

There will be no Record published on Monday, March 28

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Lennoxville Elementary School

Page 4

## WEEKEND EDITION

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FRIDAY, MARCH 25, 2016

### A little help goes a long way:

Local daffodil campaign up and running

By Gordon Lambie

With particularly punctual local plants already starting to make an appearance in some of the region's gardens, it is maybe not so hard as in years past to remember that the Canadian Cancer Society's daffodil campaign is currently underway. While the nationwide campaign gears up to sell bouquets of flowers from kiosks set up in all manner of stores and shopping centres at the beginning of April, a dedicated team of volunteers is already canvassing the communities of Lennoxville, Cookshire, Birchton, Bury, Hatley, North Hatley, Milby and Ayer's Cliff to pre-sell as many daffodils as they can.

"We have a very unique approach compared to other places," said Maureen Quigg, one of the eight local women who keep the campaign running year after year. "There's somebody on each street who canvasses their neighbours, takes their orders and then delivers it to them on delivery day."

Though Quigg said that she found it hard to believe that the Lennoxville and district group are the only ones taking this different approach to selling the flowers, she added that she has never heard of any other group working the way the local group does. With greater amounts of funds raised year after year for more than two decades, it's hard to call the model anything but a striking success.

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### Guardian angels watching over Townshippers



By Matthew McCully

On March 29 and 30, over 2000 smoke detectors will be distributed free of charge to students from Kindergarten to Grade 3 in schools across the Brome Missisquoi MRC as part of the Guardian Angels program.

Coordinated by Ralph Gilman, chief of the Bedford Fire Department, the goal of the program is to ensure that house-

holds in the region with primary school children are equipped with a functional and reliable smoke detector, the first line of defense in the event of a fire.

Gilman said the idea for the large scale program came from Knowlton's example, where new families settling in town have been given a smoke detector free of charge for years.

Funding for the detectors was provided by Economical Insurance Com-

PHOTOS COURTESY OF THE BEDFORD FIRE DEPARTMENT

pany (formerly Missisquoi Insurance Company), partnered with three local brokerage firms, as well as contributions from the municipalities participating in the program.

In the photo are volunteers unpacking the 2000 smoke detectors to add a sticker to them before they are distributed next week. Surrounding the photo is fire department logos of participating towns.

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## Weather



TODAY:  
RAIN

HIGH 8  
LOW -2



SATURDAY:  
SUNNY

HIGH 8  
LOW -6



SUNDAY:  
SUNNY

HIGH 12  
LOW 3



MONDAY:  
RAIN

HIGH 6  
LOW -2



TUESDAY:  
SNOW

HIGH 3  
LOW -9

# Haunted by Augusto Pinochet and his horrific violence

### 'Our memory failed us, those atrocities had happened before'



## GOOD READS

ELEANOR BROWN

Many countries have bloody histories. Chile is one of them.

It was conquered by the Spanish in the 1500s, but by 1970 Chile was an independent democracy.

In the middle of the Cold War, a Socialist was elected president, Salvador Allende. The Americans were horrified, and three years later the CIA sponsored a successful military coup which brought Augusto Pinochet to power.

Perhaps because he knew what was to come, the deposed president committed suicide. His relatives were hunted.

That included Isabel Allende, a cousin. She fled to Venezuela, and eventually, the United States, along the way becoming one of Chile's most vaunted

authors. (Though born in Peru, Isabel Allende was largely raised in Chile.)

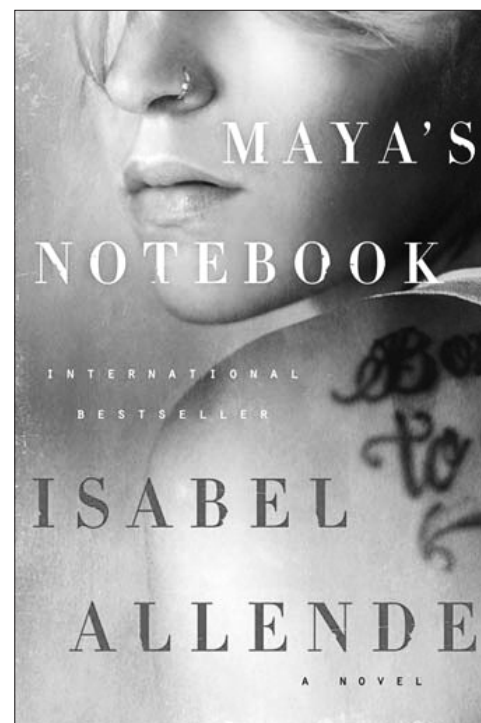
Pinochet terrorized his country's people for some 16 years.

"I lived through the military coup in Chile of 1973," Isabel Allende once said. "When violence and cruelty were unleashed, the terrified people asked themselves how it was possible for such a thing to happen in Chile, the most democratic and law-abiding country in South America. Well, our memory failed us. Those atrocities had happened before, during the revolution of 1891, when the armed forces rebelled and the country plunged into a bloodbath. During this period people were tortured, summarily executed, illegally arrested, taken in airplanes and thrown into the sea, the same as happened during the Pinochet dictatorship.... When a battle breaks out among relatives, my people turn into real barbarians."

Those ideas led to Allende's 2001 novel *Portrait In Sepia*. It's a beautiful, thoughtful book (translated from the Spanish by Margaret Sayers Peden and filed in Adult Fiction in the Lennoxville Library). A young woman, raised surrounded by secrets, has slowly pieced together her personal history. She begins the tale of her reconstruction in 1862, in San Francisco, with her parents and grandparents. Lai Ming herself is born in 1880, but is eventually claimed by her Chilean grandmother, and grows up as Aurora.

Author Allende mixes American, Chinese, British and Chilean life and history to create a web of people and their often complex relationships. Along the way, the Chilean civil war of 1891 leaves thousands dead, and the living scarred. Allende creates astonishing characters and the book will pull you along. (Of the formidable grandmother, Allende writes: "No ray of sunshine, however feeble, had ever touched her skin... she planned to go to her grave without a wrinkle.")

Immigrants and dislocation feature prominently in Allende's work; Latinos and mixed race couples abound, as does the shock of vastly different cultures meeting. *Maya's Notebook* (2013, translated by Anne McLean and also filed in English Fiction) is set in contemporary times: "Finding herself a widow, she decided that she didn't want to live under an oppressive regime and emigrated to



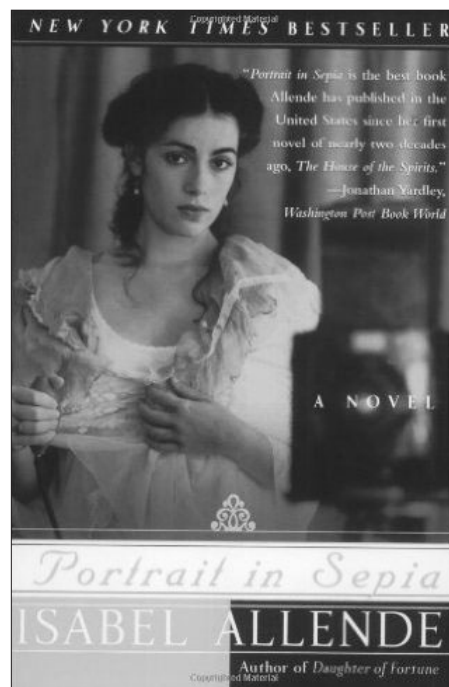
Canada with her son Andrés, my dad.... He was nine years old, had grown up all of a sudden over the last months, and wanted explanations, because he realized his mother was trying to protect him with half-truths and lies."

The narrator is Maya Vidal, whose Chilean grandmamma soon married an African-American astronomer and moved to Berkeley. Years later, Maya finds herself growing up in the inner city, a lost soul who discovers that sex and drugs can lead to pain and horrific violence. At 19, she is shipped by her granny to a rustic Chilean island to escape American arrest and imprisonment.

Her protector is Manuel, a mysterious older man and friend of the family, who lives in silence.

The tale switches between Maya slowly revealing the story of her American life, and of her attempts to adjust to a new life without television or central heating. Eventually, she is accepted into a coven of witches (also known as aromatherapists) and begins to uncover Manuel's past. That past, of course, connects to Pinochet's rule of terror. Along the way, Maya begins to cope with her own life.

CONT'D ON PAGE 5



## Ben by Daniel Shelton



# LOCAL NEWS

*"There is no desire to withdraw that environmental focus today," Vermette said. "it's just a matter of doing things in a different way."*

## Environment division shuffle prompts questions from local advocacy group

By Gordon Lambie

Questions about the environment briefly took the stage at Sherbrooke's city council this past Monday night when Jacynthe Caron, the Director of The Regional Council for the Environment (CRE), used the meeting's question period to ask why it was that the city has decided to merge its environment division with that of urban planning.

"If the same person is in charge of urban planning and the environment, we wonder how files with conflicting priorities will be treated." Caron told the council, reading from a list of questions prepared as a part of a letter addressed to the council expressing the CRE's concerns.

Among the other preoccupations listed by the council's director was the elimination of the position of division chief for the environment, and the removal of the word environment from the city's major divisions in general.

"With the elimination of the position of head of the environment division, who will be responsible for coordination and oversight of environmental priorities?" Caron asked, "And why remove the

word environment from the names of divisions within the city at a time when climate change is at the heart of public concern? It seems like a decision that runs against the current."

