, 1,500 horses and more.

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Interfaith fasting for peace in Gaza



GORDON LAMBIE

Mohamed Kounna, President of the Islamic Cultural Association of the eastern Townships and Isaac Romano, Director of the Jewish Community Centre of Montreal and the Eastern Townships, announcing their one-day fast at a press conference in Sherbrooke, Monday.

By Gordon Lambie
SHERBROOKE

Sherbrooke's Islamic community is teaming up with local activist Isaac Romano to denounce the ongoing conflict in the Gaza Strip. Coming together under a banner of love, charity, generosity and care while calling for mutual respect and dignity from all sides involved in the fighting, the leaders of the local religious community are joining Romano in a one-day symbolic fast to stand in solidarity against violence.

"Our objective is peace, and an end to the killing," said Mohamed Kounna,

President of the Islamic Cultural Association of the Eastern Townships. "That is our only objective, we have no political motivations."

Kounna, joined by Romano and members of the local Muslim community in front of Sherbrooke's Islamic Community Centre on Massé Street, explained that the most recent act of protest is born out of disappointment in the actions of the Federal Government.

"Canada has been present in a number of humanitarian situations; in Rwanda, in Haiti," the Muslim leader said. "We are proud of that, but we wonder, on the other side of the coin,

why does the government not even lift a finger when it comes to the massacres in Muslim areas that everyone denounces? We ask why the Harper Government does not stand up for us?"

Kounna said that this new protest, coupled with the demonstrations that have already taken place on the streets of Sherbrooke, are signs of a deep disappointment in the inaction on the parts of the federal and provincial governments.

He continued by reiterating that the community is wholly motivated by a desire for peace, while also pointing to the collaboration with Romano as an

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Weather



TODAY:
60% CHANCE
OF SHOWERS

HIGH 23



WEDNESDAY:
PERIODS OF
RAIN

HIGH 20
LOW 15



THURSDAY:
60% CHANCE
OF SHOWERS

HIGH 21
LOW 10



FRIDAY:
60% CHANCE
OF SHOWERS

HIGH 22
LOW 11



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 25
LOW 11

Family Weekend coming to Bleu Lavande

Record Staff

The lavender fields at Bleu Lavande will come alive at the Family Weekend, Aug. 9 - 10.

Families will have the chance to discover the fantastic creatures that inhabit the fields of Domaine Bleu Lavande. In addition to enjoying many family activities, guests can admire the beauty of the site in a whole new light, while the trails will be overwhelmed by an impression atmosphere of mystery.

During this weekend, the "blue fairy" will reveal to visitors the enchanted world of Bleu Lavande through its interactive story filled with surprises.

Families can also go on an adventure in the lavender fields during the "Looking for the enchanted butterfly" activity.

In addition to the manufacturing workshops for wands, crafts and coloring, little ones can have fun in the inflatable games specially installed for the occasion and enjoy free fantasy makeup.

Those with a sweet tooth will, in turn, filled by the "candy bar," where everyone can choose and enjoy their favorite treats!

Finally, the band Skarazuka will transport visitors to the era of the Middle Ages through its traditional music and its period costumes.

The tourist attraction is open to all from 10 a.m. to 5 p.m.

Families of two adults and two children under 12 years will receive a special rate at the gate.



PHOTOS COURTESY BLEU LAVANDE

Live distillation!

Harvesting the lavender slowly begins during the month of August at Domaine Bleu Lavande.

Now, it is possible to come to attend

the live distillation of lavender flowers. In addition to being able to contemplate the landscape offered by the single attraction, visitors can famil-

iarize themselves with the extraction of the essential oil of lavender process by observing the stages of distillation.

New show at Ye Olde Blacksmith

From July 31-August 17, Ye Olde Blacksmith Art Gallery, located at 240A Dufferin St. in Stanstead will be showing an exhibition of work by four artists from Montreal and the

surrounding area.

Vera David-Heisler (sculpture, painting), Michael Towe (photography), Gabriel Safdie (photography) and Daniel Croteau (mixed media) will all

have their works on display.

The gallery is open each week from Thursday to Sunday, from 11 a.m. to 6 p.m. For further information, call 819-876-2282

Ben by Daniel Shelton



LOCAL NEWS

We oppose all violence, and we are together.

Interfaith fast for peace

CONT'D FROM PAGE 1

indication that the move is not motivated by any religious or anti-Semitic motivation.

"We are here to denounce all of the massacres taking place in Gaza, above all when they affect UN-protected schools, hospitals, children and civilians," the Muslim leader said. "Jews and Muslims can live in harmony, we have no problems between us."

Romano explained that the local fast finds its origins in a larger movement of Jewish and Muslim people sharing and breaking fasts together as an act of spiritual solidarity.

The movement to which he referred, known as "Choose Life," was born out of the coincidence of a Jewish fast day, the 17th of Tammuz, and the 18th day of the Islamic month of Ra-

madan, during which Muslims fast from sunrise to sunset.

The coming together of the communities to break their individual fasts was meant to be a show of reflection and support after the kidnapping and killing of three Israeli teens and one Palestinian teen earlier in the conflict.

Although the fasts originally associated with "Choose Life" are both in the past, Romano pointed out that the day the local fast was taking place, Aug. 4, coincided with another fast day; the Jewish holiday of Tisha B'Av.

He presented the holiday as a day commemorating homelessness and desperation on the part of the Jewish people, and likened those feelings to the current forces at work in the Middle East.

"We oppose all violence, and we are together," Romano said, saying that the fast was a call for an immediate and long-lasting cease-fire on all sides of the Gaza conflict. "We stand for policies of generosity for the Middle East and for every country."

Romano stirred up local controversy last February when he took on a long-term hunger strike to raise the profile of an exhibit on Jewish internment camps in Canada during the Second World War, supposedly in the name of the local Jewish community.

Faced with an outcry from the leadership and members of the Sherbrooke Agudath Achim Society, Sherbrooke's officially recognized Jewish community, Romano clarified that his past and present actions were as a

member of a "community of diverse perspectives," and did not claim that his partnership with the local mosque represented anyone other than his organization, the Jewish Community Centre in the Eastern Townships.

Asked for a perspective on the current conflict and Romano's actions, Rafael Najmanovich, interim president of the Sherbrooke Agudath Achim Society, reaffirmed the group's distance from the activist.

"The Jewish community of Sherbrooke is in line with the position of the Centre for Israel and Jewish Affairs, the umbrella organization of all Jewish communities in Canada," explained Najmanovich.

"The extremist attitudes of Mr. Romano in this occasion, as in all occasions in the past, not

only do not represent the opinion of the Jewish community in Sherbrooke, but prevent a true dialogue from taking place."

The CIJA's position, in brief, is that Israel has a right and responsibility to protect its citizens from outside attack, and that the country is selectively targeting terrorist installations within the Gaza Strip while operating with great caution to protect Palestinian civilians.

Their website, www.cija.ca, states that "Israel's actions are entirely dependent on the actions of Hamas," adding that "Israelis want de-escalation, but it is now up to Palestinian Hamas to choose the path of calm over continued violence."

The Canadian government has actively supported Israel's actions throughout the most recent conflict in Gaza.

Memphremagog CLD supports home, community kitchen

Record Staff

The Memphremagog local development centre has awarded financial grants totalling just over \$30,000 to two regional social economy projects.

A budget of \$25,000 was

granted to Potton's Maison Soleil, a permanent residence to house four adults with intellectual disabilities.

Officially launched last May, the estimated \$600,000 project will create two jobs, including one full-time position. The house should receive its first oc-

cupants in September.

For its part, the Solidarity Co-op in St-Étienne-de-Bolton received a \$5,500 grant to fund a portion of the redevelopment of its kitchen in order to increase capacity. The total bill for this work is estimated at \$13,000.

Opened in the fall of 2011,

the cooperative offers various services such as the sale of groceries, catering, preparing meals to take home, and a bistro.

The president of the LDC, Magog Mayor Vicki May Hamm, says that these projects will assist in the development of rural

communities.

"In the case of the Maison Soleil, it promotes retention of individuals in their community to create a living environment, while at the Co-op, we offer outreach services to the population. These initiatives therefore need to be applauded warmly."

A BU alum with wind in his sails – literally

By Josh Quirion

Upon graduating from Bishop's University in 2012, James McArthur immediately began a professional, post-academic career with a top-tier marketing firm in Toronto.

Despite his affiliation with a prestigious institution, McArthur determined that he was not ready for the monotony of overtime desk employment, and in 2013 he declined a promotion offer, resigned from his position, and decided to pursue his lifelong dream of sailing the world.

