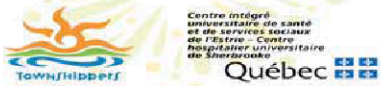


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Page 4

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MONDAY, AUGUST 26, 2019

Lussier has confidence in Valoris Board of Directors

Record Staff

Following a public meeting held at Valoris on Thursday, attended by citizens and elected officials, Sherbrooke Mayor Steve Lussier, president of the Valoris board of directors, released a statement Friday reiterating his confidence in the Valoris board.

"It is healthy for municipal democracy to see so many people interested in what is happening at Valoris. I hope that people will continue to attend our meetings," Lussier commented in a statement on Friday.

Lussier admitted that the efforts of the members of the board of directors have been numerous since his arrival at Valoris. He pointed out that the shortcomings of past administrations have been a factor in people's confidence in the Régie intermunicipale du centre de valorisation du Haut-Saint-François et de Sherbrooke.

The board president said he has complete confidence in the members of his Board of Directors, adding that they have been working hard for months. "They make the necessary decisions, because they believe in the mission and objectives pursued by Valoris. The Board of Directors had already identified several problems and was working to find solutions before they were mentioned in

CONT'D ON PAGE 6

Another crowd pleasing Lennoxville street festival



MATTHEW MCCULLY

By Gordon Lambie

Lennoxville's annual street festival did it again this past Saturday, drawing thousands out onto Queen Street between Academy and College streets for a gathering that has become the perfect late-summer mix of getting together with one's neighbours and getting to know what businesses are at

work in the community.

"I would have asked for a little bit less cloud, but otherwise it is perfect," said event organizer Mélanie Goulet, noting that the tenth edition's blend of partly cloudy skies and a light breeze were a nice difference from 2018's blistering heat.

Over the course of the day visitors and community members alike were

free to stroll up and down the usually busy main street and chat with one another while sampling food prepared by local restaurants, listening to live performances by local bands, and having a good chuckle at the antics of a large collection of street performers.

See more photos on page 5

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OF SHOWERS

HIGH OF 23
LOW OF 12



FRIDAY:
CLOUDY

HIGH OF 23
LOW OF 12

'Tis the season for bullies

By Tamera Hadlock

As the new school year begins we are all reminded that school, although a very exciting time of year where best friends get to see each other again and there is that anticipation of who the teacher will be, it can also be hard socially for many young people.

We all know that kids can be cruel to one another, sometimes without even knowing it, and for those who have already dealt with this, the first day of school can bring mixed emotions.

Even though bullies are known to be in school, I wonder why the attention is so strongly brought to the forefront when our school doors open. Bullies and bullying exist in all facets of life, and we certainly must be made aware of that. However, to my surprise, if you look up the definition of a bully and bullying, there is actually a specific definition for school bully.

"School bullying is a type of bullying that occurs in any educational setting. For an act to be considered bullying it must meet certain criteria. This includes hostile intent, imbalance of power, repetition, distress, and provocation."

And although this may be the criteria that defines bullying, just one of these could affect a child that is vul-

nerable to any type of disruption in their world. Even if we are raised in a 'perfect' family environment, a bully seems to find that button to push if they look hard enough. And why wouldn't they, being a bully is a full time job, that pays them with the satisfaction of seeing someone else suffer at their hands or words. So if a child complains that he or she is being bullied, yet, the act does not quite fit into this criteria, should we just dismiss it? Each individual is different and has the right to react to what has happened to them. We all have our own levels of vulnerability to how people treat us. Why is it wrong when we have opposing reactions to the same event? Being told that "it was no big deal", or just "you will get over it" is perhaps just another form of bullying. But our child has to keep returning to school, day after day. Dreading the thought of coming face to face with that anxiety.

As parents, we don't want to add fuel to the fire when it comes to this, and we all want to believe every word that comes out of their mouths, but we have to be reasonable. We still need to listen to what they have to say, and certainly have empathy towards what they are going through, and help them to deal with the situation, but reading between the lines is also a parent's job. Drama can and does often start at the home level, and bringing an anxious


parent into the mix, can drive that bullied child to continue being the victim. And we all know if you play the victim, you are certainly an easy target.

To play the devils advocate, what about the bully in all of this? When our child is being picked on, we rarely think about what is going on in their lives. On many occasions, they are quick to be punished, or dealt with, but the behaviour continues. As the expression goes, any attention, good or bad, is attention to someone who is craving it. Of course it depends on the degree of what they are doing, but in my opinion, more positive attention should be given to the bully as well. Sometimes if we show kindness (yes a cliché) towards someone, it can change everything.

The school year is from the end of August to the end of June, and each day, there seems to be something that will arise, but when the end of June arrives, where exactly do school bullies go? Are they on hiatus during the summer? Are they working on their plan of action for the new year to come? What exactly do they do when not in school? Without an audience, does a bully still thrive?


So, as we enter into the new school year, take a moment and remember that we are all in this together. Patience is a virtue, and just perhaps, bullies need the most help of all.

"Watch me, Grandma!"




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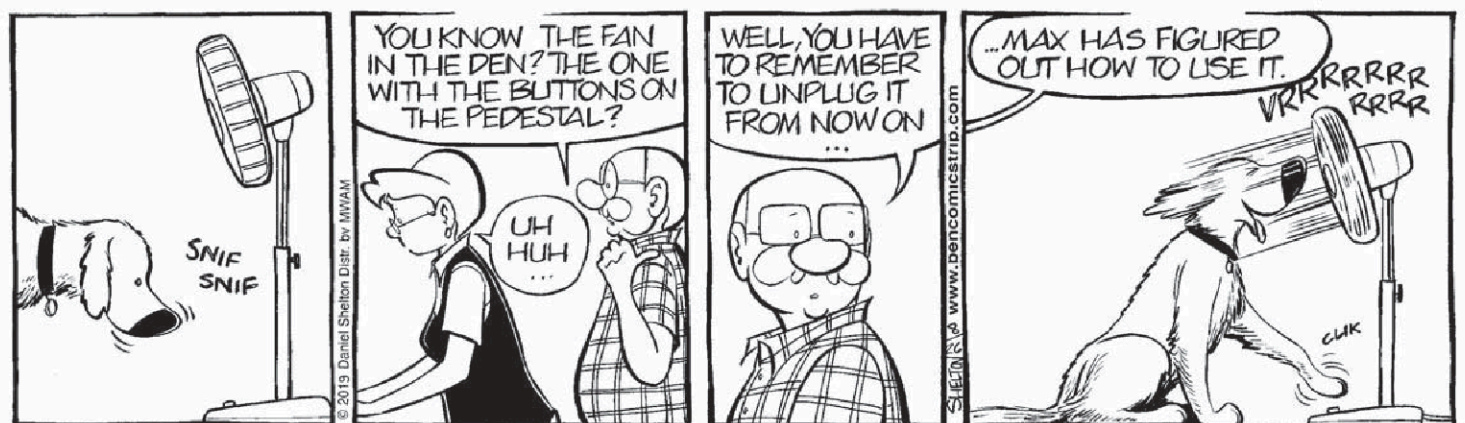
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Ben by Daniel Shelton



LOCAL NEWS

"Mon Shack is about community," she said. "I'm really touched when people from the community support the work we are doing like this."