The director said that the CRE is very concerned about the significance of the environment being lost in the urban planning shuffle and said that the decisions runs counter to the position that Sherbrooke often puts forward of being a local leader on environmental issues.

In submitting the letter, Caron simply asked for a response from the council in writing, but both the City's General Manager Yves Vermette and Beckett District Councillor Christine Ouellette, who sits as the President of the city's Environment Committee, took the time to answer some of the CRE's concerns out loud.

Vermette, for his part, explained that the decision was not meant to convey an inattention to the environment.

"We understand the preoccupations of the Regional Council for the Environment, but this is a management decision not a political one," the General Manager said. "As we have done in several other situations, when a position opens

up we ask the question of whether we can do better without impacting services to the population."

Vermette tied the matter back to the city's quest for administrative efficiency and said that it was determined that the environment portfolio could be covered just as well by the sustainable development department of the urban planning division while also cutting overall costs. He pointed out that the Environment Division was created in 2007 to respond to a desire to put an emphasis on the environment and said that the same work would still be taking place, but now within a structure that was more cost-effective.

"There is no desire to withdraw that environmental focus today," Vermette said. "it's just a matter of doing things in a different way."

Ouellette repeated the fact that the change does not signal a lack of concern about the environment on the part of the city and said that the CRE was likely not consulted in the lead up to the decision because there is no expected impact on the city's environmental initiatives.

"the environmental files of the department will still be treated with the

same attention and passion as before," the city councillor said. "The environmental conscience of the people of Sherbrooke is still very present."

To the question of eliminating the term "environment" from the name of the division, Ouellette simply said that a change in name does not mean a change in purpose.



GORDON LAMBIE

Jacynthe Caron, the Director of The Regional Council for the Environment

## Daffodils

CONT'D FROM PAGE 1

"There's not a family that hasn't been touched in one way or another," Quigg said, attributing the part of the success of the campaign to the way that cancer has become a kind of universal experience in the modern world. "Everybody seems to have had family or a very dear friend who has faced cancer and sometimes we feel helpless, not knowing what to do to help. This is one way that you can."

Though the organizer also gave some credit to the fact that people just like getting flowers in the later days of winter, she emphasized the fact that nothing the organizing team put together would get very far at all each year without the dedicated support of the more than 100 volunteer canvassers and delivery people spread out over participating municipalities.

"Very often when we phone up our canvassers they say they were waiting for our call," Quigg said. "We get a very positive response."

"It's not a big commitment and it doesn't take a lot of time, but it's important," said Janet Angrave, who has been helping to canvas and deliver flowers for at least ten years. "When it comes time to deliver I see people, they smile, and it's a good day."

Angrave spoke highly of the simplicity of the system that the Lennoxville committee has set up, saying that being able to canvas her neighbourhood and that mainly by phone, there's really very little work involved.

"I think everyone's quite happy to

have a bunch of daffodils and they get something bright and cheery in return." The volunteer said. "You're not just giving money away, you're getting something in return and helping a very important cause."

Allison Connolly, who has been doing the job for the last six years, said that people are genuinely excited when she calls them up every spring.

"When I phone up my neighbours and say it's daffodil time they say, oh my! Spring's around the corner," Connolly said, sharing Angrave's perspective that people are more than happy to support the cause. "I have two friends right now going through cancer treatment and I think this is just a small way that I can help."

More than the direct financial support that the campaign offers, however, the volunteer pointed out that the flowers themselves can be a big boost to a person's outlook on life.

"It just gives you a nice feeling when you see the yellow daffodils," Connolly said. "Yellow is the colour of friendship."

Quigg pointed out that, for the Cancer society, the

daffodil symbolizes the strength and courage involved in the fight against cancer.

"The slogan they use is Hope lives on," the organizer said.

Since the Lennoxville organizing team sees limited turnover from one year to the next, Quigg said they can now be very efficient in their planning and organization each year. As a consequence the campaign sees almost no changes in the way that things work from one year to the next. As in the past deliveries will go door to door on April 7th except in the communities of North-Hatley and Bury where pick-up tables will be set up in local grocery stores. The

usual price of \$10 for ten flowers stays the same; although Quigg said that this year the pick-up point for people who might not be contacted on the 7th has been moved to the basement of the United Church in Lennoxville.

"We tell people to mark it on the calendar," Quigg said.

The money raised by the daffodil campaign across the country will go to fund the Cancer society's research, prevention, education, and support initiatives.

**John Luce Memorial  
Dart and Pool Tournaments**

**Saturday, April 2  
at the A.N.A.F. Unit 318  
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Bring your own partner.**

**Canteen open for supper.**

**Music at 8 p.m.  
with Night Train**

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of John and spend the day  
(and/or evening) having  
fun, while supporting the  
A.N.A.F. Unit 318*



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# School Page

## Lennoxville Elementary

# Something for Everyone at Lennoxville Elementary

BY MS DAWN IRVING,  
PRINCIPAL AT L.E.S.

At Lennoxville Elementary School (L.E.S.), we understand that children have different tastes and preferences when it comes to how they spend their time at school and we try our best to offer a variety of learning and extra-curricular activities for everyone.

### A few fun facts about our school:

Did you know that we have a Junior Cheer Leading Club? Members of the Bishop's University (B.U.) Cheer Leading Club run the club and they meet every

Friday in the gym at lunch. The children have even had the opportunity to attend and cheer at a Bishop's basketball game!

We also have a Reading Circle Club that meets every Thursday after school. This club is also run by B.U. students. How lucky are we to have the support of our B.U. community!!

If you are not into reading or cheer-leading, you can sign up for the Magic Club, which is run by our very own Mr. Beaulieu. The magic club meets twice a month and the children love learning new tricks that they can teach their friends and families.

Our School Parliament meets weekly and Mme. Desbiens, Mrs. Smith, and Mrs. Maurice are always there to listen

to the opinions of our student representatives and to help them to carry out projects to help make our school a better place.

If you love the outdoors, the Outdoor Club is for you! The club meets every Thursday after school and does everything from skating, to sliding, to biking. Rain or shine, snow or sleet, Mme. Desbiens, Mme. Annette and Mme. Richard are always ready to play outside on Thursdays after school!

Then there are the sports! Mr. Milonja's after school badminton club is in full swing! Thirty-two boys and girls have been staying after school to improve their badminton skills. Everyone is having a great time playing badminton, and getting ready for the Badminton Tournament at Alexander Galt. Great job, L.E.S. badminton players! Also, did you know that Students at Lennoxville Elementary School not only have gym twice a week, they also have fitness class? For thirty minutes the students are exposed to seven different stations that keep them moving. They are learning the importance of keeping fit and practicing their skills by working with skipping ropes, hula-hoops, balance boards, frisbees and much more. We encourage our students to live an active lifestyle and during this fitness block the students gain skills and ideas that they can easily do on their own to stay active. It is a great way to spend part of the school day!

our students about the importance of being active and making healthy food choices. Most recently we participated in the "Defi moi je Croque" contest where the children got to sample new foods everyday and fill out passports to track their own eating habits. Three lucky winners won fruit baskets at the end of the week for their efforts.

Our annual downhill ski day took place in February and for many children who have never had the opportunity to ski, this was an exciting day full of triumphs and successes.

Lots of exciting things are taking place in the classrooms too! We are very proud of our cycle 3 math students who entered a board-wide "Mathletics" competition. For the first part of the competition, they had to create, edit and share videos about math, with the Mathletics Competition judges. L.E.S. had two teams selected as finalists that are going on to the next part of the competition. We are very proud of our teams and will be rooting for them in the semi-finals, which will take place in April.

The grade 4,5 and 6 students also held their annual Career Fair where they researched various career options and presented their findings to the younger children in grades 1-3. The children were so proud to present what they had learned and the younger children had a blast interacting with their older peers and learning from them.

We hope you enjoyed learning about our school.

At LES we do all that we can to teach



ALL PHOTOS COURTESY OF MS. DAWN IRVING

Outdoor Fun



Skiing for a day



Enjoying some tubing



Three lucky winners of Fruit Baskets from the "Defi moi je Croque" Contest



Some L.E.S. Badminton players

# Community groups react to Bill 86

By Gordon Lambie

Parliamentary hearings are currently underway in Quebec City on the subject of Bill 86, the Provincial Government's proposed act to modify the governance of school boards. The legislation, if passed, will see the elimination of elected councils of commissioners in favour of new School Councils made up primarily of appointed members of the community and elected parent members; something groups across the province are criticising as unconstitutional because of the way that it undermines minority groups' rights to determine the governance of their own institutions.

Yesterday afternoon the commission heard from the Quebec Community Groups Network, a not-for-profit association of English language community organizations across the province, who pulled no punches in stating that the bill "tramples on minority rights and should be scrapped."

"The QCGN believes that Bill 86 is bad, unnecessary, and unwanted legislation," Secretary Walter Duszara told Education Minister Sébastien Proulx and the committee members. "We certainly have is-

issues with the bill's substance. However, it is the cavalier way the legislation was conceived and has arrived at the National Assembly for consideration that causes us - as Quebecers - great concern."

The QCGN criticised the lack of public consultation going into the creation of the bill and argued that not only is voice of English-speaking Quebecers is not being heard in the provincial capital, but that it risks getting even harder to hear though the Bill's removal of representation at the governance level.

Townshippers' Association President Gerald Cutting was one of four representatives of that organization to speak before the Committee on Culture and Education this past Tuesday. He said that Townshippers received a surprising amount of response from the officials who were present.