"I have been sailing my whole life, and I felt that I was ready for a big adventure," said McArthur. "So with no boat and little cash, I flew down to Antigua in the Caribbean and tried my luck getting a gig on a sailing yacht; Antigua is notorious for hosting large boats that sometimes need crew members."

After his second day walking the docks of Antigua in search of aquatic employment, McArthur was picked up by a 43-metre yacht and hired to navigate across the Atlantic Ocean to Palma de Mallorca.

"The adventure is something

I would gladly pay to experience; the journey across the Atlantic is one of the most

amazing journeys, with amazing sunrises and sunsets, the skies full of star, and sea life all

around you."

When McArthur arrived in Palma de Mallorca and completed his schedule with the first embarkation, he momentarily found another position as a skipper/first mate – acting deck officer in command of a ship – of a classic sailing yacht with an extensive itinerary sailing the Mediterranean.

In five months, the Bishop's alumnus has sailed across the globe to some of the earth's most remote and exquisite locations, while passing through cornerstone venues of any noteworthy expedition. McArthur has laid anchor in Antigua, Portugal, France, Spain, and is currently posted in the Aeolian Islands, just north of Sicily, where he will "explore the five volcanic isles, ascend the imposing 3,000 ft. Stromboli Volcano, and spearfish exotic swordfish."

"I left my office job because I wanted to see the world and experience life. Although I was terrified about

dropping everything, and leaving my family and friends, I had to take the chance to see what else was out there."

McArthur's excursion will see him sail to Croatia and Greece before he eventually returns to the Caribbean.



COURTESY JAMES MCARTHUR

Bishop's alumnus James McArthur has been sailing around the world. "I left my office job because I wanted to see the world and experience life," he said.

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Many Hearts (and glutei) in the Garden

By Mary Hill
Special to The Record
LENNOXVILLE

The Foundations for Farming vision is one of empowering people to learn to grow crops and acquire food security, in the context of community.

It is also about blessing others in a practical way, building relationships, sharing, and learning about God's provision and care for us.

It takes people from all walks of life and reintroduces them to their ancient environment and to proven ways of producing good, inexpensive, healthy food without having to comply with today's modern methods.

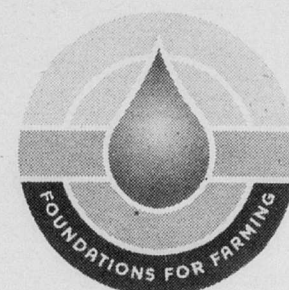
Recently I spent an hour in a crouched position, thinning beets and pulling out the eager weeds.

I then transplanted some sunflowers. I am now sitting on a cushion, and I am educated enough to be able to name the individual muscles which are screaming for pharmaceuticals.



Maintaining a garden is hard work: no ifs, ands or butts.

COURTESY



I cannot emphasize enough how many good hearts and willing hands have gathered to make the FFFC garden a success.

Several local people generously donated truckloads of earth, manure and hay.

Stephen Goddard, a local arborist, contributed truckloads of wood chips for the mulch and pathways. Clarke & Sons donated a deer fence big enough to protect the whole garden. And Jennifer Downing Bardati, a local homesteader, donated numerous different seeds and trays of seedlings, as well as hours of expert advice and encouragement.

Most visible, of course, have been the many brave souls out there in the hot sun using elbow grease.

So, what happened? Couldn't I have put my name in the 'administration' column of the sign-up sheet??

No quadriceps (thighs) involved in that!

As an administrator I would not now be going nose-to-nose with my hamstrings (I do not advise trying to visualise that).

No, my fantasy of myself as a back-to-nature tree-hugging farmer ruthlessly squashed that faint inner voice of wisdom reminding me of the last time I crouched to pat the cat. We won't go there.

But it has been more than worth it to step onto the paths and gaze on the rows of vegetables flourishing in the sun.

Plans are afoot for a family garden picnic plus weekly tea-in-the-garden for local residence.

It is good to join the group of people mentioned above, the many hearts joined in a single purpose. The more glutei (derrieres) on board the better.

My erector spinae (spine) and gluteus maximi (derriere) appear to have strong opinions about gardening, and are making the case for Advil, followed by a nap.

So, what part of my brain was turned off when I cheerfully signed up for the actual physical labour part of the Foundations for Farming Canada garden?

The list of alternate ways to help was actually pretty long. Like St. Paul's proverbial "the body has many parts", the work of the garden is not done exclusively with hands in the dirt.

There is a long list of volunteers who gave of themselves months before the first seed was planted.

People have given of their time and energy with vision casting, fund raising, organizing, praying and donating money. People have showed up to advise, teach, preach and encourage.

Crews scramble to contain small chemical spill

The Canadian Press
KINGSEY FALLS

Environmental emergency workers have been deployed after a chemical spill in Kingsey Falls.

About 500 litres of an industrial bleach splashed onto soil and into the southwest branch of the Nicolet River when a container tipped over at Cascades Inc.'s Norampac plant.

Cascades spokesman Hugo D'Amours explained that the container smashed

in the factory's yard and about half of its contents were released.

D'Amours said emergency measures were immediately put in place to contain and clean up the spill.

However, fish were found dead over a distance of roughly 300 metres in the river.

Stephanie Lemieux, a spokeswoman for the Environment Department, says there was limited damage and there is no risk to the health of area residents.

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FIRST WORLD WAR CENTENARY

Canada's WWI involvement

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On Aug. 10, still without Parliament sitting, an order-in-council authorized a Canadian military force of 25,000 for overseas. The Commons was finally recalled on Aug. 18.

On Aug. 19, Borden laid out his view of what was to come.

"In the awful dawn of the greatest war the world has ever known, in the hour when peril confronts us such as this empire has not faced for a hundred years, every vain or unnecessary word seems a discord," he told the Commons.

"As to our duty, we are all agreed. We stand shoulder to shoulder with Britain and the other British dominions in this quarrel and that duty we shall not fail to fulfil as the honour of Canada demands. Not for the love of battle, not for lust of conquest, not for greed of possession, but for the cause of honour, to maintain solemn pledges, to uphold principles of liberty, to withstand forces that would convert the world into an armed camp."

Meanwhile, a wealthy Montreal businessman, Hamilton Gault, decided to speed up the process. Gault, who had served in the Boer war, contributed \$100,000 of his own money toward raising an infantry battalion of former soldiers.

Recruiting brought out veterans from across the country and in three weeks, the new regiment, Princess Patricia's Canadian Light Infantry, was ready to go. It was one of the last privately raised regiments ever and it would get to France and the trenches eight weeks before other Canadian units entered the fight.

Gault, serving as the regiment's second-in-command, was seriously wounded and lost a leg. He later lived in Britain and served as a British MP.

In mid-August, a Royal Navy cruiser squadron under Rear Admiral Christopher Craddock arrived in Halifax. The admiral was short of midshipmen — the most junior naval officers — so he offered berths on his flagship, the HMS Good Hope, to four young Canadians from the first class of the Naval College of Canada.

Malcolm Cann, John Victor Hatheway and Arthur Silver, all of Nova Scotia, and William Palmer of Ottawa, went aboard the cruiser.

On Nov. 1, Craddock led his ships against a squadron of German vessels under Vice-Admiral Graf Maximilian von Spee off the coast of Chile. Good Hope was sunk with all hands, including the four Canadians. They were likely the first Canadians killed by the enemy in the First World War.

Back home, organization of the First Canadian division fell to Sir Sam

Hughes, the minister of militia and one of the oddest characters in Canadian political or military history.

Hughes has been plainly described as a madman. He was an Ontario Orangeman at a time when religion and religious bigotry were major factors in politics. He made his money in property speculation and went into politics with his own loud, bare-knuckle style. He was profane, quick to insult and quicker to take offence.

He served in the Boer War, where he thought his heroics deserved the Victoria Cross, or perhaps two. The authorities thought otherwise.

At the outbreak of war, Hughes threw away the plans that had been drafted to assemble a division of soldiers. Instead, he opted for a kind of general call to arms, which he compared to the way a fiery cross paraded through the glens was used to rouse the clans to war in the Scottish Highlands.

Hughes caused mass confusion, but the call went out on Aug. 6 and a month later, more than 32,000 men and 8,000 horses were mustered at a new campsite hacked out of a sandy plain northwest of Quebec City, known as Valcartier.

Perhaps two-thirds of the recruits were actually British-born. Some even signed up to get a trip home to see their families.