Megantic by-election coming up

Record Staff

The District 5-Old North councilor position is up for grabs in the town of Lac-Mégantic.

A by-election will be held on Oct. 6, 2019 to fill the position.

An advance polling day will be held on Sept. 29.

Candidates wishing to run for the position may do so until Friday, Sept. 6 through the President of Elections, Nancy Roy, on the days and at the times indicated on the election notice. For more information, can contact the office of the returning officer at 819 583-2441, ext. 2230.

Elections Québec is reminding the public that the rules on the financing of candidates and the control of election expenses apply throughout the election period, which began Friday, Aug. 23.

For more information on municipal elections and the rules related to political financing, both governed by the Act respecting elections and referendums in municipalities, visit the Elections Québec Web site at electionsquebec.qc.ca.

The electors of Lac-Mégantic are invited to vote in large numbers, as voter participation is essential to democratic life.

Quebec-Municipalities tour stops in Sherbrooke

Record Staff

As part of its tour of Quebec chambers of commerce, the Union of Quebec Municipalities (UMQ) stopped in Sherbrooke on Friday to talk to business people in the region about the future of property taxes and the issues surrounding the signing of the next tax treaty.

With the slogan 'The taxpayer does their part, the government should do theirs,' the UMQ pointed out that the Government of Quebec has the means to prevent taxpayers from taking the brunt of the financial burden for municipal debt.

Since June 2019, the UMQ has been negotiating with the Government of Québec to conclude a new Québec-Municipalities agreement on taxation, also known as the tax pact. Wishing to extend the conversation to all taxpayers, Alexandre Cusson, President of the UMQ and Mayor of Drummondville, met with entrepreneurs in the Sherbrooke area to discuss municipal taxation.

"I gave a simple message to business people: we are in the same boat. Like them, municipalities are being hit hard by demographic and economic changes, resulting in a complete change in the tax base. The situation is such that prop-

erty taxes, which represent nearly 70% of all municipal revenues, are at a dead end. We presented the members of the Chamber of Commerce with our plan to get out of it," said Mr. Cusson, at the end of the Sherbrooke Chamber of Commerce dinner conference Friday.

While municipalities have made a significant contribution to the return to a balanced budget, the Government of Quebec has the flexibility to respond positively to the demands of local governments.

"Property taxation is an end-of-life model that dates back to another era. Since we are determined not to place a greater burden on taxpayers, we turn to the government. What we are asking is that it be part of the solution and use some of its significant flexibility to address the situation. The taxpayer is doing their part. It is up to the government to do its part," added Mr. Cusson, who pointing out that for 2019, the Government of Quebec posted a budget surplus of nearly \$7.5 billion.

Reiterating the demands of the municipalities at the negotiating table, the Mayor of Sherbrooke, Steve Lussier, pointed out the importance for his city of transferring one point of the QST. "In addition to the government's full payment of taxes on its buildings, which would only be the settlement of an in-

Local churches supporting mental health

By Gordon Lambie

Val Rawlings of Plymouth Trinity United Church (left) and Esther Barnett of Lennoxville United (right) present Josée Parent, the founder and Executive Director of Mon Shack in Lennoxville with a cheque for over \$1,100. The money, raised by the two churches over the season of lent, will go towards helping Mon Shack in its work supporting young people with mental health challenges in the region.

In expressing her appreciation for the donation, Parent pointed to the

contribution as an example of the mission of her organization in action.

"Mon Shack is about community," she said. "I'm really touched when people from the community support the work we are doing like this."

Parent also said that she was pleased to be receiving support from churches, as she has encountered people in the past who faced stigma rather than support within their communities of faith for mental health challenges. To see religious communities actively supporting local mental health resources, she said, is very encouraging.



GORDON LAMBIE

justice to other Quebec taxpayers and a better sharing of revenues from the exploitation of natural resources, the sharing of one point of the QST will really recognize the economic contribution of municipalities," Lussier commented.

The campaign, which will continue through the coming weeks, has already stopped at the Gatineau Chamber of Commerce (Aug. 22), and will continue in Saguenay (Sept. 10), Quebec City (Sept. 12) and Rimouski (Sept. 17).

Full details on the UMQ's tour and priorities for the negotiations of the next

fiscal pact are available on the umq.qc.ca/tax-pact website.

For 100 years now, the UMQ has brought together local governments from all regions of Quebec. Its mission is to provide strong leadership for autonomous and effective local governments. It mobilizes municipal expertise, supports its members in the exercise of their competencies and promotes municipal democracy. Its members, who represent more than 85% of the population and territory of Québec.

Quebec designer and partner say they were victims of homophobic attack

The Canadian Press

Quebec fashion designer and his partner say they were victims of a homophobic attack after they were allegedly beaten outside a bar in the province's Charlevoix region.

Markantoine Lynch-Boisvert says he

and Alex James Taboureau were leaving a bar in La Malbaie late Friday night when a man began directing homophobic insults their way.

He said they tried to leave but were confronted and later pursued by the man, who allegedly headbutted Lynch-Boisvert in the face while two of his

friends attacked his partner.

Quebec provincial police confirm they responded to a call in La Malbaie Friday night and have opened an investigation into the incident.

Lynch-Boisvert says his injuries include three facial fractures, while Taboureau is recovering from bruising

and a minor concussion.

Numerous politicians including Quebec Premier Francois Legault and Montreal Mayor Valerie Plante have taken to social media to denounce the alleged attack.

Sherbrooke shows its pride

By Gordon Lambie

Sherbrooke's "Fière la Fête" pride festivities came to a close this past weekend, culminating in a march through the streets of the city on Saturday and the founding of a new organization aimed at coordinating the annual event called Fierté Sherbrooke Pride on Sunday afternoon.

Speaking at the end of Saturday's march, which saw hundreds of individuals and representatives of different local organizations walk from the Marché de la gare to Sherbrooke's city hall, Fière la Fête coordinator Cédric Champagne praised the fact that this year brought in more participants than ever before.

"This seventh edition of Fière la Fête was definitely a success," he said. "Thank you for being here, year after year"

"We are proud to repeat this year after year and see our regional pride grow," added Séré Beuchesne-Lévesque, who acted as spokesperson for the event, pointing out that although people often think of larger cities when talking about solidarity with and celebration of LGBTQ+ communities, those communities are just as present in smaller, more rural environments.

