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Don't wait to  
be sorry

Page 4

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Year-end  
outings with the  
Lennoxville  
Scouts

Page 8

## WEEKEND EDITION

\$1.50 + TAXES

PM#0040007682

FRIDAY, MAY 31, 2019

### Merry/- Principale intersection in Magog closed next week

Record Staff

The City of Magog is reminding the public that major renovations will be carried out at the corner of Merry and Principale Streets next week as part of the revitalization project for downtown Magog. This work will result in the complete closure of the intersection from Monday, June 3, 6 a.m. until Friday, June 7, 5 p.m. During this period, the contractor will replace the drinking water and sewer lines and construct a network of electrical and telecommunication conduits.

#### Detour to predict for motorists

From Monday, June 3, 6 a.m. to Friday, June 7, 5 p.m. the official detour will be via Hatley, Belvédère and Bowen streets.

Saint-Patrice Street West, between Merry North and Sherbrooke Streets, is authorized for local traffic only. During the closure of the intersection,

CONT'D ON PAGE 5

### Bishop's unveils new Sustainable Agriculture and educational farm proposal



EMILIE HACKETT

Dr. Darren Bardati, Écomestible President Jonathan Pineault, Dr. Brad Willms, and postdoctoral fellow Jane Morrison unveiled Bishop's new educational farm model proposal to community members at the BU library on May 30.

By Emilie Hackett  
Special to the Record

Bishop's University's Department of Environment and Geography will now be offering a specialization in Sustainable Agriculture and Food Sys-

tems (SAFS) as of this Fall. In addition to the new program, Dr. Darren Bardati, Dr. Jane Morrison, and Dr. Brad Willms are hoping to establish an educational farm on BU's 140-acres of undeveloped land and 20-acres of wetland. The three professors held a discussion panel at

Bishop's on May 30 to introduce the project and answer some of the community's questions.

Two new courses will be offered as of September 2019 to students who are interested in the world of sustainable agri-

CONT'D ON PAGE 5



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## Weather



TODAY:  
SUNNY

HIGH 17  
LOW 3



SATURDAY:  
SUNNY

HIGH 19  
LOW 11



SUNDAY:  
SHOWERS

HIGH 20  
LOW 9



MONDAY:  
CLOUDY

HIGH 13  
LOW 6



TUESDAY:  
PERIODS OF  
RAIN

HIGH 13  
LOW 6

# Everything Grows!



## GOOD READS

### LENNOXVILLE LIBRARY

*Everything grows and grows*  
*Babies do*  
*Animals too*  
*Everything grows*  
*Everything grows and grows*  
*Sisters do*  
*Brothers too*  
*Everything grows*  
*A blade of grass, fingers and toes*  
*Hair on my head, a red, red rose*  
*Everything grows, anyone knows*  
*That's how it goes*

-Raffi

Spring has finally sprung! The flowers are blooming, birds are nesting and the worms cover the sidewalks after the rain. My front lawn is a veritable yellow swath of dandelions, not yet mowed - partly for the sake of the bees and partly because we are busy and it

keeps raining. I cannot help but notice how much my children are growing too. The little one, three years old, has recently learned to summersault and her favourite expression is "on my own, Mommy!" The six year old is writing grocery lists, (mainly comprised of popsicles and bubble-gum) and completing monkey-bar sequences. Their shorts from last summer are too small, their shoes are too small, and more and more baby teeth are wiggly. They are growing and changing every day, right before my very eyes. I decided to write my kid-lit library column this week, not about any major world issues or difficult parenting struggles, but about the simple truth of springtime and child-rearing: that everything grows.