The ordinary soldiers enlisted for \$1.10 a day; a lieutenant-colonel got \$5.

There was a mad scramble to equip them. Much of their gear would eventually have to be abandoned in favour of sturdier British equipment, including their notorious Ross rifles. The weapons were effective as well-cared-for sniper rifles, but they weren't up to the mud and grit of the trenches and were finicky about the quality of their ammunition. They were eventually abandoned for the sturdy British Lee-Enfield, which armed Commonwealth forces for 50 years.

The division arrived in Britain on Oct. 14. Their war would not begin until the following spring, when they filed into the trenches in France. But they were the first of tens of thousands of Canadians to come. There would eventually be four big divisions, massed into the Canadian Corps, which became the storm troopers of the British military.

In all, about 620,000 Canadians enlisted during the war and about 419,000 went overseas. About 60,000 would never return.

While many were infantry, there were thousands of others serving in myriad jobs. There were gunners and engineers and medical personnel and veterinarians to take care of the thousands of horses and mules the army used for transport.

Railway troops were recruited to lay and maintain thousands of kilometres of track to help supply the trench lines. The Canadian Forestry Corps logged trees in Britain and France and ran sawmills. The Canadian tunnelling companies burrowed under enemy trenches to plant explosives and blow up those trenches.

More than 22,000 Canadians joined the British air services. They included renowned air aces such as Billy Bishop, William Barker and Raymond Collishaw. Of the 27 top British Empire flyers with more than 30 aerial victories, 11 were

Canadian.

The Canadians fought in some of the most terrible battles of the Western Front, endured triumphs and tragedies and found, some say, a new national

identity. In 1919, Canada had a seat at the council which drafted the Treaty of Versailles as a nation in its own right, no longer just a British offshoot. It was a right paid for in blood.

Timeline of key Canadian events before and during First World War

June 28, 1914: Austrian Archduke Franz Ferdinand and his wife Sophie are assassinated in Sarajevo.

Aug. 4, 1914: Britain goes to war against Germany, Canada is automatically included.

Aug. 22, 1914: Canada passes the War Measures Act, giving the federal government the power to do anything deemed necessary "for the security, defence, peace, order and welfare of Canada." It allows for the internment of enemy aliens. About 8,500 people were interned over the next four years.

Oct. 1, 1914: First Canadian Division sails for Britain.

Nov. 1, 1914: HMS Good Hope is sunk at the Battle of Coronel off the coast of Chile, taking four Canadian midshipmen down with her. They are the first Canadians killed in action.

Feb. 16, 1915: First Canadian Division arrives in France.

April 22-28, 1915: Second Battle of Ypres. Canadians hit by chlorine gas attack. First Canadian Division suffers over 6,000 casualties.

Sept. 17, 1915: Second Canadian Division arrives in France.

June 1, 1915: Prohibition starts to go into effect, province by province. By 1921, every province except Quebec and B.C. adopted prohibition.

June 2-13, 1916: Battle of Mount Sorrel. Some 8,000 Canadian casualties.

July 1, 1916: Opening day of the Battle of the Somme. The Newfoundland Regiment sent about 780 men into the attack and 684 were killed or wounded. The battle dragged out until mid-November, with the Canadian Corps joining the fighting in September. Canadian casualties: 24,029.

April 9-12, 1917: Canadians storm and capture Vimy Ridge. Casualties: 10,602.

Aug. 29, 1917: Canada's conscription

bill becomes law.

Sept. 20, 1917: The War-time Elections Act becomes law, giving the vote in federal elections to women who were British subjects otherwise qualified as to age, race and residence; and the wife, widow, mother, sister or daughter of any person in the naval forces inside or outside Canada or any person in the military forces outside Canada who was serving or served with Canada or Great Britain.

Oct. 26, 1917: Canadian Corps opens the Battle of Passchendaele.

Nov. 14, 1917: Canadian Corps winds up Passchendaele battle. Casualties: 15,654.

Nov. 20, 1917: Canada's first Income Tax Act becomes law.

Dec. 6, 1917: Accident involving munitions ship in Halifax harbour triggers explosion that kills 1,630 people.

Dec. 17, 1917: Borden's Unionist government wins federal election. Union: 150, Liberal 83, three others.

March 28, 1918: Anti-conscription riots rock Quebec City.

May 24, 1918: An Act to confer the Electoral Franchise upon Women extends the vote to women who were British subjects, 21 years of age, and otherwise meet the qualifications entitling a man to vote. It becomes effective Jan. 1, 1919.

Aug. 8-11, 1918: The Battle of Amiens. The Canadian Corps spearheads the attack. German general calls Aug. 8 "the black day of the German Army." Casualties: 9,074.

Aug. 8-Nov. 11, 1918: The Hundred Days, a series of hard-fought battles, Allied advances and German retreats, brings Canadians to Mons, Belgium on final day of the war.

Nov. 11, 1918: An armistice goes into effect at 11 a.m. and the shooting and shelling stops.



AP PHOTO/VIRGINIA MAYO, FILE

German Corporal Reinhold Dietrich, right, and British Captain Kenneth James Roy are buried side by side at the Saint Symphorien Cemetery near Mons, Belgium. The two former enemies are separated by only a small patch of yellow daisies — and some nine million dead soldiers over four years.

August 10, 2014 - 10:00 a.m. - 2:00 p.m.

Dedication of the Paulette Welcome Center

at

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Lake Wallace

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EDITORIAL

This municipality has long been known for the mutual respect shown to its minority language citizens.

Finding harmony in the 'real stuff' of life



SUSAN MASTINE

Someone recently complained about the nature of the photos that one of her "friends" was regularly posting on Facebook.

The picture taker was accused of distorting reality by not sharing snapshots of life like it really is.

The images in question were locally taken photographs of pond reflections, peacocks, fields, and flowers.

The comment read: "good eye but what about the real stuff....the homeless, the hurt, the despair, the starving.....sometimes we live in a pretend world that all is ok....I am sure there are many things that need to be brought to people's attention....you write and you also have an eye!"

Ouch!

Here was an obviously very unhappy camper, who appeared to be almost commanding the person posting the poses to significantly alter the perspective of her creative expression.

Did this critique have merit?

There is no doubt that, in this complex world of ours, far too many individuals have to deal with trials and tribulations of all kinds: poverty, accidents, diseases, job losses, dependencies, neglect, natural disasters. But there are times when we need to forget the adverse around us and think of more pleasant situations.

Don't we all need to see more beauty in life, less darkness?

Must everyone illustrate both the good and bad aspects of life all of the time?

The initially planned theme for this piece of writing was the good relations between the eight per cent English- and 92 per cent French-speaking residents of

the tiny community of St-Félix-de-Kingsey (population 1560, located in the Drummond regional county municipality in the northern Eastern Townships).

This municipality has long been known for the mutual respect shown to its minority language citizens, and that were demonstrated once again at a recent fundraising activity.

The Francophone segment of the population strongly supported the garage and bake sale held at the 170-year-old – and still standing – wooden Anglican Church located near the corner of two country roads.

Not only did they kindly donate goods and funds and make purchases, they also offered their staunch vocal support and encouragement.

As well, they expressed their pleasure at having the opportunity to visit the structure – whose interior some had never seen – as well as their dismay at the vandalism and thefts that occurred inside the building back in the 1970s.

The Eastern Townships region is well known for the harmony that exists between English- and French-speaking friends and neighbours. St-Félix is no exception.

The mutual respect here goes beyond tolerance and harmony to active support and collaboration. This is something of which we should be most proud.

The real stuff of life may well include people complaining, others doing damage, some being disrespectful, individuals being harmed – all of which are reported in the news of the day.

But give me a story of kindness, generosity of spirit, "bonne entente," respect, and solidarity any day – to acknowledge, inspire, and celebrate.

Who controls Hydro?

By Nick Fonda

I don't know Christopher Freeman so I don't know if his friends call him Chris, but if I did and if they do, I'd say, "Thanks Chris! Thanks for expressing so clearly what I feel about Hydro Québec's heavy-handed, Big Brother introduction of the so called smart meters." (The Record, July 21)

As for the response that came two days later from Patrice Lavoie, Media Relations Officer for Hydro-Québec, it struck me as ominously Orwellian, just like the title that Mr. Lavoie bears. The response was very forceful: "Hydro-Québec must replace its meters." It was categorical: "...next-generation meters are safe." It was also spurious: "to be fair to all customers."