"We are often asked, in 2019, why there needs to be a march," Beuchesne-Lévesque said, sharing that for two weeks prior to this year's march abusive comments were being made on the event's Facebook page suggesting that the event is a byproduct of mental illness and something to be hidden from children, among other things.

"It shows that we still need to educate and celebrate," the spokesperson said.

In that vein, Beuchesne-Lévesque

said that the organizing team for Fière la Fête was pleasantly surprised by the turnout to the workshops that took place as a part of the festival this year.

"We see that it is still important to celebrate certain identities," the spokesperson said. "Thank you, everyone, for being here."



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Scenes from Ayer's Cliff Fair 2019



PICTURES BY STEVE BLAKE

The Schoolcraft family presents a blanket to a winning harness horse Saturday at the Ayer's Cliff Fair.



Street Festival



PICTURES BY GORDON LAMBIE

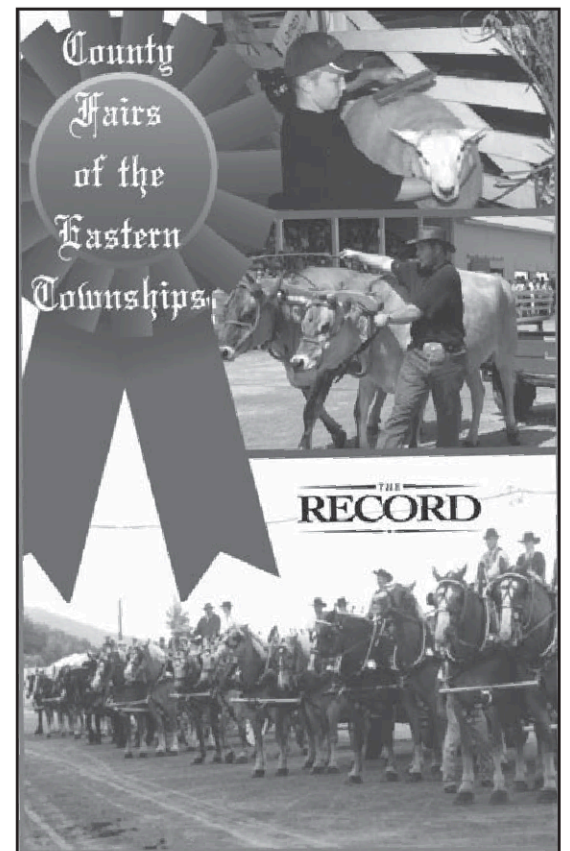


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EDITORIAL

Besides being incredibly annoying, mosquitoes are, of course, highly efficient delivery systems for a wide variety of deadly diseases.

The mighty (annoying) mosquito has shaped history



PETER BLACK

Said a friend as we observed hundreds of blood-thirsty mosquitoes pressing themselves against the screen of the porch on his country house: "Looks like the night of the living dead." What's worse, this entomological horror show was last week, mid-August, when well-behaved mosquitoes should have had the decency to die off weeks ago.

Scientists tell us this late-blooming plague of tiny winged vampires in Quebec is a consequence of a freakishly late, cold and wet spring in these parts. All across southern Quebec in vast fields where farmers should have been preparing the soil for sowing plants a blanket of snow melting slower than the Greenland glaciers provided enormous stagnant water breeding zones for the nasty little (insert appropriate cuss word; my preference starts with an F and rhymes with "suckers").

We are told this year's crop of mosquitoes is as much as eight times the normal infestation and based on anecdotal accounts from the brave who ventured into the woods this summer, they have

made the great outdoors greatly unbearable.

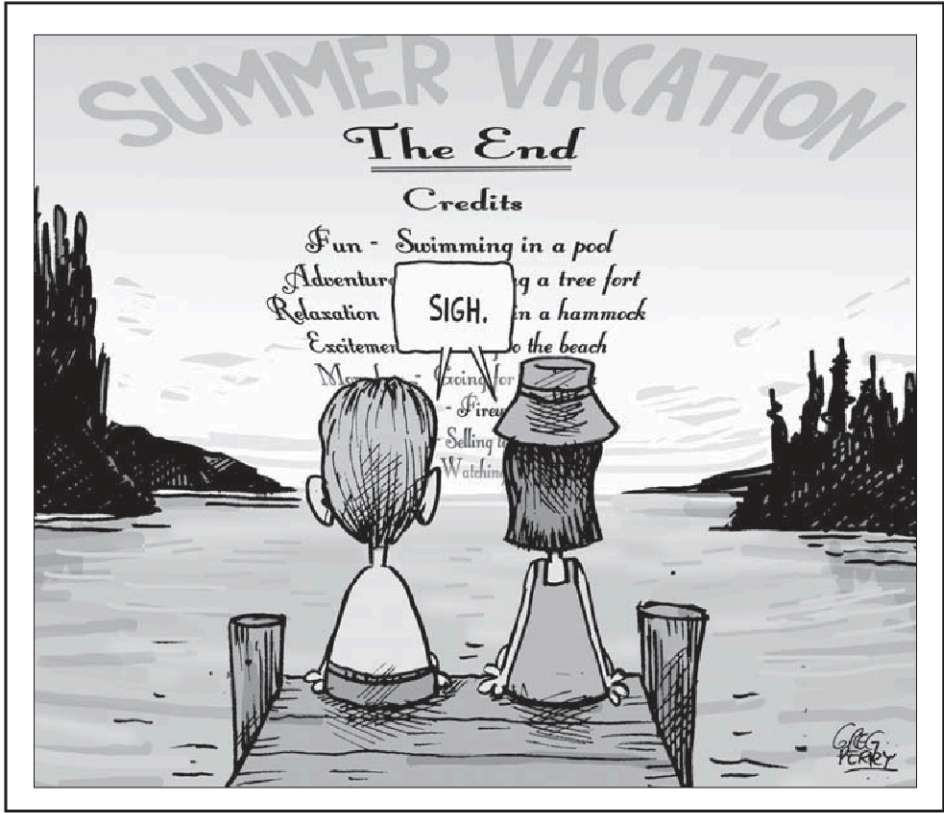
Nowadays people can slather themselves with all sorts of concoctions that can be quite effective in repelling mosquitoes and their bothersome cousins, the black fly. They do nothing, however, about the maddening sound of a zillion tiny dentist's drills swarming around the head.

As much as we kvetch about how mosquitoes can ruin any outdoor summer gathering, we shudder to think how our ancestors coped with such a scourge, not being equipped with chemical repellents, or even shelters that kept bugs at bay. It's a wonder European settlers didn't catch the next ship back home after their first nightmarish experience with mosquitoes in the New World.