"I believe that we were quite well received," Cutting said. "The minister asked a couple of questions that made me believe that he essentially caught our message."

The Townshippers President explained that, as opposed to the status-quo position taken by many other groups speaking as a part of the com-

mission, the Association is not completely opposed to the ideas put forward in Bill 86.

"What we first of all tried to do is pick out what seems to be good about the bill" Cutting said, explaining that while he agrees that the bill as a whole is problematic, the fact that it promotes a greater emphasis on student success as well as giving greater decision-making power to school officials and parents, he said, is a plus.

"The majority of the people sitting on the board of governance must come from the community," Cutting said, emphasizing the Constitutional right of minority groups to govern their own schools. "We must have respect for our communities. For us this is something that is absolute and we can't back off of that."

The Townshippers Association expressed three main concerns with Bill 86. First; there is no provision in the bill recognizing the special status of the English-speaking minority in respect to governance. Second; There is no sign that school councils can have input into the English language curriculum. Third; Bill 86 has a potentially negative impact on the vitality and identity of the English-

speaking Community of the Eastern Townships.

To this last concern Cutting clarified that by painting everyone with the same brush, the bill ignores the particular needs of Anglophone communities like the one in the Eastern Townships and the role that local school boards play in meeting those needs.

"What we've been seeing is a lot of presentations around the status quo, saying that Bill 86 is worse than the current situation," the Township's President said. "I agree with that. Bill 86 passed as is certainly worse than the status quo, but what we came in with was the idea of taking the positive aspects of the bill and putting them together with what is presently in place."

This compromise position, cutting suggested, move the educational model in a direction that could potentially lead to positive change.

That is, if anyone decides to adopt the proposed changes.

"We came away from the meeting thinking that we were heard," Cutting said. "Will there be movement from that? We don't know, but there was a feeling of courtesy and genuine engagement during the question period."

## Good Reads

CONT'D FROM PAGE 2

In 2014, Allende published a thriller of sorts, *Ripper* (translated by Ollie Brock and Frank Wynne, in *Adult Fiction*). It switches fully into thriller mode in the last quarter of the book, but is really founded, as are all her novels, on the creation of a fully realized world of people and relationships. Each character has a complete story.

The point of view switches regularly in *Ripper*, but it's set in California. There's teen Amanda and her pals, who are obsessed with solving gruesome real-life murders and meet online to do it ("a fan of brutal Scandinavian crime novels"); her dad is a homicide cop who leaks all sorts of confidential info; a disabled Navy SEAL is haunted by what he did as a soldier, but won't do anything that would merit forgiveness. That's just a handful of the large cast in this good read, which also includes Indiana, a holistic health care provider who has a hard time saying no; she ends up hurting people more than she would with a bit of upfront honesty.

And in the backdrop, a string of weird murders.

In addition to multiple novels, Allende has published a three-volume Young Adult series. She adds a layer of magical realism, however, that doesn't appear in the adult novels that have been reviewed here. *City Of The Beasts* is the first (2002, translated by Margaret Sayers Peden), and brings a young white American to the Amazonian rain forest, where he meets a vaguely mystical Brazilian girl. The pair try to solve the mystery of the giant apes who gobble up unwary humans.

That's followed by *Kingdom Of The Golden Dragon* (2004), set in a Buddhist monarchy in Asia, ruled by an anti-electricity but otherwise enlightened king. It's filled with magical monks and strange idols. The two youngsters finish the series in Africa, with *Forest Of The Pygmies* (2004). (All are filed in the Lennoxville Library under Young Adult.) (Younger teens will enjoy, though there's little here for adults except for the hilarious antics of a white, booze-swilling

National Geographic reporter and granny, who's a big toughie with a heart of gold.)

More *Adult Fiction* by Allende is filed in our overflow shelving, including some of her best-known novels; just ask at the desk and we'll get a book (or more) for you. And check *French Adult Fiction* as well. Find Allende's biographical work at 928.61 and her raunchy cookbook at 863, in *Non-Fiction*. (And if you're looking for other Chilean authors, consider Ariel Dorfman, and Nobel Literature Prize winners Gabriela Mistral and Pablo Neruda; there are many more, the country has given us many astonishing writers. It is suspected, by the way, that Neruda's death was ordered by Pinochet or one of his minions.)

Allende seems to seek to understand race, culture and the violence that haunts our souls. Some of her characters, although of mixed background, are seen and treated as white. And just as in life, her lush portrayals offer flawed people we can't help but like.

### BOOK ENDS

The works of five artists are currently on display in the Lennoxville Library. You'll find works signed by Glenys Groves, Lucille Lefebvre, Sarah McConnachie, Sonia Z. Palik, and Thérèse Pelchat, up until April 16. Please come and visit.

Our Saturday morning children's events are at 10:30 a.m. Free!

The English-language Books And Brown Bags meets next at noon on Wednesday, April 7 (and every two weeks thereafter). Bring your lunch and a book you'd like to chat about. Our monthly French-language book club meets next in April. Ask at the front desk for details.

Because the City of Sherbrooke is our principal sponsor, Lennoxville Library membership is free for all residents of Sherbrooke. Books and audio books are always free for members; DVDs are \$1 (the money will be used to keep building up the collection).

If you're housebound, we can bring books and audio books to you through Books on Wheels.

We have large-print books too, plus an

Easy Reads section. There are sections for Young Adult novels and graphic novels, and children's non-fiction and fiction.

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail [bibliolen@gmail.com](mailto:bibliolen@gmail.com) or phone 819-562-

4949. The website is at [www.bibliolennoxvillelibrary.ca](http://www.bibliolennoxvillelibrary.ca). Older book reviews and reading suggestions are on our blog at [bibliolennlibrary.wordpress.com](http://bibliolennlibrary.wordpress.com).

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# EDITORIAL

This is a critical moment for Canadians as we face mounting pressure from climate change, ocean acidification and industrial development.

## Environmental deficit tarnishes Canada's rights record

By David Suzuki

Many Canadians see our country as a human rights leader, but a United Nations committee says we should do better. In early March, the Committee on Economic, Social and Cultural Rights concluded that Canada's lack of environmental protection and climate action mars our rights record.

The committee's periodic review of Canada put our country's commitment to providing basic necessities under the spotlight. Although the review's authors commended Canada for several progressive steps, including the recently announced national inquiry into missing and murdered Indigenous women and girls, they expressed concern about the systematic lack of action on homelessness, poverty, access to food and other important obligations under the International Covenant on Economic, Social and Cultural Rights.

Their recommendations on environmental protection and climate change policy were especially noteworthy. Although it's evident that a healthy environment is the foundation of human rights to food, water, health and livelihood, the committee's decision to push Canada to pursue renewable energy, reduce greenhouse gas emissions and establish stronger environmental regulations illustrates the growing global recognition of the link between environmental and human rights.

This recognition may be just emerging in international human rights law, but it's nothing new to Indigenous people and many others who directly depend on nature for food and livelihood.

I heard this over and over again this past summer as I travelled with a team along Canada's vast Pacific coast, visiting a dozen communities in the traditional territories of 12 First Nations. These people reside along 26,000 kilometres of British Columbia's winding shoreline — home to trillions of plankton, billions of fish, millions of seabirds and thousands of whales, which

live among forests of kelp and eelgrass, along underwater canyons and glass sponge reefs.

During the tour, we were welcomed with feasts that embodied the intersection of nature, food and culture, and we conducted more than 1,500 profoundly moving interviews with coastal residents. They expressed fears about threats to their way of life, including industrial projects that will catastrophically affect the environment and their livelihoods being approved with little or no consultation. They spoke passionately about the connection between a healthy environment and economic, cultural and social rights — because they live it every day.

One Pacific coast resident said, "When the fish come home or pass by Campbell River this whole community comes alive. Without the fish, a large piece of our island culture goes with them." Another observed, "When we think of human rights, we think of equality, freedom, democracy. But what good are any of those if we don't have clean air, soil and water? It has to start with nature."

These and many other statements from Pacific coastal residents, which formed the basis of a David Suzuki Foundation submission to the UN committee, resonated at the international level. Observations of the effects of climate change on their communities — including unpredictable and extreme weather, decreasing snow and ice, water shortages, wildfires and salmon spawning failures — mirror the findings of the Intergovernmental Panel on Climate Change.

This is a critical moment for Canadians as we face mounting pressure from climate change, ocean acidification and industrial development. With the longest coastline of any nation, our country holds a globally significant responsibility to protect its oceans, which are under threat from failures to address carbon emissions and ensure marine protection and management. Canada



can start by acting on its commitment to protect 10 per cent of its marine environment by 2020, and by putting strict targets on greenhouse gas emissions.

We could also go a long way toward meeting our international human rights obligations by joining more than 110 nations in constitutionally recognizing the right to a healthy environment. Taking immediate steps to restore and enhance robust environmental protection, fully respect Indigenous rights to title and consultation, and protect ocean ecosystems from degradation and climate change is essential.

The growing international recognition of the disproportionate impacts on Indigenous and vulnerable people enhances the understanding that protect-

ing the environment is as much about social justice as keeping ecosystems healthy.

This year marks the 50th anniversary of the International Covenant on Economic, Social and Cultural Rights. Canada has the opportunity to mark the milestone by legally protecting all Canadians' environmental rights and by recognizing that healthy oceans are a necessary condition for human health and dignity.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Healthy Oceans Communications Specialist Panos Grames.