The meters and the manner in which the meters have been foisted upon the citizens of Quebec make for a particularly bitter pill for anyone who recalls that René Lévesque, and the Liberal government of which he was part at the time, nationalized hydro-electrical utilities half a century ago so that the citizenry of Quebec might have some control over those who deliver the electrical power upon which we rely so very much in our homes and our businesses.

It's very sad for us, as a society, that Hydro-Québec has recourse to a "media relations officer" who – like his colleagues in Hydro's advertising department – devotes his energy and writing skills to the cause of persuading the population of Quebec to blithely accept a questionable product.

Do media relations officers read, listen to, or watch news, either local or international? If so, then surely Hydro-Québec's media relations officers are certainly aware that "smart meters" most certainly can pose a health threat. For a small percentage of the population – those who are, unfortunately, very sensitive to electromagnetic radiation, smart meters pose a very significant health risk. Similarly, for those who rely on a pacemaker to keep their heart beating, smart meters – like wireless routers, like wireless phones, like induction stove tops, like microwave ovens – represent sudden death waiting to happen. For many others, often unbeknownst to them, electromagnetic radiation is the source of health problems like chronic fatigue and other nagging ailments.

Not that those of us without pace-makers are any safer. How can a media relations officer describe as safe an instrument which can inexplicably catch fire? And who's to say that a meter – being attached to a house – won't burn down the house? And who knows, in a house fire, who'll survive and who won't? Can media relations officers working for Hydro-Québec not have heard (or read) that Saskatchewan Hydro, after starting to install "new generation" meters recently suspended the operation because eight of them spontaneously caught fire?

Similarly, it's disheartening to have a Hydro-Québec media relations officer tout new generation meters as offering "enhanced functionality to improve cus-

tomers service." Here again, media – radio, TV, newspapers – have reported that electromagnetic meters are seriously flawed. In places as diverse as Ontario and California, smart meters have been cited in cases in which homeowners found themselves with inexplicably high electricity bills. In Ontario, according to at least one report, new generation meters pushed hydro bills up by an average of some 20 per cent. Inexplicably and sometimes exorbitantly high readings generated by electromagnetic meters prompted so many complaints to the California Public Utilities Commission that many cities (including Richmond, Calif.) imposed a moratorium on the installation of the new meters.

Perhaps this would matter less if we could change our utilities supplier the same way we can change our phone service. What can a client do if, following the installation of a new generation meter, his electricity bill jumps by 20 per cent or much more?

(Phoning Hydro-Québec's customer services is already like whistling in the wind. True story: a small, local, non-profit organization found itself with a hydro bill of several hundred dollars for service to a building which went unused during the winter and was completely shut down. Despite repeated requests to Hydro-Québec for help to find the problem, the utility did nothing more than demand full payment.)

As troubling as the documented horror stories regarding the harm smart meters can represent for our health and our pocketbooks is the question of privacy, in particular the invasion of privacy which new generation meters represent.

Hydro-Québec's new meters are from Landis-Gyr, an American company that does for privacy what Monsanto does for organic farmers. The meters are capable not only of counting (albeit often inaccurately) energy consumption, but also of determining where that energy is being used. They can note when you open your fridge door, when you plug in your dehumidifier, when you turn on your oven. Is such a feature really necessary?

And would Hydro-Québec's media relations officers be able to confirm if the data collected by smart meters is to be electronically whisked to California, as has been reported? Why would anyone on the other side of the continent, in a foreign country, want to know when I plug in my electric guitar?

Hydro-Québec was founded as a public utility. It is very sad for all of us that Hydro-Québec, in this case as in other cases such as the construction of power lines, is acting as just another money-grabbing, North American utility, with scant regard for the public that, at least nominally, it was intended to serve.

It was the Liberal Party that created Hydro-Québec. We can perhaps hope that enough citizens will raise their voices and prompt the newly-elected Liberal Party under Philippe Couillard to bring some much-needed change to a utility that no longer serves the people of Quebec with the honesty and integrity that it was meant to do.

THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
JOHN EDWARDS NEWS EDITOR (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS

ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE

58 VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

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		GST	PST	TOTAL
QUEBEC:	1 YEAR	135.60	6.78	13.53
	6 MONTHS	71.19	3.56	7.10
	3 MONTHS	36.16	1.81	3.60

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13
	1 MONTH	6.49	0.32	0.65

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Local Sports

The loss in Repentigny ended a five-game winning streak for Sherbrooke, by far their longest of the season.

Pro-Gym take 3 of 4 in busy weekend

Record Staff
SHERBROOKE

The Sherbrooke Pro-Gym are coming off their most successful weekend of the Junior "AA" baseball season, after taking three out of four games in their two doubleheaders.

Saturday saw Charles Pelletier's team sweep a doubleheader from the visiting Laval Associés by scores of 9-5 and 6-2.

On Sunday, the Pro-Gym split their two games in the Montreal area, notching a 4-2 win over the Orioles in the afternoon before falling 4-3 in eight innings (games in this league are scheduled for seven) to the Repentigny Tapco Seigneurs.

The loss in Repentigny ended a five-game winning streak for Sherbrooke, by far their longest

of the season.

In Saturday's first game, a seven-run fifth inning keyed the Pro-Gym to the 9-5 win. Sherbrooke's defensive player of the month for July, Olivier Brien faced Justin Lerner on the mound.

Brien got off to a difficult start, having trouble from the first inning. After allowing two walks and a single to load the bases, the Brien hit Laval's Laurent Laval Cléroux-Campeau to give Laval a 1-0 lead. Mathieu Castonguay followed with a sacrifice fly to drive the lead to 2-0. That was it for Laval, however, as they left two men on base.

Sherbrooke came back in the second, to tie the game 2-2.

Laval took the lead again in the third when Gabriel Raymond, with the bases loaded,

ran a perfectly executed squeeze play allowing two runners to score and Laval to take a 4-2 lead.

In the 5th, with Laval now leading 5-2, the Pro-Gym exploded for seven runs to take the lead 9-5.

Justin Lerner (0-3) took the loss for Laval; while Sherbrooke reliever Pascal Martineau got his first win of the season.

In the second game, William Roy started for the Pro-Gym against Laurent Cléroux-Campeau.

This time, the home team scored in the first inning with a single by Alexis Cotnoir driving Gilles Côté home from third.

In the fourth, with the score tied 2-2, the Pro-Gym regained the lead with a sacrifice fly by Pierre-Luc Tremblay to drive in

Martineau, who had led off with a single, stole second, and made it to third on a bunt from Jordan Lavigne-Pelletier. The Pro-Gym then had a 3-2 lead after four.

In the fifth, the Pro-Gym increased their lead by scoring three more runs, taking advantage of a couple of Laval errors to lead 6-2 after five.

That was the end for Laval starter Cléroux-Campeau, who had allowed six runs on eight hits and struck out three.

Roy (4-2) pitched a complete game for the win, allowing two runs on three hits and striking out three.

On Sunday, Martineau started for Sherbrooke against the Orioles, and he picked up his second win of the year. Gilles Côté closed the door with

two solid innings of relief at the end of the game, picking up the save.

In the second game, Repentigny took advantage of a Sherbrooke error to pick up the 4-3 walk-off win in eight innings.

Sherbrooke starter Maxime Ruel pitched 6 2/3 innings, allowing three runs, but did not figure in the decision. Gilles Côté came on in relief, pitching one inning and suffering his fourth loss of the season.

Sherbrooke (12-19) is back in action tonight in Granby, starting at 7 p.m. and on Wednesday in St-Constant, where they will take on the Cobras starting at 8 p.m. Their next home game is not until Saturday, Aug. 16, when they have a doubleheader against Pointe-aux-Trembles.

Luc Bergeron wins ETGA Senior Championship

Record Staff
SHERBROOKE

The 7th and final tournament of the 2014 Eastern Townships Golf Association summer season was presented on Sunday at the Cowansville Golf Club.

Veteran golfer Sherbrooke Luc Bergeron carded a 72, even par, to escape with the victory, one stroke ahead of Bruce Radey of Drummondville (73) and two shots ahead of Luc Guilbault, also of Drummondville (74).

It was, for the veteran Sherbrooke golfer representative of the Longchamp club, a third victory since 2006 in the annual ETGA classic.

In the fourth position, there was a four-way tie at 75, three

strokes behind the winner, with Alain Balthazar of Cowansville, Denis Fortin of Victoriaville, Anthony Marandola of Château Bromont and François Lessard of Royal Bromont.

Yves Therrien of Cowansville, the defending champion, ended in 9th position with a round of 77 and François Veillette of the ETGA took 13th with a round of 79.