Naturally, the original native settlers had figured out eons ago what stuff to smear on the body to minimize the effect of insect bites, and had developed a certain resistance if not immunity.

Besides being incredibly annoying, mosquitoes are, of course, highly efficient delivery systems for a wide variety of deadly diseases. In the opinion of some experts the bug with the six-needled schnoz is the most deadly killer of humans of all time.

Canadian history professor and author Timothy Winegard estimates mosquitoes have caused the death of half of all humans since they started to walk upright (while swatting bugs). That amounts to roughly 50 billion folks felled by malaria, yellow fever and the like. Zika and West Nile are more contemporary favourite diseases shared with us by our mosquito friends. The latter killed a record 15 Quebecers last year.



In his new book, *The Mosquito: A Human History of Our Deadliest Predator*, Winegard recounts how the extraordinary little monsters have altered the course of human history with their special knack for spreading killer illnesses.

One local example of note is Nouvelle France, which, Winegard claims, fell to the British in 1760 partly because the French lost so many soldiers in their Caribbean territories to mosquito-borne disease they were unable to reinforce their troops in North America. A similar thing happened to British troops in the mosquito-infested southern American colonies that contributed to their defeat in the War of Independence.

The book also raises and answers other intriguing questions about the impact of the mosquito on humanity: "Why was gin and tonic the cocktail of choice for British colonists in India and Africa? What does Starbucks have to thank for its global domination? What

has protected the lives of popes for millennia? Why did Scotland surrender its sovereignty to England?"

Quebec being distinct in so many ways, it has two words for the persistent pest. Moustique is the more commonly used word, but somewhere along the line the name maringouin found its way into Canadian French. This was first noted in publications dating back to 1702, according to Jean Bourassa, an entomologist at Université du Québec à Trois Rivières, who has written a book with the puzzling title: *Le Moustique, par solidarité écologique*.

According to Bourassa, maringouin is likely an adaptation of a Brazilian native word for mosquito that got transplanted in Nouvelle France by various sailors and explorers.

Next time you slap one of those blood-gorging little beasts, take a moment to think how the mighty mosquito has shaped history. Then scratch your bites.

Valoris

CONT'D FROM PAGE 1

the Auditor General's report," said Mr. Lussier.

Offering concrete examples of the actions taken by the Valoris board in recent months, Lussier referred to the

adoption of bylaw 5, which prescribes the general rules applicable to Valoris with respect to the rules of internal management, the organization of Valoris, its meetings and the management committee, budgetary control and monitoring and accountability, the delega-

tion of authority to authorize expenditures and enter into contracts, the pricing applicable to the valuation centre and the transfer centre, and the provisions relating to contract management rules.

According to Lussier, it was the current board of directors that identified the shortfalls in the budget and made the difficult decision to adjust the tonnage rate for member municipalities.

The price of the tonnage of residual materials sent by members includes the landfill rate, leachate water management, biogas treatment, administration and debt repayment

The current board also hired a new site manager, a point that had been raised before the Auditor General. Expertise and a high level of competence are important to help Valoris in the future and not repeat the mistakes of the past, Lussier explained.

Those points and several others will be reflected in the recovery plan, Lussier went on, adding that estimates and costs

related to each would be included. One of the steps before getting to that point is the preparation of the budget for the next year. The recovery plan will be publicly disclosed once it has been completed.

"Valoris is like all municipalities at this time of year. We plan operations, expenses, income, investments and various projects. This is a normal procedure. It would be irresponsible of us to spread our figures out in the public arena without a rigorous internal exercise. That is what we will do in the coming weeks. We will present our forecasts to both partners as soon as the information is available to allow municipalities to prepare their budgets. I will not do this in the public arena out of respect for the members of the board of directors and partners," said President Lussier.

The next regular meeting of the Board of Directors will be held on Sept. 19 at 2.30 p.m. in Valoris' offices.

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Local Sports

"Their fitness levels are up, so we don't have to just run around to upkeep cardio, we can maintain fitness all while training and playing rugby. Their abilities have improved significantly."

BU women's rugby team ready to roll

By Emilie Hackett
Special to The Record

Bishop's University's women's rugby team is gearing up for a season like no other. Training camp began on Monday, Aug. 19, and will last throughout Friday Aug. 30. In two weeks, the 40-some student athletes will have spent nearly 80 hours on campus preparing for the 2019 Fall season.

According to head coach Tom Whyld, the team has excellent potential and is ready to start playing. The Gaiters will have six regular season games, divided into three home games and three away games, against McGill University, Concordia University, and Université de Montréal. "The RSEQ has restructured the league in a way that makes for more competitive rugby. It's difficult to play against the Gee-Gees and the Laval of this world, so to play six games against opponents that are our caliber will make a great difference for the girls and will also reduce the risk of injuries," he remarked.

Whyld is already looking forward to playoffs. "If we place in the top two teams in our sub-division, we will play the two bottom teams in the higher sub-division for the provincial championships. I believe we could definitely make our way there," he added.

It has been an uphill battle for the University's women's rugby club for many years. They were able to celebrate two historic ties against the Montreal Carabins and McGill Martlets during the 2018 season, their first result in the RSEQ since October 2009.

"We've had so much improvement since Tom started coaching, and especially as our head coach since 2018," mentioned Bronwen Holder, senior player and the Gaiters' team captain. "There's much more team cohesion, our playing skills have improved, and the bond between the players is much stronger. That's the key to a good team. We really hope for a win against McGill for our first home game," she said of the Sunday, August 1 face-off.

"Training camp is pretty brutal but it's essential to our well-functioning. On the first week, we meet on campus from Monday to Friday and have breakfast from 7 a.m. to 8 a.m. Then we usually have a meeting until 8:30 a.m. then we go to the physio and get taped and prepared for the training," explained Holder. "We then practice from 9 a.m. to around 11 a.m. We usually finish with a scrimmage, team stretching, and an assessment with the coaches. Then we have lunch from noon to 1:00 p.m., and a meeting until 1:30 p.m. We'll have our second practice of the day from around 2 p.m. to 4 p.m. and we're done for the day."

"The first week of training camp is always the toughest, as we have to focus on fitness a lot, but by the second week we have more opportunities for team building, to strengthen bonds on and off the field," she noted. "We don't want to be overworked as well, because a fragile



EMILIE HACKETT

body results in easy injuries. We absolutely want to avoid that as the season is about to begin. We'll be going to the beach as a team on Thursday which we're all pretty excited for."