I chose two picture books this week on the subject of growth, spring and renewal. The first, *The Very Hungry Caterpillar* by Erik Carle, is a delightful classic of early childhood. Originally created in 1969, *The Very Hungry Caterpillar* has been delighting young readers for generations. This book is a winner of many children's literature awards and it has sold almost 50 million copies worldwide. It is the tale of a hungry caterpillar who eats his way through a number of foodstuffs over the course of a week during which he grows into a very fat caterpillar. At the end of the book (spoiler alert!), he forms his cocoon, and transforms into a beautiful butterfly. This book shows a rather fictional diet of the average caterpillar, but none the less is a po-

tential gateway to the magical science of transformation and growth in the natural world. I own a board book edition with dye-cuts of the holes the caterpillar makes through fruit and leaves, giving the pages an additional interactive attraction to the youngest of readers. I like this book for its simple and humorous story, and especially because of Eric Carle's distinctive illustration style. His painted collages form both the backdrops and the characters of all his books, and offer a unique visual pleasure that is a great deal of fun to explore with a child at home or in a classroom.

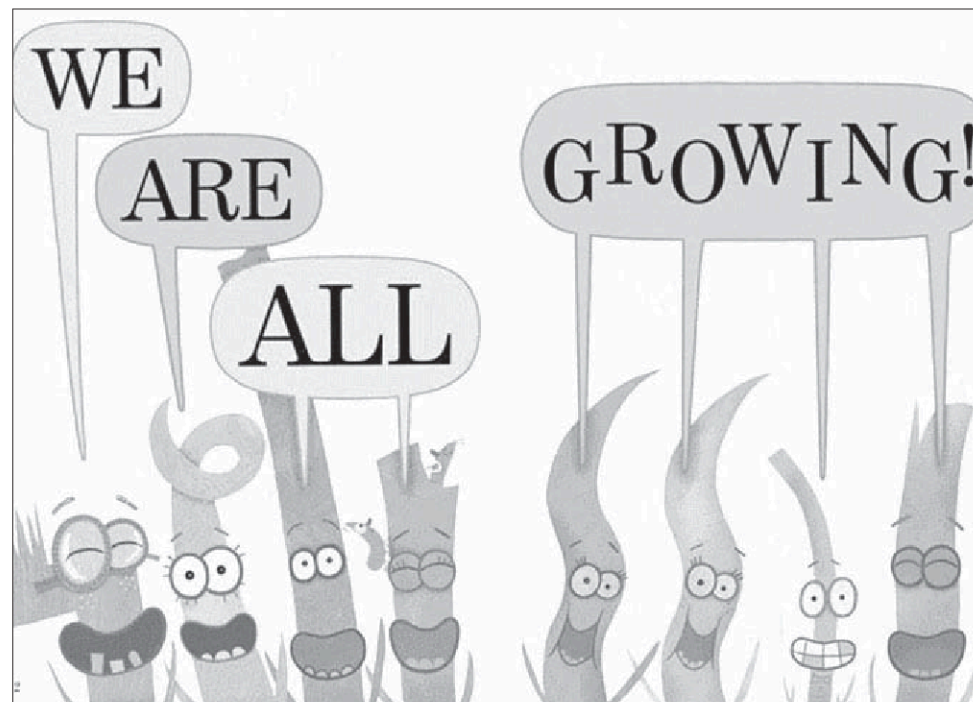
The second book I chose for this week's column is a more recent children's literature contribution: *We are Growing* by Laurie Keller, published in 2016. This story, which is part of the "Elephant and Piggie like Reading" series, is a great book for early readers. Like other books in the series, it is a fun read-aloud picture book for kids of all ages. *We are Growing* tells the tale of a group of blades of grass, all together in a row. Each blade of grass is the most 'something'. One is tallest, one is curliest, and one is crunchiest. The last blade of grass cannot distinguish itself specifically from its companions. It feels a bit left out and not very special. Then in a slightly shocking twist, all of their growth is chopped off by a lawn mower and they must all begin again. The grass is reassured that it will grow back and they enthusiastically embrace their fate. The book addresses the differences human beings all have as we grow up, and the pressures kids feel to be the 'something-est'. By the end of the story all the grass blades are able to identify their gifts and skills, and also accept that sometimes there are set-backs (like lawnmowers!) but that we must carry on and continue to grow.