Veteran Beloeil golfer Jean Villemure prevailed in the second playoff hole over tDouglas McEwen of Cowansville to win the "Super Senior" class.

Villemure made a birdie on the sixth hole, after the previous playoff hole (#18) failed to separate the two.

Both finished tied with a round of 75 for the first posi-

tion. Third place went to Dennis Appleby of Sherbrooke and the Milby club (77). Roger Bélisle of Cowansville (78) was fourth and a there was a tie for fifth place between Mickey Batten of Caughnawaga and Clément Therrien of Cowansville, both on 79.

Gaston Leblanc of Windsor, the father of LPGA golfer Maude-Aimée Leblance, finished in 8th place with a round of 82.

The next ETGA tournament is this Sunday, Aug. 10, with the Inter-Club Senior tournament, at the Victoriaville, Cowansville, East Angus, Farnham Royal Estrie Asbestos, Lac Mégantic, Valcourt, Orford and Waterloo golf clubs.

Many golf clubs in the ETGA

will participate again this year in this long-awaited day of golf for their senior members.

The Sani-Marc Canada Cup, presented from Thursday to Sunday at the Victoriaville Golf Club, crowned another champion from Western Canada, Oliver Tubb of Vancouver.

He shot -23 over the tournament's four rounds.

Fellow Canadian Greg Matchaler took second place, just ahead of Bryn Parry, who won the event in 2011 at Richelieu Valley and also in 2012 at the Blainvillier Club.

A Quebecer, Yanik Laforest, of the Islemere club took fourth place with a score of 12-under, while Dave Levesque of Pure Golf Experience was 9-under, Alexandre Ouellette of Blainvil-

lier was at -8, in a tie with Gregg Cuthill of Whitlock.

The top local golfer was Cowansville's Jean Philippe Cornelier, who finished seven under par.

For the second year in a row a golfer of the Bois Francs region was the top Quebec amateur in the tournament, as Shawn Langlois of Victoriaville posted an overall score of -2 (286) and to once again win the Subway Cup. He finished 25th overall.

Simon Camirand and Simon Francis Rouiller also competed at the event while the other ETGA representatives at the event, Patrick Cassin, Charles André Therrien, Jean Michel Paré, Jacques Messier and William Gauthier failed to make the cut.

Alouettes add former star QB Garcia to coaching staff in attempt to fix offence

The Canadian Press
MONTREAL

The Montreal Alouettes have added another big name to their coaching staff in an effort to revive their struggling offence.

The team announced Monday that former CFL and NFL quarterback Jeff Garcia has joined the organization. The club said it has yet to decide on a specific role for Garcia, but the four-time CFL all-star and NFL Pro Bowl selection will certainly be counted on to try and turn around an offence that has scored a league low 75 points so far this season.

"After several discussions with (coach Tom Higgins) about candidates who could potentially help our offence right now, we welcome Jeff to our organization and to the offensive coaching staff," Alouettes general manager Jim Popp said in a statement.

"He brings tremendous experience, great leadership, competitiveness, and the drive to be the best. We feel that by tapping into Jeff's knowledge, he will be another key addition in getting our season turned around."

The announcement comes a week after the Alouettes hired CFL Hall of Fame coach Don

Matthews and former NFL quarterback and offensive co-ordinator Turk Schonert as consultants.

It was clear more help was needed after the Alouettes were pasted 31-5 at home by the Toronto Argonauts on Friday.

Garcia joined the Calgary Stampeders in 1994 as a backup to Doug Flutie. He went on to throw for more than 4,000 yards in three different seasons with Calgary, and was named the most valuable player of the Stampeders' 26-24 win over Hamilton in the 1998 Grey Cup.

Following Calgary's championship year Garcia moved to the NFL, where he played for 11

seasons with San Francisco, Cleveland, Detroit, Philadelphia and Tampa Bay.

He completed his professional career with the Omaha Nighthawks of the UFL in 2010. At the end of his professional career, he completed 3,645 of his 5,955 passes for 43,300 yards while throwing 281 touchdown passes.

"Jeff Garcia is a fierce competitor who has had success in every situation he has faced in professional football," Higgins said in a statement. "The addition of Jeff is ideal because he brings the expertise he's gained over his professional years from so many different systems."

Tennis: Lisicki upsets Errani

The Associated Press
MONTREAL

Sabine Lisicki upset 13th-seeded Sara Errani 6-1, 7-5 in the first round of the Rogers Cup on Monday.

Errani, the 2012 French Open runner-up, is most comfortable on clay, while the 2013 Wimbledon runner-up, hit the fastest recorded serve in WTA history (131 mph) last week at Stanford.

Errani was serving for the second set at 5-3 but let the lead slip away. Lisicki next plays Svetlana Kuznetsova or Madison Keys.

Understanding tricky food labels

By the editors of Consumer Reports

The package says "heart healthy," "reduces cholesterol" or "maintains digestive health." So you toss it in your cart thinking that you're doing something good for yourself. But are you really?

Food makers have tried to sneak in unsubstantiated claims, notes ShopSmart, the shopping magazine from the publisher of Consumer Reports. Dannon used to say that its DanActive yogurt drinks help prevent colds and flu and that eating one serving of Activia yogurt daily could help with "slow intestinal transit time." The Federal Trade Commission scolded Dannon for using deceptive advertising, so the company stopped.

ShopSmart supplies the truth behind seven popular food health claims.

— The Claim: Heart healthy. Examples: Campbell's Chunky chicken noodle soup and Mueller's Pasta whole-grain penne sport the American Heart Association (AHA) Heart-Check Mark.

The Truth: Eating packaged foods such as chicken noodle soup isn't the best way to heart health. To legally be able to claim a reduced heart disease risk, Campbell's soup simply has to be low in total fat, saturated fat and cholesterol. To win the AHA seal, it has to be low in fats, plus have no more than 480 milligrams of sodium and 20 mg of cholesterol and have 10 percent or more of the recommended daily value of one of six specified nutrients. So, yes, it's a healthier choice than, say, a cheeseburger, but that doesn't make it ideal for your heart.

— The Claim: Supports immunity and digestive health. Example: La Yogurt Probiotic contains Bifidobacterium BB-12, a type of bacteria called a probiotic, which "works with the rest of your body to help maintain balanced microflora (the bacterial ecosystem in your gut), support immunity, and support digestive health," according to the product's website.

The Truth: The Food and Drug Administration has not approved food packaging claims that probiotics can do anything to improve digestion, such as prevent constipation; boost immunity; or improve general health, such as ward off colds or flu. Research behind those kinds of claims is mixed and limited.

— The Claim: Blocks or lowers cholesterol. Example: Minute Maid's website claims that eating a daily total of 2 grams of plant sterols as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

The Truth: Research shows that plant sterols — natural substances found in nuts and legumes, for example — may reduce LDL (bad) cholesterol levels, and the FDA says they may help reduce your risk of heart disease. But plant sterols seem to be more effective when eaten at least twice a day. As stated on the orange juice label, you need to drink two 8-ounce glasses to help reduce cholesterol, but that's a lot of sugar.

— The Claim: A lower glycemic index. Example: Dreamfields Pasta Healthy Carb Living claims a 65 percent lower glycemic index (GI) compared with regular pasta,



Tossing a box of this into your cart is a good start, but it won't save your heart, says ShopSmart, the shopping magazine from the publisher of Consumer Reports.

or 13 vs. 38 on the GI scorecard. (Foods are ranked on a scale of 0 to 100.)

The Truth: Most healthy people don't need to worry about GI scores, which measure how quickly blood sugar levels rise after eating a particular food. Foods with a lower GI (under 55 is considered low; over 70 is high) may claim to increase blood sugar more slowly. Still, notes ShopSmart, there are usually too many other factors involved in blood sugar increasing or decreasing, including what else you eat at that meal.

— The Claim: Antioxidants! Examples: Cherry 7UP and Raisinets almost sound like health foods with the word "antioxidant" slapped on the front labels.

The Truth: Most people associate antioxidants with building a stronger immune system, which is what the manufacturers are banking on. "But whether it will boost your immune response depends on how much you are already consuming from your diet," says Dr. Jeffrey Blumberg, director of the Antioxidants Research Laboratory at Tufts University. "Certainly there's not enough in a single food product to make much of a difference," he adds.

Death



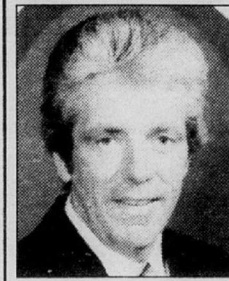
Gail (Duncan) DOUGLAS

Gail (Duncan) Douglas passed away at her residence in Cambridge, Ontario on Monday, July 21, 2014 at the age of 75.