"We have 40 active players and two girls who are injured for the season. This is the most we've ever had, with 37 girls last year. I think we're going to do very well. We've had two years of very talented recruits and we didn't lose too many seniors. Our veterans who came in a few years ago with less rugby experience have also had the opportunity to develop their last few seasons as well," mentioned the head coach. "We have players from all over Canada, from Quebec to Ontario, all the way to the West Coast in British Columbia and Alberta. We also have a player from England this year!" noted Whyld. "They really get along together on and off the field which makes for great cohesion on the pitch."

The England native is also familiar with playing with diverse teammates. He obtained a degree in sports coaching and conditioning from the University of West England in 2012, but his love for rugby was strong and therefore took him across the globe. From playing rugby in Australia, to throwing lineouts in New Zealand, from Germany to Spain and back to his hometown, rugby finally brought Whyld to the Ottawa Ospreys rugby club, where he met a BU alum who referred him to the Gaiters' coaching staff.

"I was assistant coach in my first year alongside then head coach Adam Spirk. Adam left the first year I arrived, so the program was basically passed down the chain to me. This is my third year with

the girls for the pre-season, and I can tell you there has been such a difference between now and then," he asserted. "Their fitness levels are up, so we don't have to just run around to upkeep cardio, we can maintain fitness all while training and playing rugby. Their abilities have improved significantly. In the first year, we did what I thought we needed to do, but by the second year I learned to adjust to their skillsets. This year, we've reached a happy medium where we train what we can and what we should."

Whyld continued to explain the ins and outs of training camp. "The first week of training camp is always tougher, as we have to sort out the conditioning and fitness aspect of things and get the girls back into motion. By the second week we are able to build into the game, all while keep contact to a minimum to preserve the girls," he said. "In that same line, we'll also give them Monday off, as they have an exhibition game on Sunday the 25th, as well as Thursday off. Friday there will be no hardcore practice, but they will come train in preparation for our first home game on Sunday September 1st."

"During pre-season, we don't want to worry about results. We want to worry about how we're doing as a team. A strong team that plays good rugby is always going to score some points, but we never know. I expect that we will do well, though," he ensured.

Granted, other RSEQ teams have a stronger recruiting pull, with universities offering graduate degrees to over 40,000 students, in comparison to Bishop's University's 2,300 Gaiters. "In the end, rugby is rugby. If we are able to

clarify our team identity and understand how we want to play in the pitch, results will come. There are 15 players on the field, so it doesn't matter how many girls there are on the sideline," claimed Whyld.

"We attract excellent players, who are dedicated and want to represent Bishop's. That's our strength. I'm also the club's first full-time employee, so I have a lot of time to devote to recruiting. I'm at all the same recruitment events as other coaches so we are essentially recruiting from the same pool. It all comes down to what these student athletes want to study for their degree," he explained. "I think we're getting the message out there as well. A lot of people in the rugby community, like other coaches and players, have been noticing our improvements, so that definitely gives us a power of attraction."

"People have to remember that more than 90 per cent of that improvement has come from the girls directly. All I do is facilitate them. They're the ones who battle it out on the field. I think we could go out this week and we would be ready for the actual season. We've also had guest coaches come see us which really helps. Martial Lagain and Spencer Robinson came to help as guest coaches, as well as Bishop's alumni Gina Pate-naude and Sue Magwood as our assistant coaches. It's always great to have these outside forces, especially with female coaches, because the players can really relate to them in a way that they perhaps cannot with me. Overall, it's been a great pre-season so far and we're super excited for our first game," concluded Whyld.

Datebook

MONDAY, AUGUST 26, 2019

Today is the 238th day of 2019 and the 67th day of summer.

TODAY'S HISTORY: In 1768, British explorer James Cook set sail from England on his first expedition to the southern Pacific Ocean.

In 1920, the 19th Amendment was formally adopted, granting women the right to vote.

In 1957, the Soviet Union announced it had successfully developed and tested an intercontinental ballistic missile.

In 1968, thousands of antiwar protesters flooded the streets of Chicago as the four-day Democratic National Convention began.

TODAY'S BIRTHDAYS: Lee de Forest (1873-1961), inventor; Albert Sabin (1906-1993), microbiologist; Mother Teresa (1910-1997), missionary; Ben Bradlee (1921-2014), journalist; Irving Levine (1922-2009), journalist; Will Shortz (1952-), crossword editor; Branford Marsalis (1960-), musician; Melissa McCarthy (1970-), actress; Macaulay Culkin (1980-), actor; Chris Pine (1980-), actor; John Mulaney (1982-), actor/comedian; David Price (1985-), baseball player; James Harden (1989-), basketball player.

TODAY'S FACT: Lee de Forest invented the Audion tube, which amplified weak electronic signals and made broadcast radio possible.

TODAY'S SPORTS: In 1939, announcer Red Barber called the first Major League Baseball game to be broadcast on television.

TODAY'S QUOTE: "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." — Mother Teresa

TODAY'S NUMBER: 1,550 — strategic nuclear warheads the United States and Russia are permitted to have deployed according to the terms of the New START treaty signed in 2010.

TODAY'S MOON: Between last quarter moon (Aug. 23) and new moon (Aug. 30).

40th Neil Family Reunion

The 40th Neil Family Reunion was held Sunday, Aug. 4, 2019 at the home of Leigh Jay & Isabelle Quilliams in West Bolton. We were blessed with a bright sunny day and clear blue sky. Families began arriving from about 10:00 a.m. and enjoyed the time to visit and get reacquainted with family and friends often seen only a couple times a year. Although the numbers were again reduced - only 56 - those there profited in the time to visit and welcome some seldom seen family from Ontario - Patrick Gay (a third cousin?) and Nada and William Neil, another distant cousin, who joined

us on motorcycle. A new member this year was Zorrah Neil Abdullah, 4-month-old daughter of Jennifer Neil and Abdullah Abdullah from Montreal. Our eldest members were Barbara and Gordon Pozer and Douglas Neil.

Lunch, consisting of the usual wide assortment of casseroles, salads, drinks, desserts and other delectables, supplied by each family, was set up and soon consumed. Trying to reduce our carbon footprint we brought reusable plates and glasses and used the wash-

able cutlery supplied by the Neil collection, thus reducing the quantity of garbage. Once filled up to overflowing the activities began - playing volleyball and swimming, both sports enjoyed by those of all ages, or just relaxing and visiting while listening to music supplied by our newly adopted Gary and Carol Darling, who have joined us and played for us for many years. A few people even benefited from the music to dance to the great tunes familiar to many of us.

In the pool the youngest ones enjoyed being tossed around and the older ones tried their hand at forming a pyramid without drowning those holding up the ones on top.

The treasure/scavenger hunt then occupied those from a few years old to octogenarians, led by our teenagers who did a great job of involving the mixture of all ages, refuting the idea of there being a generation gap. Soon it was time for the designing, drawing and coloring of the squares for the children's quilt, this year allowing each one to choose something to represent themselves. It's always interesting to see the pro-

gression and ability grow from one year to the next.