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Letters

DEAR EDITOR

On March 11 François Tanguay told us that after about 250 articles he would no longer be regularly submitting articles on the environment to your paper.

His writings are very well researched and reflect the unique position of Quebec with its great resources and relatively green energy. He also kept us informed about Canada's changing world influence and environmental goings on. This must have taken a huge chunk of his time but we have to admire this kind of rare dedication and concern for our future and the future of life on this planet.

I hope François can continue to inform us in some way. Maybe write a book or have a blog or send at least the occasional article to this paper.

Going through old papers I found his article called "Drive it till it drops syndrome" of June 13, 2014 which likened our use of the "legacy" structures and ways of dealing with our environment to keeping an old car going which guzzles gas and oil but still cheaper to keep going than finding some other clean means of transport. With the price of oil and gas going down some of us are tempted to even more to forget about the tons of carbon we free into the atmosphere and even buy brand new gas-guzzlers.

But with his analogy to the old car we have to question how much of the stuff we deal with in our lives are "legacy" in the sense that they may be obsolete due to being inefficient and obviously not good for the environment.

Change may be slow but we have to believe as now eighty-year-old David Suzuki says that we will get there and to never give up.

George Foster,  
Way's Mills

### THE RECORD

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6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

#### ON-LINE SUBSCRIPTIONS

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

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# COLUMNIST

Mostly contemplation inspires gratitude for this human life of mine and compassion for the struggles we all go through.

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

### Today's Word: Contemplation

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

1) For some reason a song from "Oliver" sprung to mind when the word contemplation was chosen. Fagin, the leader of a group of child thieves in 19th century London sings a song; "I'm reviewing the situation." He tells in song his plans and ideas. As one by one they end up in disaster, he keeps ending with "I think I'd better think it out again."

Contemplation takes time. An idea generates in the mind until after much rumination and some deep musing takes shape and emerges. This is not an easy process for me. I tend to speak what's on my mind even if it's only a half formed thought. I remember telling my worship committee once; "I will come up with 10 new ideas, but only 2 or 3 are really good so your job is to help me figure that out."

I value those contemplatives among us who are able to sit with an issue for long periods of time before they speak out. I treasure their wisdom. Too often in life we seek easy solutions to complicated problems. We want to deal with something, then move on quickly to something else. What is needed is contemplation.

A good example of this is Canada's response to the Truth And Reconciliation Committee". We want a quick response so we can move on and not think about our painful and difficult past. Instead let's find the time for contemplation so we can move forward to a lasting reconciliation.

I heard someone say to me last summer after I returned from the presentation of the report in Ottawa; "I thought we dealt with that years ago with our church's apology." In response I guess all I can say is "I think we'd better think it out again."

~~~

2) When I look back and contemplate my life thus far, I am astounded at the twists and turns it has taken that I never could have predicted. Contemplation of my past affords me the opportunity to notice the events and people that I have known that have shaped me, the challenges I have faced and the skills I have acquired.

It is only when I look back, when I am no longer in the intensity of the moment, that I fully appreciate all that life has taught me. When I look forward and contemplate my future it is now with a sense of humility and yet confidence, knowing that life is fragile and unpredictable.

I have a fridge magnet with a poker player on it saying "Life is not about the hand you are dealt, but how you play the game." Contemplation creates a space and a distance between events and my inner being, a place from which I can view all events for the learning experience they are.

Mostly contemplation inspires gratitude for this human life of mine and compassion for the struggles we all go through.

~~~

3) Contemplation is my favourite form of prayer. In my late teens I entered a Franciscan monastery on Chicago's tough West Side. Only half called to a life of solitude, in hindsight my choice was equally a form of spiritual rebellion to the violent unrest of the 60s era and the racism and political unrest sweeping the States. A bullet hole in one of the chapel windows

- evidence of local gang warfare - remained unrepaired as a visible reminder that prayer was urgently needed. Our little enclave of sisters chanted the daily office at intervals from Matins/Lauds to Vespers/Compline and kept ourselves informed at mealtimes of news from round the world.

Imagine making one's whole life a prayer, living peace in every moment and holding a place for the holy in a world that too often denied or forgot its power. I didn't stay long, discovering despite a love of solitude that I simply wasn't suited to the monastic life long-term. There's a saying, however, that you can take the nun out of the monastery but you can't entirely take the monastery out of the nun. I still do love quiet - relish silence as golden. At the center of everything I still keep a place for contemplative prayer, withdrawing at times from busyness to just be. Not only to pray for a world still rife with violence, but to sit in mute wonder and gratitude for its astonishing beauty and goodness. To commune with the Source of All That Is.

Our world is so desperately in need of serious prayer. And I still have on my bookshelf a very dog-eared paperback edition of Thomas Merton's "Contemplation in a World of Action." Integrating that early experience - not of escape from the world, but being peace in the midst of turmoil - will be a lifelong task.

~~~

4) To contemplate is to look with different eyes.

One thing we might contemplate is a work of art - maybe a painting, an icon, or a piece of poetry. Our contemplative self looks at these things with soft eyes and with openness. The opposite of the critic who wants to judge and compare, classify and describe. The contemplative heart is open to receive. Soft eyes, open heart, and a willingness to be changed by the encounter.

Poetry that makes no sense, somehow makes its way into our being, awakening us through words. A painting or sculpture opens us to feel something new. Maybe we don't even know what we are feeling, but we are held in contemplation.

One of my favourite places is the National Gallery of Canada. Yes, I love quiet places, but I also love the chairs and benches that are placed as invitations to contemplation. We know that some pieces of art cannot be taken in at a glance and need time for us to really see.

What if we looked at each other like that? Not deciding or classifying, but with an openness to who we really are. Soft eyes, open hearts, and a willingness to be changed by the encounter.

I suspect this kind of vulnerability is what made Jesus both so compelling and so dangerous. He was constantly seeing people for what they really were.

To be contemplated, and to be really seen, is something we both long for and avoid. So, maybe, let's start with paintings and poetry. And then try contemplating your spouse or your children or the friends around you. Open to the encounter and without judgment. Soft eyes, open hearts, and a willingness to be changed by the encounter

~~~

One word, four voices - now add your own: Is contemplation a part of your life, and if so, how?

~~~

#### YOU ARE INVITED!

Opening to the Spirit III - Afternoon Spring RETREAT. Come celebrate the creative spirit as we write together, share our unique voices and find common ground. Led by this column's four clergy writers. Saturday April 9, 1p.m. to 5 p.m. at St. Paul's United in Magog. Suggested donation of \$10 covers writing journals and refreshments. RSVP if you can to:

revcarole@uuestrie.ca or lahogle@cgocable.ca.

Non-denominational. All are welcome - invite your friends!

~~~

Rev. Mead Baldwin pastors the Hatley, Waterville & North Hatley United Churches; Rev. Canon W. Lynn Dillabough co-ordinates the Anglican Deanery of Saint Francis; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco pastors UUEstrie - the Unitarian Universalists in North Hatley

**In considering the value of our Canadian dollar, I have decided to organize three trips within Canada this summer.**

**MAY 28, 29, 30, 2016: Rama-Toronto-Kingston**  
**May 28: Casino Rama.** Rama, Ontario (near Toronto), 8 p.m. show, the number one tribute to that famous night in Memphis in 1965 when Elvis Presley, Carl Perkins, Jerry Lee Lewis & Johnny Cash all jammed together at the legendary Sun Studios. I saw this show in Vegas and it was amazing!  
**May 29: Toronto.** Of all the performances to emerge from Ireland - in rock, music, theatre and film - nothing has carried the energy, the sensuality and the spectacle of Riverdance..  
**May 30: Kingston.** On our way home we will stop in Kingston for a couple of hours. **Included in the price:** 2 nights' accommodations, 2 breakfasts, 3 suppers, tickets for both shows and a deluxe motor coach. **Price \$679. per person.**

#### July 20, 2016- SHERBROOKE

**COWBOYS:** The show is literally a journey through years of country music from Willie Lamothe to Dolly Parton, with songs by Garth Brooks, Shania Twain, Bobby Haché, Patsy Cline, Johnny Cash and many more. Some songs are in French and some in English. **Price \$109.** Includes supper, a deluxe school bus and a ticket

#### SEPTEMBER 10, 11, 2016 QUEBEC CITY & NEW ORLEANS

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# Local Sports

*"We know that quitting smoking and adopting a healthy lifestyle are proven ways to reduce an individual's cancer risk," says Stacey Berisavac,...*

## Run to Quit offers an innovative approach to beating the 'demon weed'



### A RUNNER'S MIND

#### CHRISTINE BLANCHETTE

I know someone who ran competitively and as soon as he finished a training run or a race, he would light up a smoke. It was difficult to break his one and one half pack-a-day habit but after three attempts over seven years, he won the fight. Since defeating his habit back in 1997, he believes he achieved goals as a runner that would not otherwise have been possible.

According to a Canadian Cancer Society recent press release, lung cancer is one of the most preventable cancers and remains the leading cause of cancer death for Canadian men and women. Smoking causes about 85 per cent of lung cancer cases in Canada and shortens their lives by eight to 10 years on average. Run to Quit is a new and effective way to quit smoking by integrating physical activity training with a plan to help you quit - an innovative approach proven to greatly increase your chance of success and improve your overall health.