Beloved wife of the late Wayne Douglas. Cherished mother of Bonnie, Brian (Irene) and Craig (Shawne). Loving grandmother of Heather, Cristal, Mark, Courtney, Nicki, Brandon and four great grandchildren, also she leaves her brothers: Bill Duncan (Ann), Mac Duncan (Gabie), Andy Duncan (Wanda) and David Duncan (Wendy).

In keeping with Gail's wishes cremation has taken place and a private family interment was held. As expressions of sympathy, donations made to the Heart and Stroke Foundation would be appreciated by the family.

Death



Jacques GAUTHIER (1942-2014)

In Magog on August 1, 2014, at the age of 71 passed away Jacques Gauthier,

partner of Shirley Bryan, of North Hatley.

The family will be present at the church after 12 p.m. to receive condolences of friends and family. The funeral, in the presence of the ashes, will take place Wednesday, August 6, 2014 at 1 p.m. at the St-Barnabas church in North Hatley. Interment of the ashes will follow at St-Élisabeth cemetery in North Hatley.

Gauthier is survived by partner Shirley, his brother and sister Louise and Jean-Guy. He was the brother of the late Alain and the late Johanne. His nieces and nephews Isabelle (Josy), Francis, Marie-Pier and Caroline. He was the uncle to the late Philippe. As well as cousins, other relatives and friends.

In lieu of flowers, donations to the Canadian Cancer Society (3330 King Street West, Suite 130, Sherbrooke, Qc, J1L 1C9) would be greatly appreciated.

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Datebook

TUESDAY, AUGUST 5, 2014

Today is the 217th day of 2014 and the 46th day of summer.

TODAY'S HISTORY: In 1884, the cornerstone for the Statue of Liberty was installed on Bedloe's Island in New York Harbor.

In 1962, Marilyn Monroe was found dead in her Los Angeles home.

In 1981, President Ronald Reagan began to fire 11,359 striking air-traffic controllers for violating his order to return to work.

In 2010, a cave-in at the San Jose Mine near Copiapo, Chile, trapped 33 miners 2,300 feet underground.

TODAY'S BIRTHDAYS: Guy de Maupassant (1850-1893), author/poet; Joseph Merrick, aka "The Elephant Man" (1862-1890); John Huston (1906-1987), actor/director; Neil Armstrong (1930-2012), astronaut; Herb Brooks (1937-2003), hockey coach; Loni Anderson (1945-), actress; Patrick Ewing (1962-), basketball player; Adam Yauch (1964-2012), rapper; James Gunn (1970-), filmmaker; Carl Crawford (1981-), baseball player; Lolo Jones (1982-), Olympic athlete.

TODAY'S FACT: Norma Jeane Baker began using the name Marilyn Monroe in 1946, but did not legally change her name until 1956.

TODAY'S SPORTS: In 1979, Pete Rose of the Phillies hit his 2,427th career single, breaking Honus Wagner's National League record. Rose would finish his career with 3,215 singles, a record that still stands.

TODAY'S QUOTE: "Words dazzle and deceive because they are mimed by the face. But black words on a white page are the soul laid bare." — Guy de Maupassant

TODAY'S NUMBER: 91 — minutes legendary magician Harry Houdini spent underwater in a sealed coffin before emerging unharmed, on this day in 1926. The event was Houdini's last public escape.

TODAY'S MOON: Between first quarter moon (Aug. 3) and full moon (Aug. 10).

In Memoriam

MARTIN, Lloyd - In loving memory of a dear father, grandfather and great-grandfather who passed away 14 years ago on August 4, 2000.

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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.

"B W D L G D H J ' X G P G X G T H X W X G W Y H O .
B W D L G K U W Y P G X G S H Z H Y S W X
U W X Y W O Z S P W S ' Y K S . K ' B A K C K O R
H O L H X X H U G Z S K B G . " — R G H X R G
A J I W Y

Previous Solution: "I've never lost my appetite for acting ... I always end up being the evil one, and I wouldn't hurt a fly." — Eli Wallach

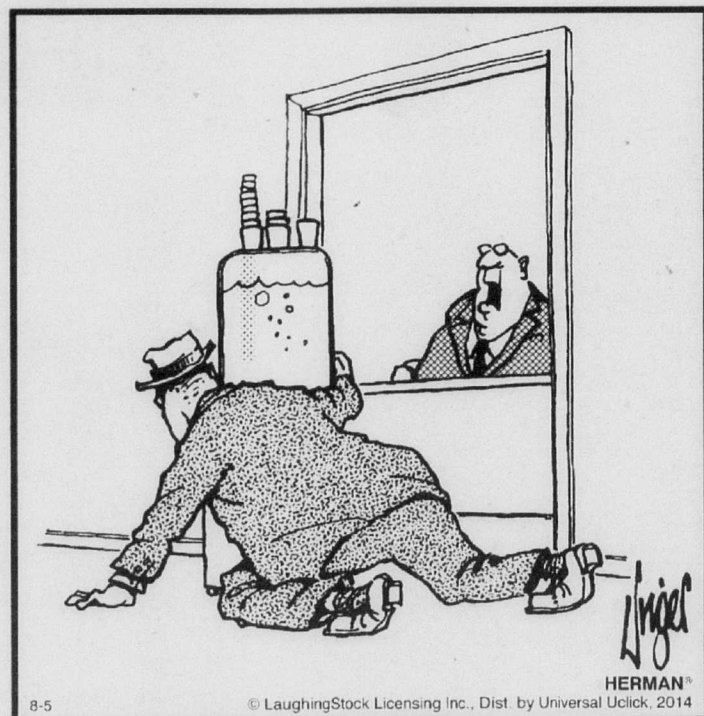
TODAY'S CLUE: A sphenoid

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KIT N' CARLYLE



HERMAN



"I'm getting sick of watching that water cooler go past at 10 minutes after nine every morning."

ALLEY OOP



ARLO & JANIS



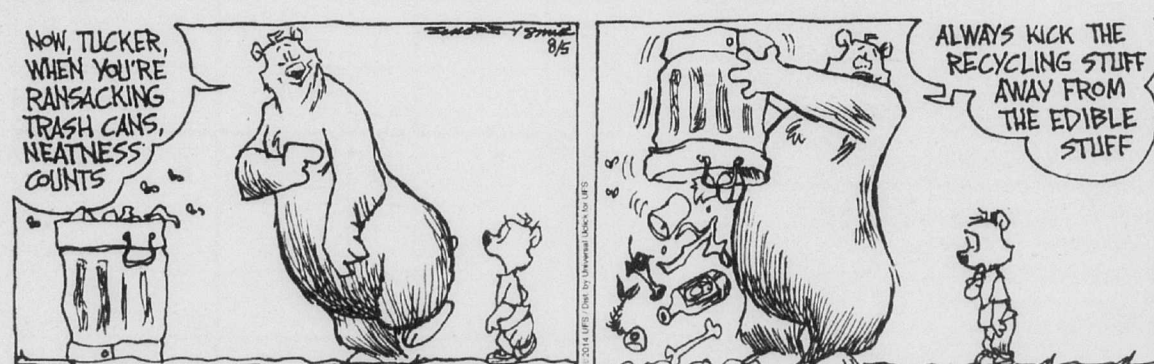
THE BORN LOSER



FRANK AND ERNEST



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Fiona Eberts 1946-2014

Cultural and spiritual heritage



(PHOTO CREDIT: ART RUPESTRE INTERNATIONAL)

The artist David Martel, the acoustic designer Patrice Ledoux and Mrs. Fiona Eberts after she had signed the cornerstone for the reconstruction of Lac-Mégantic "Archangel" which will be installed in the new Musi-Café of Yannick Gagné.

SHERBROOKE - Early departure of Lady Fiona Eberts, shook the artistic, cultural and sporting communities of the Eastern Townships. Ms. Eberts died on July 20, nearly two years after her husband, Jake Eberts, one of the largest film producer in Canada and Hollywood (Dances with Wolves with Kevin Costner, the name of the rose, black robe, Gandhi, Chicken Run, Chariots of Fire, and more than 50 other productions).

At the end of June, Fiona Eberts came

to sign the cornerstone of Megantic named "The Archangel of Lac-Mégantic" in support of the people who suffered in this tragedy. The collective work of art, created by Canadian artist David Martel, will soon be installed in the new Musi-Café. As her husband received dozens of Oscars, Ms. Eberts was surprised to learn that David Martel was the creator of the "Golden Circle" trophies for Cinema World Festival of Sherbrooke.