Both the adult and children's quilts from last year were on display and the drawings for the winners revealed the two new owners - Olivia Quilliams for the children's and Francis Neil (who had participated for many years in making the quilts) the adult one. It was a beautiful design of animals and flowers made in felt with a black background. Ross Neil, with the help of others, peeled the corn and set up the equipment for the supper of corn and hot dogs. It was always a welcome end to an enjoyable day and all that was left to do was to help clean up and return everything to its rightful place before heading home to prepare for another work week.

Our thanks go out to Leigh Jay and Isabelle and family as well as Wendy (Neil) Crandall who took on the task of organizing this year's reunion as there is always a hesitation to know if anyone is willing to take on the responsibility.

Submitted by Joan (Neil) Powell

Do Just One Thing

By Danny Seo

Heating accounts for more than 34% of all annual utility usage, so it makes sense to ensure your heating system is in tiptop shape. One easy thing you can do is to check that your ductwork is as tight as possible and there aren't any leaks. You can fix leaks with simple duct tape or mastic, which can help reduce heating loss and improve your system's efficiency as much as 30%. It will also help deliver warmer air throughout the home, and that combined with a programmable thermostat will save you money and keep you warm all winter long.



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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

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

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Friendships are family

Dear Annie

MONDAY, AUGUST 26, 2019

Dear Annie: I'm often frustrated when people say that family always comes first. By "family," they mean the people you're related to by blood. My mother was a toxic presence in my life from age 11 to 22. I recently took a big step by asking her not to contact me anymore, instead letting me initiate conversation.

My life has only improved since making this change and since moving out of her home. No longer do I have to deal with her daily gaslighting — telling me that my memory's incorrect, that her good intentions are more important than the pain she's caused me. No longer do I have to spend hours of the day denying my truth, living a lie.

She may be upset with me for choosing to severely limit our communication, but I have to take care of myself first. I have tried to make amends again and again and again. I have tried method after method. At some point, it became obvious I was talking to a wall. So, I wish more people understood that birth family

isn't everything — at least, not for everyone.

Please stop telling people things like, "But she's your mom!" or "But you're family!" We cannot choose the family we're born into. But we can choose the people we keep in our lives. People who love and respect us — they come first. — Better Off With My Chosen Family

Dear Chosen Family: I'm printing your letter to help people be more sensitive to someone in your position. Congratulations on finding friends who love and support you. While I'm not saying you have to interact with your mother on a daily basis, it might benefit you to seek individual counseling for better understanding of why she is like talking to a wall. Or why she does the things that she does. In that understanding, you might have more compassion for her limitations. Sorry, but after all, she is your mom.

Dear Annie: I can't stop thinking about your July 14 column, "Furious Over a Ring." May I add to your spot-on advice?

Do NOT sell the ring. You fought hard to keep something that symbolizes the love you had for your precious mother. You rose above the manipulation that was tossed your way.

Fighting hard and rising above are no doubt qualities you inherited from your mother — along with the ring.

Sinking to your grandmother's level of spite would really be the catalyst for ruining the ring's sentimental value. Don't let that happen. Take the high road. By not sinking to her level, you'll have no regrets later. Your mother would no doubt be proud. — Spot On

Dear Spot On: Thank you for your kind words. I am printing your letter because you focused on what I regard as the most important issue — the daughter's courage to stand up to her grandmother because she knew it was the right thing to do.

Send your questions for Annie Lane to: dearannie@creators.com.

Grace Village Betty & Cecil "Chum" Blenkhorn Workshop

Grace Village, with the Dr. W. J. Klinck Foundation, announced today, August 22, the formal naming of the Workshop as the Betty & Chum Blenkhorn Workshop.

The Workshop, located behind the new Grace Village Care Pavilion, was constructed by UsiHome, a producer of prefabricated houses. In honour of this generous gift, the building was named after UsiHome owner Gesner Blenkhorn's parents, Betty & Cecil "Chum" Blenkhorn. The Blenkhorn family have been longtime supporters of Grace Village, as well as many Eastern Townships organizations.

A reception was held on July 26 for the Blenkhorn family and board members of Grace Village & the Dr. W. J. Klinck Foundation. The ribbon-cutting occurred in front of the building, followed by the reveal of the new signage, and then the family visited the Workshop. A word of thanks was given by the Hon. David Price, President of the Foundation, and the family reminisced on how much "Chum" Blenkhorn had loved his own workshop.

The new Grace Village Care Pavilion was completed in the summer of 2017, and since has become home to over 120 residents. This project could not have come about without the help of the amazing staff, wonderful volunteers, and of course the generous donors who have supported this community. As a nonprofit, charitable organization, Grace Village has always relied on the kindness of its community to be able to welcome the seniors of the Eastern Townships. If you are interested in learning more about the ongoing Capital Campaign, please visit www.gracevillage.ca/advancement or call the Dr. W. J. Klinck Foundation at (819) 569-0546 x5033.

Dr. W. J. Klinck Foundation 1515, rue Pleasant View, Sherbrooke, QC J1M 0C6, www.gracevillage.ca/donations. For more information, please call 819-569-0546 or email info@masscom.ca.



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.

"TFHTJF ... CDFG JHOF GHY IHK GHYK
RHKW. ... ZC'P XRFPHVF CH DXOF
TFHTJF NYHCZSB GHY. Z JHOF ZC!"
— CKXMG VHKBXS

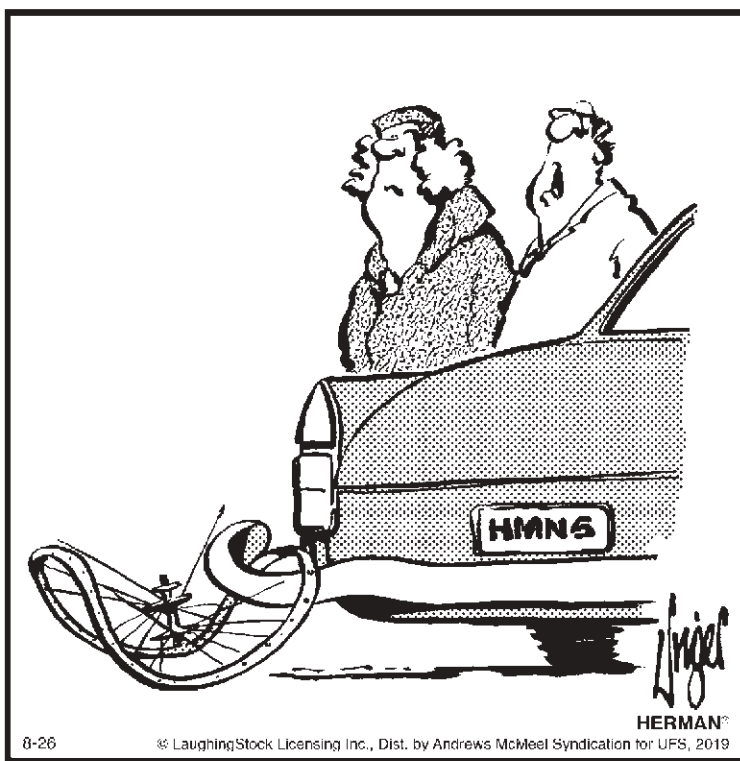
Previous Solution: "Disappointment came to me, and booted me, and bruised and hurt me, but that's how people grow up." — Morrissey