Now for runners and walkers who cannot seem to butt out - there is a Run to Quit National program to help those who cannot break the habit on their own. So trade in your pack of demon weed and instead invest in a pair of runners and join one of the clinics that may be near your neighbourhood. The 10-week program helps smokers learn to

walk or run five kilometres and quit smoking. Run to Quit clinics will be available in 21 Running Room store locations across Canada. With coaching from the Canadian Cancer Society and Running Room, you will learn how to overcome tobacco addiction, create and maintain healthy behaviours and build on support from the community.

"We know that quitting smoking and adopting a healthy lifestyle are proven ways to reduce an individual's cancer risk," says Stacey Berisavac, Manager, Health Promotion, Canadian Cancer Society, BC and Yukon. "What's groundbreaking about Run to Quit is that it offers people a way to quit for good by integrating physical activity as well as support, encouragement and coaching every step of the way."

According to the Canadian Cancer Society, the Run to Quit participants are seven times more likely to quit smoking

than those trying on their own. The program is open to everyone, no matter their fitness level. Registration is open until April 23.

Run to Quit is a three-way partnership between the Canadian Cancer Society, Running Room Canada and the federal government, who all share the same goal of improving people's overall health and saving lives by reducing the risk of cancer.

For next Friday's column, look for the story of Danielle Buchanan's journey to becoming a non-smoker and her success with the Run to Quit program.

**For more information:**  
[www.runtoquit.com](http://www.runtoquit.com)

[www.runwithit.ca](http://www.runwithit.ca)  
Twitter: @christineruns  
Run With It on YouTube - runwithitcb1

## Sherbrooke's Hamel earns National Bank bursary

By Mike Hickey  
Special to the Record

The lack of snow affected many people in the Eastern Townships this past winter including Sherbrooke biathlon Charlotte Hamel. Hamel is one of the country's rising young biathletes whose strong point is shooting while cross-country skiing. She entered the 2015-16 competitive season intent on improving that area of the sport but a lack of snow-covered trails proved to be a hindrance.

"I am really good at shooting but I need to get better at skiing particularly up hill, and it was tough this year because there wasn't a lot of snow on the ground," Hamel said in an interview after receiving a \$4,000 bursary Wednesday from the National Bank in conjunction with the Quebec Foundation for Athletic Excellence.

Sherbrooke's Charlotte Hamel was one of 33 student-athletes to be recognized for their achievements in sport

and in the classroom. The CEGEP Sherbrooke student, who is a graduate of the Le Triolet Sport Etude program, won a silver medal at the 2015 Canada Games in Prince George and followed up with a bronze medal at the 2015 Canadian Championships. The natural science major is quick and precise in her shooting and rarely below 80% efficiency in her competitions. With warmer weather supposedly around the corner, Hamel will take to the roller blades to stay in shape although she readily admits that it is not the same as being on skis.

Her short term goal is to better her importance at the next Canada Games and earn a spot of the Canadian University Team at the 2017 World University Games being held in Kazakhstan. Her competitive days are over but Charlotte remains outdoors and works in forestry.

Wednesday's award is the second consecutive bursary that Hamel has received from the National Bank and puts her in some exclusive company

Some of this year's recipients are still to qualify for the Olympic Games to Rio and thus follow in the footsteps of other National Bank bursary winners. Included in the group who went on to compete in the Olympics are Sherbrooke fencer Philippe Beaudry, Marie-Pierre

Gagné in synchronized swimming (participation at the Olympics in Athens in 2004 and Beijing in 2008), Marie-Pierre Boudreau-Gagnon, and Sandra Sassine in fencing, and Roseline Filion and Jennifer Abel in diving.



Charlotte Hamel receiving her bursary

COURTESY

**DART TOURNAMENT**  
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RE/MAX QUEBEC held its annual gala evening last February 20<sup>th</sup>. Mr. Albert Brandt was honored for his **No 2 ranking in QUÉBEC**, individual broker category for 2015 for a second consecutive year, also attaining once again the ranks of the **DIAMOND CLUB**, RE/MAX's highest annual distinction. His achievements, built upon his exceptional dedication and unwavering drive to produce outstanding results, have distinguished him from his peers and elevated him to the highest levels of the industry.

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# Church Services

## Anglican

### FOSTER

St. James Anglican Church, Foster. Please join us for our Easter Service of Holy Communion at 8:30 on Sunday, March 27, Rev. George Campbell officiating. We are the little church on the hill, 725 Lakeside in Foster. Visit over refreshments in the hall afterwards. Everyone is welcome.

### GEORGEVILLE

Friday, March 25, at 4 p.m., the Ven. Dean E. Ross will hold a service of Good Friday meditations in Georgeville at the United Church. All are welcome. The Twin Steeples in Georgeville invite you to an ecumenical Anglican/United Holy Easter Day Service, Sunday, March 27 at 9:30 a.m. in the United Church with celebrants, Rev. Dr. Deane Moffat, Rev. Doreen Moffat and Ven. Dean E. Ross and with the Occasional Choir directed by Mrs. Sarah Hoblyn.

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st & 3rd Sunday at 11 a.m. Morning Prayer is held every 2nd & 4th Sunday at 11 a.m. Sunday School at 11 a.m. 819-346-5564.

### SHERBROOKE

The Church of the Advent, 473 Bowen St. S., Sherbrooke welcomes you at 11:15 a.m. to an Easter Day service of Holy Communion with the Ven. Dean. E. Ross officiating.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Easter Services. March 25 - Good Friday 10:30 a.m. shared with Plymouth-Trinity and Lennoxville United Churches. March 25 - Good Friday Evening 8 p.m. Tenebrae service. March 27 - 10:30 a.m. Easter Sunday morning. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

### MELBOURNE

St. Andrews Presbyterian Church, Melbourne 1169 route 243 invites you to Good Friday Service, March 25 at 7:00 p.m. and Easter morning service on March 27 at 10:30 a.m. Services are held during the month at 10:30 a.m. Except the 4th Sunday service is at 5:00 p.m. followed by a pot-luck. 819-826-5717

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for an Easter Sunrise service at the Cassville Church site HWY 143 between Burroughs falls and Stanstead at 6:15 a.m. Easter Worship service at Beulah United Church 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.

### HATLEY/WATERVILLE

Friday, March 25, Good Friday Service 7:00 p.m. Waterville/North Hatley United. March 27, 6:30 a.m. Easter Sunrise Service, Kent Road (Hatley) & 11:00 a.m. Waterville/North Hatley United with Sunday School. Rev. Mead Baldwin 819-837-1112.

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister; Leslie Young, organist. Sunday, March 27, worship is at 10:30 a.m. We will be sharing in Holy Communion. Worship is preceded by a sunrise worship at Beauvoir 7 a.m. There are activities for children during worship. Everyone welcome. Worship services in French on Sunday mornings at 9 a.m. are on hold, and will be back on April 3. All are welcome! Please enter by the back, parking lot door.

# Bulwer Golden Age Club

March 22, 2016, A cold windy day we had 80 people join us at the community center for an afternoon of cards and games. There were 8 tables of military whist with 2 teams tied at 32 points and 2 teams tied at 28. Skip Bo: Violet Lister won 2 games and Mary Simons won 1 game. Carpet bowling the red team of Jean, Carlene, and Warren defeating the black team of Mary Lou, Liz, and Linda by a score of 9 to 8 in the first game in the second game the black team defeated the red team by a score of 10 to 4. Colleen and Doreen defeated Richard and Al by a score of 130 points over the men. 1 game of backwards cribbage was played win Richard and Al defeating by 10 points against Colleen and Doreen. Gail and Vic played a couple of games but no score given. Games and cards finished at 4:15 p.m.

Tables were put away and then the 8 women and 1 man got there Easter hats on to parade around the hall to be judged by Irene Humphrey and Bev Cairns with the winner being for the ladies Mabel MacKay and the outstanding being Norma Gill and then we had our president Keith winning for the men good job by all.

Supper tables were brought out beautifully decorated for Easter as we all sat down the scrumptious Grace was

said by Isabel Nelson, Easter meal of mashed potatoes, ham with slices of pineapple, mixed vegetables, squash, mustard bean pickles, hot cross buns, tea and coffee with chocolate cream icing on chocolate cake very quiet during the meal as everyone was enjoying it. Guests for the supper were Vic Dupuis from Gatineau, Hazel and Bruce Kerr, Liz French and Colene Wood. Then the prizes were awarded for military whist and the door prizes who were won by Peggy Grapes, George Martel, Vi Lister, Colleen Williams Hugh Bowen, and T.P. Painter and the door prizes were won by Hugh Bowen, Al Doherty, Bev Cairns and Ann Crawford.

Tables were cleaned off and washed chairs put away and floor swept, dishes washed and put away.

In passing we would like to give our condolences the family of Florence McVetty and to Gerald Lowd's family as Gerald was a long time member and founder of the Bulwer Community Center. We also want to wish the ones that are sick and in the hospital a speedy recovery.

Hope all had a safe trip home and God bless all.

Next meeting will be April 5, 2016

Submitted by Al Doherty

E-mail your social notes to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

# SUDOKU

Difficulty: 5 (of 5)

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

3-25-16

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## PREVIOUS SOLUTION

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

### HOW TO PLAY:

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

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

## PREVIOUS SOLUTION

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3-26-16

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

Difficulty: 4 (of 5)

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# Datebook

FRIDAY, MARCH 25, 2016

Today is the 85th day of 2016 and the sixth day of spring.