Their first meeting, it wasn't a chance, just wonderful coincidences, because Fiona and internationally known painter, had the same friend: Yves Bourassa, nicknamed YBOU, specialist in security protocol and secular oblate of the Abbey of St-Benoît-du-Lac in Quebec and former trainer for the security company Garda.

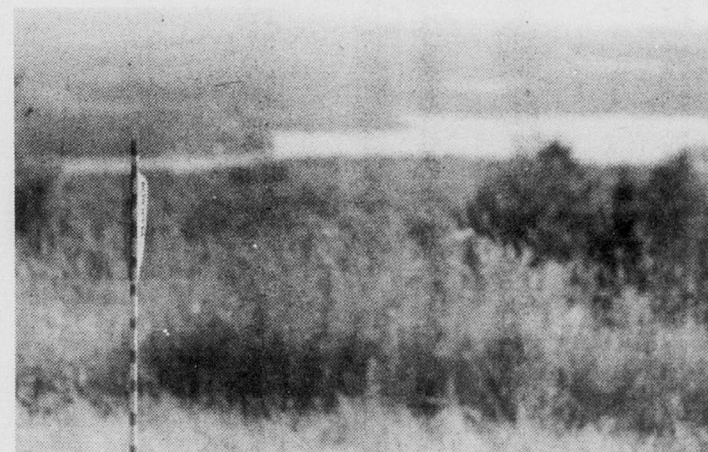
Yves Bourassa, Contemplative Master Archer, in the spirit of St. Benedict, became one of the few confidants of Ms. Eberts. Bourassa was accompanied by loudspeaker designer, Patrice Ledoux, in

whom she had great admiration.

Saddened and shook by the departure of his



The archer Yves Bourassa and Ms. Fiona Eberts



The arrow of archers atop the Eberts mountain in Eastern Townships

SUDOKU

Difficulty: 3 (of 5)

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			9			6		
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8-5-14

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PREVIOUS SOLUTION

8	5	7	6	3	4	9	1	2
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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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Your Birthday

TUESDAY, AUGUST 5, 2014

It's time for new beginnings. Embrace the changes and surprises that are heading your way. You have the ability to make the best of every situation, so look to the future with confidence, and take charge of your destiny.

LEO (July 23-Aug. 22) — Plan to have some fun today. If you have been taking life too seriously, now is the time to spice things up. Avoid individuals who tend to be argumentative or negative.

VIRGO (Aug. 23-Sept. 22) — You can achieve good results if you network or combine business and pleasure. An unexpected proposal will lead to a new adventure and an exciting opportunity. Stand tall and exude confidence.

LIBRA (Sept. 23-Oct. 23) — Work on your to-do list and fix-it projects that are long overdue. Follow directions and don't scrimp on detail. You can make your life more comfortable and convenient.

SCORPIO (Oct. 24-Nov. 22) — Don't try to put on a brave front. Let your family in on what has been worrying you. They will be able to help clarify and deal with any perplexing situations.

SAGITTARIUS (Nov. 23-Dec. 21) — Play to win, but stick to the rules. Visit someone you haven't seen in a while. You can gain a new perspective from discussions with a distant relative or friend.

CAPRICORN (Dec. 22-Jan. 19) — Community activities will allow you the

chance to hone your leadership skills. By participating in local events, you will increase the likelihood of meeting someone who shares your concerns.

AQUARIUS (Jan. 20-Feb. 19) — Choose your friends carefully. Someone you know quite well will purposely get you into trouble. Don't blame others for your shortcomings. You need to take responsibility for your actions.

PISCES (Feb. 20-March 20) — A career event will enable you to make some promising connections. Things are looking up in your personal life. Make plans with a special someone.

ARIES (March 21-April 19) — You have a take-charge attitude that will win you favor with friends and family. Your communication skills will help you defuse an unsettling issue with an opponent.

TAURUS (April 20-May 20) — You will get quality results if you are a good listener and have the patience to let others carry the conversation. Attempting to dominate matters will alienate you from your peers.

GEMINI (May 21-June 20) — Don't give anyone the chance to meddle in your affairs. Keep your personal life private. You will meet someone interesting while working on an exciting and novel project.

CANCER (June 21-July 22) — By enhancing your looks, you will improve your self-esteem. Use your newfound confidence to your advantage, and plan a good time with a friend or lover.

TUESDAY, AUGUST 5, 2014

The signal that helps but needs watching

By Phillip Alder

Bob Hope said, "If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf."

As you watch the cards closely, you play well and find bridge to be fun. The work is training your partner also to pay close attention.

Today's deal can either be a 50-50 bet or a sure thing, depending upon the skill level of East and West. How should they card to defeat three no-trump? West leads the spade five. Declarer takes East's king with his ace and attacks diamonds.

North added one point for his decent five-card diamond suit and raised to three no-trump.

South starts with only five top tricks: two spades (given the first trick) and three clubs. However, four more winners are readily available from the diamonds. So, if East has the diamond ace, the contract is guaranteed. If West has that ace, maybe he will not find a heart shift; or if he does, it will not prove lethal.

Here, though, as you can see, if West leads the heart jack, then when he gets in with his diamond ace, the contract can be defeated. But how does West know to lead a heart rather than a club?

North				08-05-14
♠ 10 7				
♥ K 6 3				
♦ Q J 10 9 6				
♣ K 6 3				
West				East
♠ J 9 6 5 2				♠ K 8 3
♥ J 10 2				♥ A Q 9 7
♦ A 4				♦ 8 3 2
♣ J 10 2				♣ 8 7 5
South				
♠ A Q 4				
♥ 8 5 4				
♦ K 7 5				
♣ A Q 9 4				
Dealer: South				
Vulnerable: North-South				
South	West	North	East	
1 NT	Pass	3 NT	All pass	
Opening lead: ♠ 5				

West should duck the first diamond to get some help from his partner. East should play first the two to show an odd number. But on the second round, he could play either the eight or the three. By following suit with the eight, the higher card, East is expressing interest in the higher-ranking of hearts and clubs, the two unplayed suits. This points West in the right direction — if he is watching.

CROSSWORD

Across

- 1 Passport endorsement
- 6 Field protector
- 10 From __: slight progress
- 14 Dramatic solos
- 15 Jai __
- 16 Head, to Henri
- 17 Job for a CPA
- 18 It's in front of a catcher
- 20 Oft-pickled veggie
- 21 Excavation hole
- 22 Noisy ruckus
- 23 Captivated
- 25 Game with checks
- 26 "CSI" workplace
- 30 Clic Stic or InkJoy
- 33 Pieces by pundits
- 34 Old Roman coins
- 35 Worldwide workers' gp.
- 36 Clears (of)
- 37 Nincompoop

Across

- 39 Unrefined deposits
- 40 __-de-sac
- 41 Soon, to Pope
- 42 Pancakes sometimes served with caviar
- 43 Expressive rock genre
- 44 Instrument used in Hawaiian music
- 47 "Psycho" motel
- 49 Being aired
- 50 Venus, to Serena
- 52 Duke Univ. conference
- 53 High-ranking Muslim
- 57 Place to make a splash
- 59 Freak out
- 60 Historical periods
- 61 Gawk at
- 62 Traffic cone
- 63 Fortified red wine
- 64 Ill-gotten gains
- 65 Wall Street decline, or something that might be associated with 18-, 26-, 44- or 57-Across

Across

- 25 Ad award
- 26 Strong-arm
- 27 Poppy extract
- 28 "Sea Food Differently" chain
- 29 "Crazy" singer Patsy
- 31 Justice Kagan
- 32 Military denial
- 37 Worldwide anticrime organization
- 38 Deer daughters
- 39 For whom Popeye's eyes popped
- 41 Fall bloomer
- 42 "On the other hand ..."

Across

- 45 Pendant with a picture
- 46 Health supplements co.
- 48 '50s nuclear experiment
- 50 Give and take?
- 51 "Othello" antagonist
- 52 Musical Guthrie
- 54 Landlocked African country
- 55 Apple player
- 56 Thinker Descartes
- 58 Before today
- 59 Some family docs

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

Down

- 1 Swedish automaker
- 2 "Good point"
- 3 Assistant
- 4 Restaurant VIPs
- 5 L.A. winter hours
- 6 Island retreat for Gau-guin
- 7 Loads
- 8 Aries symbol
- 9 Annual report graphic
- 10 Sky-supporting brother of Prometheus
- 11 Rah-rah feeling
- 12 Preminger of film
- 13 Brewpub order
- 19 New cadet
- 21 Second afterthought, in a ltr.
- 24 Q&A part: Abbr.