TODAY'S CLUE: *o s i e n b a N*

REALITY CHECK

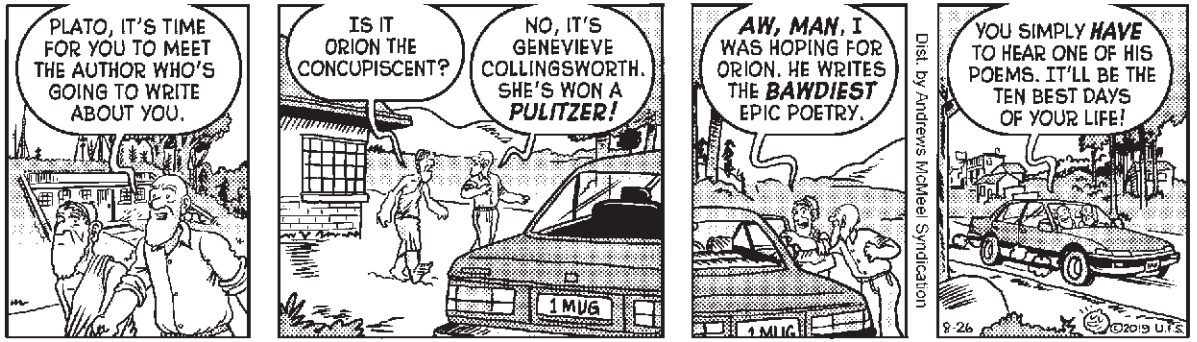


HERMAN



"What was that cyclist shouting about back there?"

ALLEY OOP



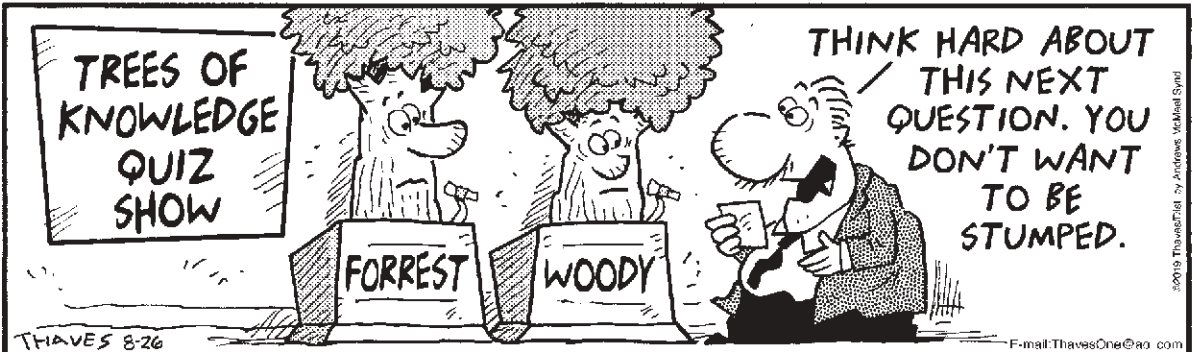
ARLO & JANIS



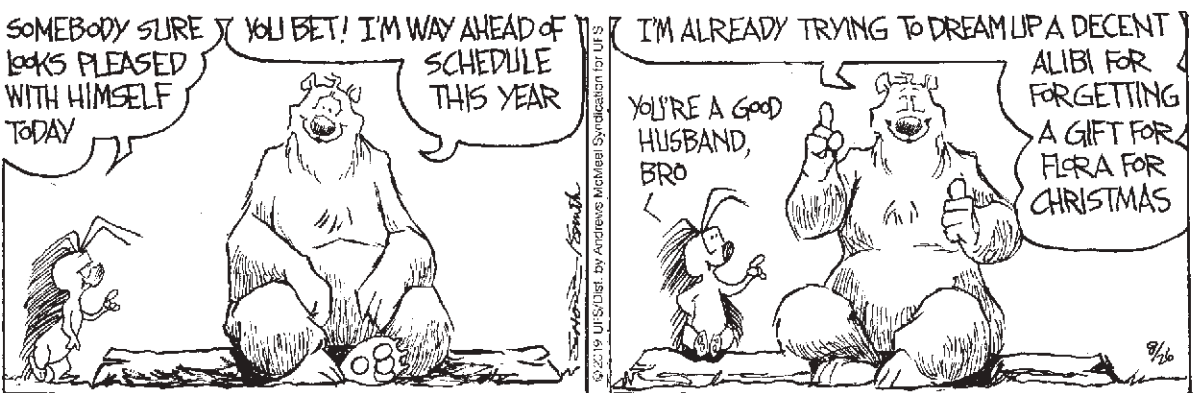
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Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

Saturday crossword. Monday crossword on next page

NEA Crossword Puzzle

- ACROSS**
- 1 Cheerless
 - 5 Outbuilding
 - 9 Ernesto Guevara
 - 12 Jedi master
 - 13 Proficient
 - 14 Gee's opposite
 - 15 Balmy
 - 16 Cut of meat
 - 17 "— Got a Secret"
 - 18 Heavy hammer
 - 20 Corridors
 - 22 Red Muppet
 - 24 Similar
 - 25 Huge herbivore
 - 28 Trickery
 - 30 Dawn goddess
 - 31 — fide
 - 33 Pottery
 - 37 Disdain
 - 39 Tear apart
 - 41 Hair goo
 - 42 Say it's so
 - 44 Powerful adhesive
 - 46 Pod veggie
 - 48 Slide sideways
- 50** Not reluctantly
- 52** Purplish flowers
- 56** Zurich peak
- 57** Air show stunt
- 59** Put one's foot —
- 60** Criticize
- 61** Looks over
- 62** "Private Dancer" singer
- 63** Formal vote
- 64** Good old days
- 65** Whirlpool
- DOWN**
- 1 Workout spots
 - 2 Stir up
 - 3 Like gossip
 - 4 Drive crazy
 - 5 Hawthorne town
 - 6 Cable network
 - 7 Name in essays
 - 8 Refusal
 - 9 — con carne
 - 10 Refuge