**TODAY'S HISTORY:** In 1634, the first English colonists arrived at St. Clement's Island in Maryland to establish the settlement of St. Mary's.

In 1965, a 50-mile civil rights march led by Martin Luther King Jr., which began four days earlier in Selma, Alabama, ended in Montgomery.

In 1994, the United States withdrew its last troops from Somalia.

**TODAY'S BIRTHDAYS:** Bela Bartok (1881-1945), composer; Howard Cosell (1918-1995), journalist/sportscaster; Flannery O'Connor (1925-1964), author; Jim Lovell (1928- ), astronaut; Gloria Steinem (1934- ), writer/activist; Aretha Franklin (1942- ), singer-songwriter; Elton John (1947- ), singer-songwriter/musician; Sarah Jessica Parker (1965- ), actress; Sheryl Swoopes (1971- ), basketball player; Danica Patrick (1982- ), race car driver; Ryan Lewis (1988- ), rapper/producer.

**TODAY'S FACT:** Percy Bysshe Shelley was expelled from the University of Oxford on this day in 1811 for publishing a pamphlet in favor of atheism. He was later given the opportunity to recant his position and be reinstated, but he refused.

**TODAY'S SPORTS:** In 1958, Sugar Ray Robinson defeated Carmen Basilio in a rematch, regaining the middleweight title and becoming the first boxer to win a title five times.

**TODAY'S QUOTE:** "I do think it would be an incredible experiment to shut down the whole Internet for five years and see what sort of art is produced over that span." — Elton John

**TODAY'S NUMBER:** 42 — percent of Americans under the age of 30 who preferred tea over coffee in a 2015 survey. This is equal to the percentage preferring coffee over tea.

**TODAY'S MOON:** Between full moon (March 23) and last quarter moon (March 31).

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## In Memoriam

**NELSON, Nils Archie:** December 17, 1919 - March 25, 2007.

*Dear Dad,  
Your nature was fun, loving and kind,  
Your heart was truly made of gold,  
When we are in need of your comfort,  
We walk down memory lane,  
And there we see you smiling,  
And we know someday  
We will be together again.*

**All our love,  
LYNN, KEITH,  
JULIE, JENNY  
AND DOUG**

## In Memoriam

**NELSON, Nils Archie** - In memory of a dear husband and father who passed away on March 25, 2007.

**Lovingly remembered by  
his wife  
ISABEL  
and son  
LORNE**

## In Memoriam

**WRIGHT, Kimberly** - In memory of our beloved Kimberly who left us 3 years ago on March 25, 2013.

*Remembering her is easy  
We do it every day  
But there's an ache within our hearts  
That will never go away.*

**Sadly missed and forever in our hearts.  
MOM & GERRY**

## In Memoriam

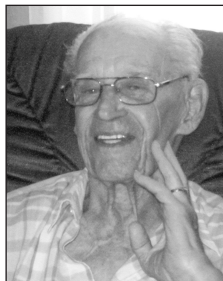
**WRIGHT, Kimberly** - In memory of our dear sister who left us 3 years ago on March 25, 2013.

*We miss you more  
Than anyone knows,  
As each day passes,  
The emptiness grows,  
The tears in our eyes  
Will wipe away,  
But the ache in our hearts  
Will always stay.*

**Loving you always,  
forgetting you never.  
KEVIN & ANGELA  
KAREN & BERTHOLD  
KRISTIE & SYLVAIN  
AND FAMILIES**



## Death



**John  
GAUTREY  
(1919-2016)**

Mr. John Gautrey passed away March 20th, 2016, at the Hotel Dieu in Sherbrooke, at the age of 96. Predeceased by his brother Arthur and his sisters Grace, Doris, Ethel, and Beatrice.

Mr. Gautrey leaves to mourn his beloved wife, Eva Keeble, his daughters Shirley (late Kenneth Charleau), Betty Lou (Dale Brooks), late Caroline Rachel, and Joan (Gaston Forgues), his grandchildren: Lori Ann, Benjamin, Samantha, and Stephanie, as well as his great-grandchildren: Amanda, Meghan, Kelly, Tyler, Makaila, and Hannah. He will also be missed by many nieces, nephews, family and friends.

A private graveside service will be held at a later date.

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

## Death



**Bruce  
RUMSBY  
(1934-2016)**

Suddenly at home in Brigham, Que., on Thursday, March 24th, at

the age of 81, passed away Bruce Rumsby, beloved husband of the late Edith Bell Grubb.

He leaves to mourn his children, Gerry (Cindy), Tony (Barbara), Nancy (Wilbur), Noreen (Glen), Nona (Randy), Linda, Corine, Laurie (Richard) and Ross (Wanda), many grandchildren and great-grandchildren, numerous nephews and nieces, other relatives and many dear friends. Predeceased by his friend Réjeanne Lapointe.

Resting at the Desourdy Funeral Home, 109 William St., Cowansville, Que., where family and friends may visit on Sunday, March 27th, from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m., as well as on Monday, March 28th, from 9 a.m. to 11 a.m., followed by the chapel service. Interment at Friend Cemetery in Brigham.

Donations in his memory to the B.M.P. Hospital Foundation via their website: [www.bmpfoundation.ca](http://www.bmpfoundation.ca) would be appreciated (forms available at the funeral home).

**DÉSOURDY FUNERAL HOMES**  
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PHONE: 450-263-1212  
FAX: 450-263-9557  
info@desourdy.ca  
www.desourdy.ca

# DO JUST ONE THING

By Danny Seo



Instead of buying plastic Easter eggs or using chemical dye kits, you can create beautifully dyed real eggs with natural ingredients and pantry staples you may already have. When boiling eggs to make Easter eggs, add these natural ingredients to get specific hues. For blues, try blueberries and red cabbage. For green, spinach and kale leaves leave a pale, light shade. To make pinks, sliced beets and cranberries get deep, jewel-toned hues. And for yellow, try turmeric spice or the skins from yellow onions. And remember: The vitamin-rich broth you create can be cooled and used to water plants.

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off  
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [clas-sad@sherbrookerecord.com](mailto:clas-sad@sherbrookerecord.com) - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# We have no legal standing and are frustrated watching this runaway freight train

FRIDAY, MARCH 25, 2016

## Annie's Mailbox

Dear Annie: I belong to a large group of friends across several states who get together often to camp and ride motorcycles. Recently, one couple in our group had a terrible accident. The husband was killed and the wife suffered brain damage. "Jane" does not remember the accident and only recalls her husband because she has been told about him. She is not capable of making any major decisions.

Here's the real tragedy: Jane has two children. Her 21-year-old son is now responsible for all of the decisions, and he is overwhelmed. Fortunately, he seems to be adjusting. We can't say the same for his 17-year-old sister, "Astrid." Her world has fallen apart.

Right now, the entire show is being run by Jane's mother-in-law, who never got along with Jane. She plans to sell Jane's house and move Astrid in with her. She recently took away Astrid's phone and car as a punishment for not doing her chores, leaving her un-

able to visit her mother or stay in touch with us. No one in the family seems able to stand up to this woman. We have no legal standing and are frustrated watching this runaway freight train.

Jane's family has asked for our advice, but all we can tell them is to get a lawyer and they don't have the funds for that. I know both sides of the family are grieving, but this is just a mess. Please help. — Harley Momma from Texas

Dear Texas: This is such a tough time for everyone. Try to keep in mind that, although Jane and her mother-in-law are not close, it doesn't mean Mom is mistreating her granddaughter. You are getting only one side of the story. Also, while your advice to find an attorney is good, the family should clarify what for. Does someone want custody of Astrid? Is the grandmother keeping Astrid from seeing her other relatives? If so, perhaps the entire family can pool their resources or look into Legal Aid.

In the meantime, please do your best to stay close to Astrid, not only through social media and phone calls, but also by befriending her grandmother. She lost her son and now has responsibility for her granddaughter. It would be a kindness for you to offer assistance, and it also

will be supportive of Astrid.

Dear Annie: This is about "Not a Creepy Guy," whose soon-to-be daughter-in-law thinks he's creepy, for no particular reason.

My 30-year-old daughter, with whom I have a wonderful relationship, has told me that young women think men in their 50s are creepy just because of their age and gender — no matter how gentlemanly or polite they may be. She says now that I am entering my 60s, I am leaving behind the "creepy middle-aged" guy demographic and will enter the "kindly grandfather" stage. I am looking forward to it.

Hopefully, this daughter-in-law is looking at a stereotype and has no particular concern. But he is right to talk about it with her. — Too Old to Be Creepy

Dear Too Old: We have never noticed this particular stereotype and think it is odd and potentially damaging. But thanks for mentioning it. We hope the new daughter-in-law will grow up before Dad is too old to care.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnies.

## Happy 100<sup>th</sup> Birthday



**Eleanor Cooper  
Moore Baldwin Stalker**

Eleanor is celebrating a great milestone. Come join us on this great day at the Wales Home, 506 Route 243, Richmond on March 29 at 2 p.m.

Best wishes only.

## 60<sup>th</sup> Wedding Anniversary

**Ed and Mary Down**  
of Ayer's Cliff, QC are celebrating their  
60th Wedding Anniversary on March 31, 2016.

Ed is from London, Ontario but moved to Quebec in the 50's where he met the love of his life Mary (née Mcharg) of Milby. Both spent many years teaching at AGRHS. They raised four children: Janet, Lynn, Allan and Brian. They are adored by numerous grandchildren and great-grandchildren.