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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60						61						62		
63						64						65		

**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

COOKSHIRE-EATON

Don't miss our annual Old Fashioned Day on Sunday, August 10, from 1 to 5 p.m., at the Eaton Corner Museum. Tatting to timber framing! See demonstrations and displays of heritage crafts and skills by local people who still know how, antique tools and machinery, workshop on medicinal plants, and much more. Horse and wagon rides, old time music, homemade scones and jam, children's activities. Admission charged. A delightful way to spend a summer afternoon. This year it's at the Museum in Eaton Corner. For more info. call Serena at 819-875-5210 or the Museum at 819-875-5256.

LENNOXVILLE

IMPORTANT! Please note that all blood pressure clinics offered by Lennoxville and District Community Aid will

now be held at our new location: 164 QUEEN STREET, SUITE 104. The next blood pressure clinic will take place on Tuesday August 12 from 1:30 p.m. to 3 p.m. at our new location. Waterville residents are welcome.

LENNOXVILLE

Foundations for Farming, Fundraiser Family Picnic and Square Dance, LIVE MUSIC featuring The Drew Family August 9, 5 p.m. to 9 p.m. 57 Queen St., Lennoxville. Info: 819-791-3997.

NORTH HATLEY

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Fridays, September 5 and October 3, at the Library, 165 Main St. North, from 10 a.m. to 11:30 a.m.

NORTH HATLEY

North Hatley - Massawippi Music Festival, Dreamland Park, North Hatley. Free, all welcome! For more information visit www.northhatleyrec.com/concerts. Leslous Trombone Quartet, Sunday, August 10, noon to 1 p.m.

RICHMOND

Richmond Fair annual beef B.B.Q., Saturday, August 9, 6:30-8:30 and 9:00-1:00 music by Bonnie Loiselle. All welcome, admission charged.

ST-HERMENEGILDE

Lake Wallace - Frontier Lodge, Sunday August 10, 1:00 a.m. - 2:00 p.m. Dedication of the Paulette Welcome

Center.

WATERVILLE

Rummage Sale at St. John's Anglican Church, Waterville on August 8 and 9 from 9 a.m. to 4 p.m. Books, clothes for all ages, games, puzzles, etc. Benefit of St. John's Anglican Church. All welcome.

LENNOXVILLE

Uplands is holding a Mad Hatter Tea & Croquet Party fundraising event on Sunday, August 17 from 3 p.m. to 6 p.m. The Mad Hatter Tea & Croquet Party will include afternoon tea, finger foods and bubbly, live classical music and a croquet demonstration match, presided over by MC Tim Belford. Come as you are or dressed in garden or croquet attire (all white!) and sporting your wildest hat! Tickets on sale now, call Uplands at 819-564-0409 for more information.

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

The final straw came after Josie stole money from my mother seven years ago

TUESDAY, AUGUST 5, 2014

Annie's Mailbox

Dear Annie: My mother has always had a rocky relationship with her sister, "Josie," for many reasons. The final straw came after Josie stole money from my mother seven years ago. They haven't spoken to each other since.

I understand that my aunt hurt my mother badly and what she did was unforgivable. I know Josie doesn't deserve another chance, but I wish my mother would give her one anyway. Josie has changed her ways over the past seven years and now lives a very stable life. I don't think she's the same person.

No one in my family (including me) will ever trust Josie because of the things she's done. But I wish my mother would call her sister and say that she loves and forgives her. My siblings and I have talked to Mom about this, but she always brushes us off. I know this is between the two of them, but they aren't getting any younger, and they don't have an eternity to reconcile. I don't want my mother or Josie to have any regrets. Is there anything we can do? — Worried Daughter and Niece

Dear Daughter: You are kind, forgiving and understanding to want your mother to reconcile with her sister before it's too late. Unfortunately, until your mother reaches the same conclusion, there is little you can do. You say Josie has changed, but at the same time, you will never trust her. It's difficult to forgive someone who has repeatedly broken your trust and hurt you, and not all reconciliations are beneficial if the behavior continues.

But you can ask your mother what Josie would need to do to get back in her good graces and then see whether Josie is up to the task. Beyond that, please let your mother decide how much pain she is willing to risk to have her sister back in her life.

Dear Annie: I read your columns about babies crying in church. I have a different issue. What about parents who completely ignore what their children do in church?

Last Sunday, there were two children, a boy and a girl, about 7 or 8, who spent the entire service crawling under the pews, lifting up the kneeler, playing catch, kicking and shoving each other and completely destroying my ability to concentrate on the mass. The parents did absolutely nothing. The father fell asleep, and the mother never looked at her kids, not even when they bumped against her.

Right before communion, they started pinching each other and whimpering in pain. By then I couldn't take it anymore. I told them to knock it off. They

stopped and put their heads on their parents' shoulders. The parents glanced at me with astonishment. Meanwhile, in the row behind me was a single mom with four kids who left twice with the baby for 10 minutes and left the rest of her little kids alone.

Parents seem to think that their children have the right to do anything they want whenever they want. Then they wonder why the kids get into trouble. — Fed-Up Grandma in Chicago

Dear Grandma: Parents often don't realize that discipline makes children feel secure and loved. When kids are allowed to run wild, they don't know what the boundaries are, and they keep pushing until they do. But we also understand that parents of young children can be exhausted. We admire those who are kind enough to engage the children in some quiet activity and give the parents a break.

Dear Annie: I never had a weight problem until I was older. When I read about "Concerned Old Man in West Hills" calling his niece "fat," it reminded me of a T-shirt I once saw. It said, "I may be fat, but you are ugly, and I can diet." — Toledo, Ohio

Dear Annie: My daughter just gave birth to our first grandson. The problem is, she and her husband plan to take the baby to his parents' house for babysitting, even though I offered. We both live nearby. I'd love to watch him at least one or two days a week.

I find my son-in-law to be arrogant and rather disrespectful. I get the impression that he is encouraging our daughter to have a negative attitude toward us. Before they were married, we were close to her, but now there is a huge rift. I am hurt by her actions. They are stealing my joy of having a grandchild. I am lucky if I get to see the baby twice a week for an hour at a time. I have offered to help with dishes and laundry, and occasionally, they let me do those things. My husband and I are generous and give them lots of baby gear and food. It's as if I need to bring a gift in order to hold my grandson.

Life has not been easy the past five years. My only parent died, and my siblings are squabbling over the estate, creating an estrangement. Three years ago, I was diagnosed with cancer. Due to all of this stress, I have had two shingles outbreaks in the past two months. I always thought that when my only daughter became a mother, we would become closer, and she would be more sympathetic toward me.

This hurts so much that I have trouble sleeping. When I talk to my daughter about more time with the

baby, she says, "We'll see," and that she needs to talk to her husband about it. And nothing changes. How do I fix this? — Sad Grandma

Dear Sad: We know many grandparents would consider an hour twice a week to be a blessing, so we caution you not to be overly focused on the downside of your relationship. There may be myriad reasons why your daughter prefers her in-laws to babysit. Some of it may be that you seem depressed and stressed, partly due to your medical problems and sibling issues. You may come across as needy and demanding, rather than loving and generous. Talk to your daughter gently. Tell her you love her and her family, and ask how you can improve things between you.

Dear Annie: We have a family funeral coming up. Like the rest of the country, we are plagued with many upper respiratory viruses. How do we politely refuse handshakes, hugs and kisses? I thought of holding our hands behind our backs, but that seems standoffish. Should we post a sign by a guest book? What should it say?

I am a health care professional and am aware of how viruses spread. I want to be discreet and keep everyone healthy. — Don't Know What To Do in Connecticut

Dear Don't: When people approach you, it is OK to say, "I hope you don't mind, but with all the illness floating around, we are trying to limit physical contact to protect everyone." Of course, some people will hug you anyway, so be sure to wash your hands thoroughly afterward.

Dear Annie: If "Kidless in the Caribbean" is so anxious to take his children abroad, and his ex-wife really is afraid for them to fly, why not take them on a cruise? If she refuses to allow that, it's not a fear of flying that is motivating her. And I agree with your suggestion to take her along. That should take care of any separation anxiety. — St. Maarten

Dear St. Maarten: Several readers suggested a cruise, although the father had more extensive travel in mind. Nonetheless, we think this is about the ex-wife not wanting her children to travel out of the country. We hope they can reach some sort of compromise.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. To find out more about Annie's Mailbox and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.