Answer to Previous Puzzle

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

- 11 Fleecy animals
- 19 Lump of jelly, say
- 21 Present unfairly
- 23 Buyers
- 25 Musical notes
- 26 Sweetie-pie
- 27 Ames inst.
- 29 Fleming of 007 novels
- 32 Bauxite or galena
- 34 In time gone by
- 35 Curly-haired cat
- 36 Ron who played Tarzan
- 38 Troubadour
- 40 — ex machina
- 43 Geographical feature
- 45 Dress size
- 46 Stan's partner
- 47 Frat letter
- 49 Expire
- 50 Indiana steel town
- 51 Toy on a string (hyph.)
- 53 Geraint's wife
- 54 Orange peel
- 55 Linger
- 58 Above, in verse

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

PREVIOUS SOLUTION

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

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

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		

NEA Crossword Puzzle

Your Birthday

MONDAY, AUGUST 26, 2019

- ACROSS**
- 1 Follow with blood-hounds
 - 6 Wails in lamentation
 - 11 Trace element in salt
 - 13 Vice opposite
 - 14 Method
 - 15 Existing in one from birth
 - 16 Jabber
 - 17 Mature
 - 18 Fruit cooler
 - 21 Dashboard items
 - 23 Listener's need
 - 26 The "Velvet Fog" Torme
 - 27 Before, to poets
 - 28 Speck on a globe
 - 29 Bridle attachment
 - 31 Name in elevators
 - 32 Coiffure choice
- DOWN**
- 1 "Whether — nobler ..."
 - 2 Trigger's rider
 - 3 Commercials
 - 4 Metro area
 - 5 Made bread

Answer to Previous Puzzle

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

- 6 Playing cards
- 7 Sea eagle
- 8 Greek H
- 9 Crackpot
- 10 Perceive
- 12 Dominion
- 13 Small bottle
- 18 Attack from concealment
- 19 Noted oracle site
- 20 Omitted syllables
- 22 Add oxygen
- 23 Legacy
- 24 Straightens
- 25 Updates a watch
- 28 Promissory note
- 30 Gesture
- 34 Beauty shops
- 35 Harbor doubts
- 40 Big bash
- 41 Corsica neighbor
- 43 Debatable
- 45 Poi plant
- 46 Alphabet trio
- 47 Glamorous wrap
- 48 Mil. rank
- 50 Narrow inlet
- 51 Small ammo
- 52 So far

Make your move. Aim to be triumphant. Set your sights on achieving your goals and improving your lifestyle. Embark on new beginnings and adventures, and reclaim the things in life that bring you joy. Personal success can be yours if you are tenacious about health, diet and exercise. Romance is encouraged.

VIRGO (Aug. 23-Sept. 22) — Make the necessary changes required to achieve success. You need to embrace whatever it takes to reach your professional or personal goal. Romance is in the stars.

LIBRA (Sept. 23-Oct. 23) — Use caution when discussing projects with peers. Someone is likely to misquote you or use your ideas to get ahead. Strategic action will be required to avoid interference.

SCORPIO (Oct. 24-Nov. 22) — Positive change will transpire if you make plans with someone who can offer you information, direction or solutions. Romance is featured. Think about your emotional and spiritual upbringing.

SAGITTARIUS (Nov. 23-Dec. 21) — Head in a direction that will encourage learning and making personal improvements. Listen to your heart, not to what someone is trying to get you to believe. Hold on to your cash.

CAPRICORN (Dec. 22-Jan. 19) — Consider your plans, go over every detail and make your dreams come true. A change at home will encourage better relationships with loved ones. Romance is on the rise.

AQUARIUS (Jan. 20-Feb. 19) — Don't let anyone spread rumors or tell lies, or you will become part of the problem instead of the solution. Be true to yourself and to your loved ones.

PISCES (Feb. 20-March 20) — Aim for efficiency. A minimalist approach to dealing with others and living your life will result in peace of mind and more time to enjoy the finer things.

ARIES (March 21-April 19) — An open mind will help you see problems. If you look at all sides of a situation, you will come up with a solution that suits everyone. Don't leave anyone out.

TAURUS (April 20-May 20) — Take the initiative and follow your heart. Whether you are making personal changes or starting a new project, believe in your ability and shoot for the stars. Romance is encouraged.

GEMINI (May 21-June 20) — Someone will lead you astray if you are gullible. Question anything that sounds suspicious. It's up to you to protect your interests. Focus on good health and saving money.

CANCER (June 21-July 22) — A chance to share something special is heading your way. If you discuss plans with a loved one, you will turn your dream into a reality. Romance is in the stars.

LEO (July 23-Aug. 22) — Know what you want and make your move. Consistency will be required if you're going to gain respect and support. If someone procrastinates, step up and take charge.

MONDAY, AUGUST 26, 2019

Send a monarch to the guillotine

By Phillip Alder

P.G. Wodehouse wrote, "There is only one cure for gray hair. It was invented by a Frenchman. It is called the guillotine."

Nowadays there is a less drastic way to remove gray hair. But it is hard at the bridge table to sacrifice a card that can win a trick, even when that would result in a greater number of tricks being taken.

This deal occurred during a pairs event at the Summer North American Championships in Las Vegas last month.

As West, on lead against one no-trump, I think I would have chosen the heart five, preferring a major to a minor and not wanting to risk leading into declarer's possible diamond ace-queen.

At the table I saw, South won the first trick with his diamond queen and exited with a low spade. East won with the 10 and accurately shifted to the club five. South played low from his hand and ducked in the dummy when West played the 10. Then West led the club two to dummy's ace. After a spade established his suit, declarer took eight tricks (three spades, two hearts, two diamonds and one club) for a 63 percent score. However, if, at trick four, West had sacrificed his club king under dummy's ace, the defenders could have taken two

				North	08-26-19
				♠ 9 7 2	
				♥ J 9 7	
				♦ 10 7 6 3 2	
				♣ A 4	
West				East	
♠ J 3				♠ A Q 10	
♥ 8 5 4 2				♥ Q 6 3	
♦ K J 9 5				♦ 8 4	
♣ K 10 2				♣ Q 9 6 5 3	
				South	
				♠ K 8 6 5 4	
				♥ A K 10	
				♦ A Q	
				♣ J 8 7	
Dealer: East					
Vulnerable: North-South					
South	West	North	East		
1NT	Pass	Pass	Pass		
Opening lead: ♦ 5					

spades and four clubs, saving 23 percent.

To end today, here is a question to be answered tomorrow: During an auction in Las Vegas, I bid one heart on the first round and one spade on the second round even though my partner did not pass, double or redouble. How?

1	2	3	4	5		6	7	8	9	10	
11						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				