They will not be receiving visitors but would love to receive cards or notes at their address of over 50 years:

Ed and Mary Down  
957 Sanborn St., Ayer's Cliff, QC, J0B 1C0

## Shoveling snow can be risky if you're out of shape

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: Every winter my wife worries that I am going to have a heart attack while shoveling snow. Does she have cause for concern?

DEAR READER: She does. Each winter, more than 1,200 heart-related deaths occur during or after snowstorms. Shoveling snow is risky for many reasons:

- Shoveling is similar to weight lifting. Resistance exercise raises both heart rate and blood pressure, stressing the heart.

- Cold weather affects the heart. To conserve body heat in the cold, blood vessels narrow. This raises blood pressure and puts stress on the heart.

- Untrained muscles make the heart work harder. Most people use their legs much more than their arms. Using unprepared arm muscles makes the heart work harder.

- Shoveling is seasonal. Working out regularly greatly reduces a person's overall risk of sudden death. But shoveling snow isn't a regular form of exercise.

I have patients who insist on shoveling the snow themselves. If you fall into this category, heed my advice:

- Get in shape before it snows. Fitness will protect your heart from the stresses of shoveling. Exercise year-round with a combination of aerobics, stretching, calisthenics and low-resistance weight training.

- Don't shovel early in the morning. That's when heart attacks are most likely to occur.

- Don't shovel after meals. Your heart is pumping extra blood to your gut after you eat. If you shovel

after a meal, you're also asking your heart to pump extra blood to your muscles.

- Warm up. Stretch and limber up with calisthenics before you put on your coat.

- Use a lightweight shovel. The snow is heavy enough.

- Shovel smartly. It's much safer to lift two or three light loads than one heavy load. Yes, that may mean your shoveling will take a little longer. But that's good: What you want to do is spread out the intensity.

- Pace yourself. Divide a big job into several 20-minute segments and pause to rest every five minutes.

- Set reasonable goals. Clean only enough for safe passage. Don't try to impress your neighbors by clearing your entire front walkway. Just clear enough so that folks, walking single file, can get to your front door.

- Listen to your body. Put down your shovel and head indoors if you experience chest pain, palpitations, undue shortness of breath or fatigue, lightheadedness or nausea. These could be symptoms of heart disease. Unfortunately, the first sign of heart trouble while shoveling snow may be none of these symptoms. Instead, the heart just stops.

If you have heart disease, have risk factors for heart disease or are older than 50, please take this advice: Hire someone to clear the snow for you, or at least use a snow blower.

About 10 years ago, one of my patients decided he was getting too old to shovel snow and hired someone to do it. While walking to the bus on the first snowy morning, he experienced chest pain. One of the main arteries of his heart was nearly completely blocked. Just walking slowly was enough to stress his heart. If he had shoveled snow that morning, he might not be with us. Fortunately, he caught the problem before it could injure his heart.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

**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.

" H ... WBX RWO XHPRHZERTZ TA  
 LOHZM RWO TZCD BCRBI LTD FZTEFOX  
 XTYZ LD B JIHOPR XSIHZM VBPP."  
 — LISEO PJIHZMPROOZ

Previous Solution: "If you're lucky enough to have a parent or two alive, call them. Don't text, don't email. Call them!" — J.K. Simmons

TODAY'S CLUE: M equals A

**CELEBRITY CIPHER**

by Luis Campos

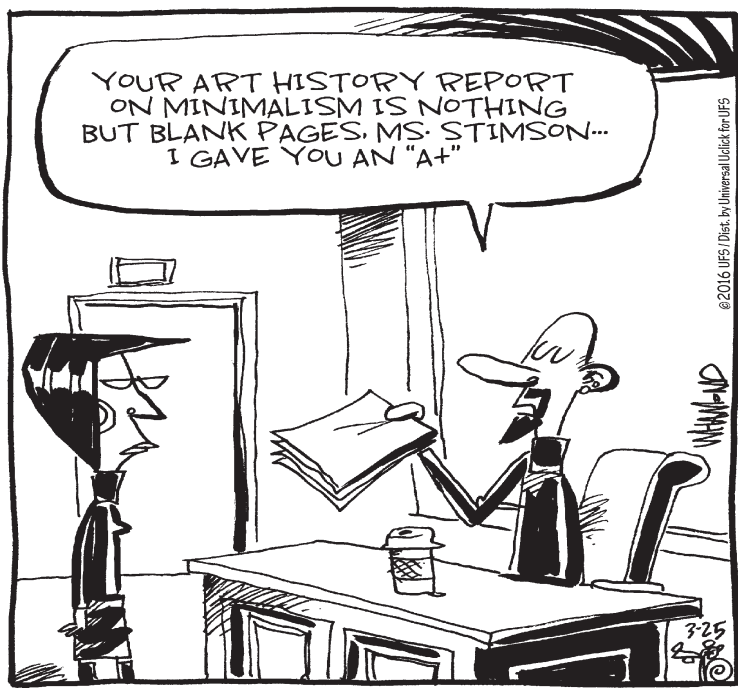
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" H ' Y NJWE TPJG RLWHK RLA  
 KLEBPZH K ... MJZZ PM MZLVW  
 EBLE YLFX MPG GXLZ HIEXGXWEHIS  
 KPIMXWWHP IW." — UXSST IPPILI

TODAY'S CLUE: S equals G

Previous Solution: "I ... had the distinction of being the only altar boy knocked down by a priest during mass." — Bruce Springsteen

**REALITY CHECK**

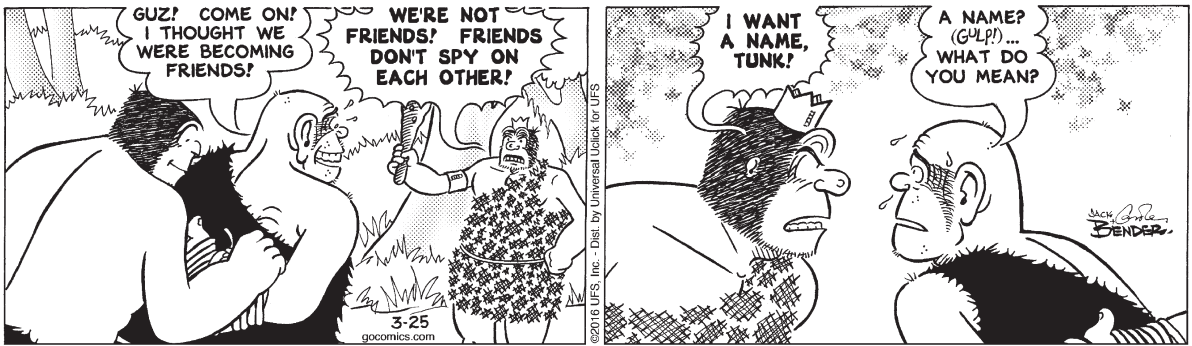


**HERMAN**



"Close the account? You mean you want to draw out the whole 90 cents?"

**ALLEY OOP**



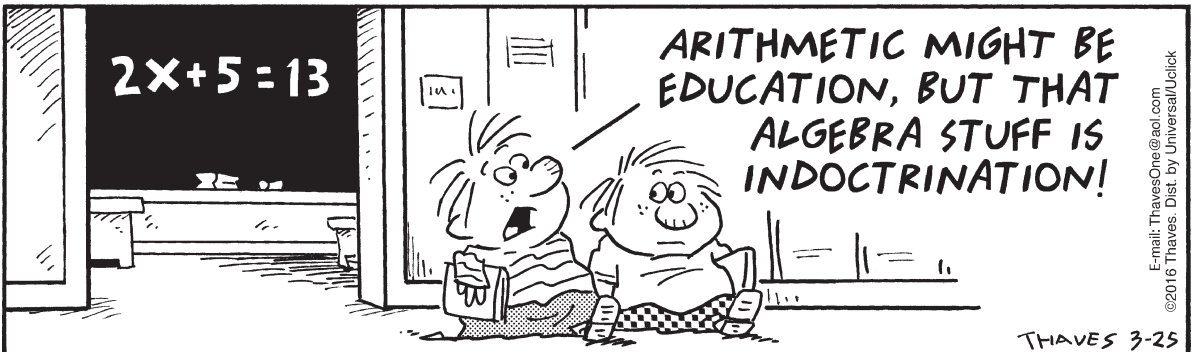
**ARLO & JANIS**



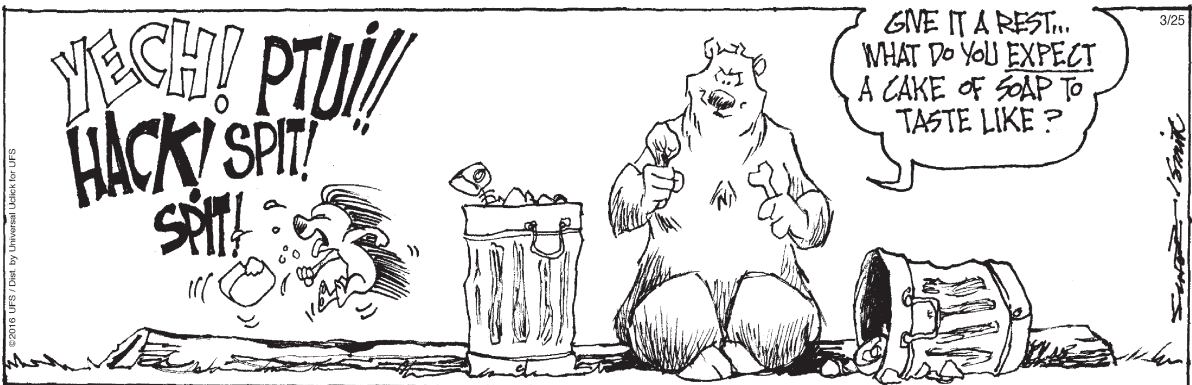
**THE BORN LOSER**



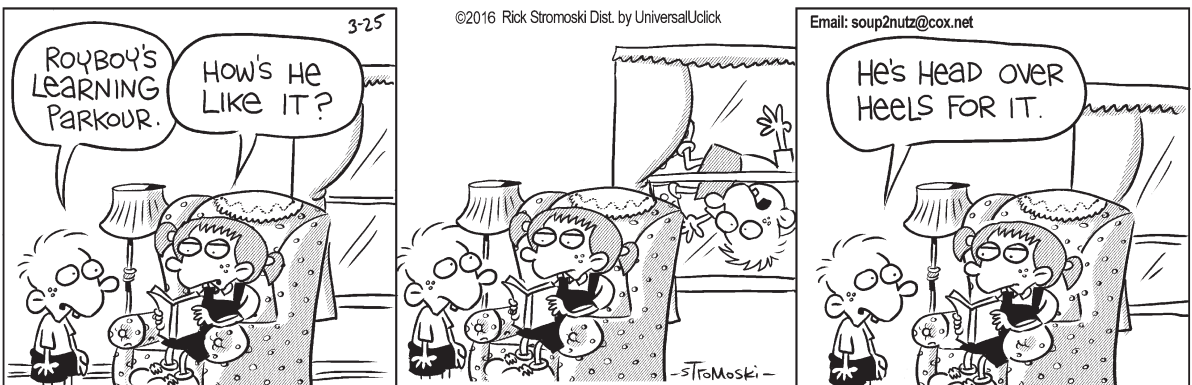
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**290** Articles For Sale

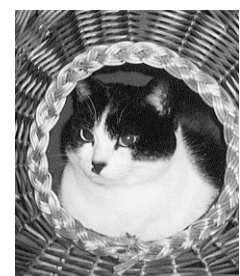


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**294** Events

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# Your Birthday

FRIDAY, MARCH 25, 2016

Communicate your plans and follow through with them. Your expertise, experience and responsible manner will be admired by friends and colleagues alike. By handling whatever you face head-on, you will prove that you can reach your goals and exceed your expectations.

**ARIES** (March 21-April 19) — Don't get angry. If someone pressures you, you should be firm, say no and move on. Make choices based on your needs, not on what someone else wants. Offer suggestions, not your time or money.

**TAURUS** (April 20-May 20) — Show off your attributes and discuss your plans. The experience you gain by interacting with experts will help you get a clear picture of what you want to pursue. Love is highlighted.

**GEMINI** (May 21-June 20) — Don't share personal information. Make finances, contracts and negotiations a priority. Dealing with institutions will bring good results if you are accommodating and receptive to suggestions.

**CANCER** (June 21-July 22) — Step into the spotlight. Take care of business and offer your services. It's what you do that will leave a lasting impression. A partnership will change your personal direction.

**LEO** (July 23-Aug. 22) — Be observant when dealing with peers, colleagues or family members. Don't take on responsibilities that don't belong to you. Think positively and make changes that will improve your life.

**VIRGO** (Aug. 23-Sept. 22) — Your charm

and expertise will help you succeed. Romance and travel are favored. If you make plans to be with a loved one, your life will improve.

**LIBRA** (Sept. 23-Oct. 23) — Make money matters a priority. An opportunity to save or invest will stabilize your life and ease your stress. Alter your lifestyle to fit your budget.

**SCORPIO** (Oct. 24-Nov. 22) — Let a disciplined outlook be your guide. Follow through on a creative idea, or approach your goals with strength, courage and a winning attitude. Romance will help you make a personal decision.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Share your thoughts and collaborate with someone who shows similar interests. A partnership will allow you more freedom to hone your skills and focus on what you do best.

**CAPRICORN** (Dec. 22-Jan. 19) — Endeavor to please the ones you love. Home improvements will bring your family closer together. Explore professional options that will help you earn more money. Take action and make things happen.

**AQUARIUS** (Jan. 20-Feb. 19) — Check out work options and discuss what you have to offer with someone who may need your services. A chance to revise and reuse old skills or knowledge will pay off financially.

**PISCES** (Feb. 20-March 20) — Let your imagination wander. An idea of yours will lead to a higher income or solid contract. Keep your budget in mind and practice moderation in all aspects of life.

FRIDAY, MARCH 25, 2016

# The try might be for slam, not game

By Phillip Alder

Bjorn Borg said, "To win the last point in a grand slam tournament, that's the most beautiful and most satisfying feeling you can get as a tennis player."

Many bridge players get nervous when contemplating a slam. But often playing in one is straightforward because you cannot afford (m)any losers.

The main keys for a good slam are fit and controls. To make a grand slam with no fit, you will need most of the 40 high-card points. But with a good fit — or, even better, a double fit — you will win more tricks than your combined point-count would suggest. Also, you must know that the opponents cannot immediately defeat your contract.

How do you uncover a double fit? By bidding carefully. What about controls? With (Roman Key Card) Blackwood, often supplemented by control-bidding.

In today's deal, after South's one-spade response is raised, he immediately thinks about a slam. But the diamond king is a big card. He can find out if partner holds it by rebidding three diamonds. North will think this is a help-suit game-try, and if he has the diamond king, he will probably jump to

				North	03-25-16
				♠ K J 9 4	
				♥ 7 2	
				♦ K 6	
				♣ A J 8 7 3	
West			East		
♠ Q 5 2			♠ 7		
♥ Q J 9 8			♥ K 10 6 4 3		
♦ 9 8 7 3			♦ J 5		
♣ K 2			♣ Q 10 9 5 4		
				South	
				♠ A 10 8 6 3	
				♥ A 5	
				♦ A Q 10 4 2	
				♣ 6	
Dealer: North					
Vulnerable: Both					
South	West	North	East		
		1♣	Pass		
1♠	Pass	2♠	Pass		
3♦	Pass	4♠	Pass		
4NT	Pass	5♥	Pass		
6♠	Pass	Pass	Pass		
Opening lead: ♥ Q					

four spades; but without that card, he will settle for three spades. Here, after hearing four spades, South uses RKCB to learn that North has the spade king and club ace, but not the spade queen.

Against six spades, West leads the heart queen. South wins with his ace, draws two rounds of trumps, cashes the diamond king, plays a diamond to his ace, and continues with the diamond queen, discarding dummy's heart loser. Then he can claim, conceding one trump trick.

# CROSSWORD

**Across**

- 1 "Dancing With the Stars" network
- 6 Early sign of spring
- 11 Big, uncouth guy
- 14 Flap
- 15 Now
- 16 King of ancient Rome
- 17 Songs without words?
- 19 Celebrity known for wearing gold jewelry
- 20 Like
- 21 Check for a poker player?
- 22 Corner of a diamond
- 23 Place name derived from a Koyukon word for "tall"
- 25 Touch
- 27 Earthquake consequence?
- 31 Span. title
- 34 Pasta sauce flavoring
- 35 Jane \_\_, only female Chicago mayor
- 36 Strong flavor
- 38 Dog or fox
- 40 One looking ahead
- 41 Autobahn autos
- 43 Dreaded mosquito
- 45 Mercedes roadsters
- 46 House cat's challenge?
- 49 Supplements
- 50 Date night destination
- 54 Corporate money mgrs.
- 55 Hustler's genre
- 59 Dollar alternative
- 60 Pop \_\_
- 61 Money-making fiasco?
- 63 Important time
- 64 Leader of the pack?
- 65 Main artery
- 66 \_\_ Taco
- 67 Manage
- 68 Solid that, when divided into three parts, describes this puzzle's theme

**Down**

- 1 Sportscaster Rashad
- 2 Capital on its own river
- 3 "\_\_\_ Thro' the Rye": Burns
- 4 Kin, informally
- 5 Soccer practice transport
- 6 Sphere opening
- 7 Lynda Bird's married name
- 8 Auteur's starting point
- 9 Stock-tracking device
- 10 Part of PBS: Abbr.
- 11 Current-carrying components
- 12 Staff
- 13 Substances that add protein to meat
- 18 Pioneer mainframe
- 22 Depth indicators, at times
- 24 Court ploy
- 26 Texter's "Gimme a sec"
- 28 Son of Abraham
- 29 Levi's Stadium player, familiarly
- 30 Skate
- 31 Stood
- 32 In quick succession
- 33 Like some speech components
- 37 "Cagney & Lacey" co-star
- 39 Church VIP
- 42 Rest
- 44 Govt. stipend provider
- 47 "Fat chance"
- 48 Charm
- 51 "If \_\_ Would Leave You"
- 52 Perfume applications
- 53 State in northeast India
- 56 How ties may be broken, briefly
- 57 Re-entry need
- 58 Word in many place names
- 61 Stir-fry additive
- 62 Opening

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

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
20						21					22			
23						24					25	26		
					27			28	29	30				
31	32	33			34						35			
36					37		38				39		40	
41					42		43				44		45	
46						47					48			
49										50		51	52	53
54						55	56	57	58			59		
60						61					62			
63						64					65			
66						67					68			