*Growing - we do it every day*  
*We're growing when we're sleeping*  
*And even when we play*  
*And as we grow a little older*  
*We can do more things,*  
*Because I'm growing and so are you.*

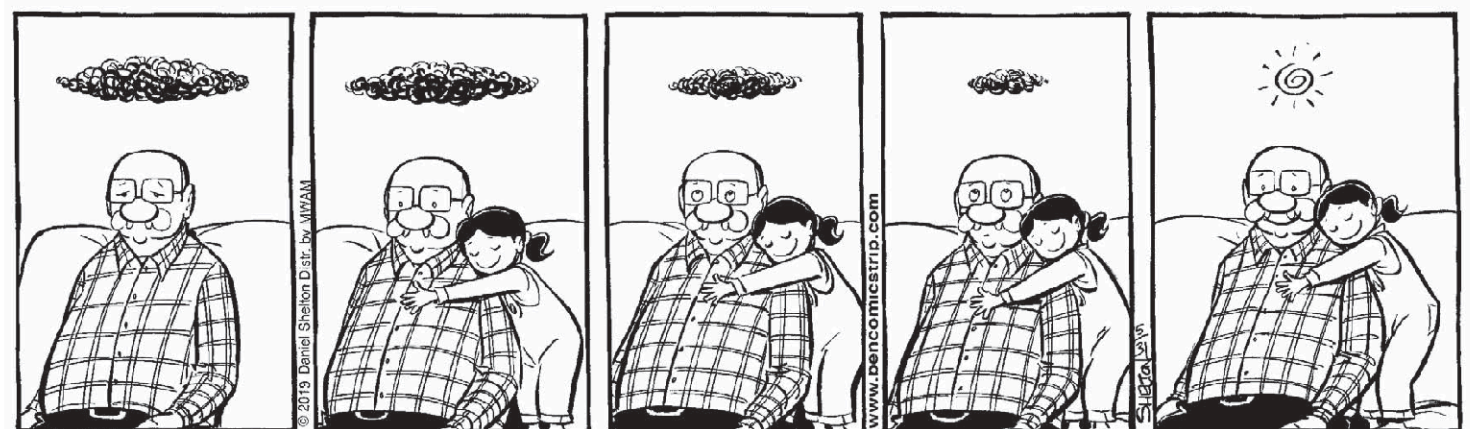
*Each day we grow a little taller,*  
*A little bigger, not smaller.*  
*And we grow a little friendlier too.*  
*We try to be a little nicer*  
*As we grow each day,*  
*Because I'm growing and so are you.*

-Barney the Dinosaur

Review by Shanna Bernier



## Ben by Daniel Shelton



# LOCAL NEWS

“When you come out to a car show you’ve got some home-built cars, some restoration projects people have done, cars you don’t see on the roads anymore, all of that kind of thing.”

## Antique cars coming to North Hatley

By Gordon Lambie

The Eastern Townships Vintage Automobile Club (ETVAC) is holding its 35th annual antique car show this coming Sunday in North Hatley.

“It’s a show and shine day,” said Don Watson, President of the club, explaining that while the general public is encouraged to come out and see the cars on display, all car owners are also welcome to come and put their vehicle on display provided that it fits into that definition of “vintage” in some way, regardless of whether they are a club member or not. “Usually we have around 90 cars, so it’s a fair sized show, and people come from basically all over the townships,” he added.

Asked if there are any specific criteria to what makes a car worth showing, the President said that the ETVAC doesn’t have a hard and fast definition.

“When you come out to a car show you’ve got some home-built cars, some restoration projects people have done, cars you don’t see on the roads anymore, all of that kind of thing,” he said. “If you have a hot rod or a vintage car or a specialty car that people like to see we bring it out and show it off.”

The event happens rain or shine, although Watson said that when it rains the turnout of both vehicles and visitors tends not to be as good.

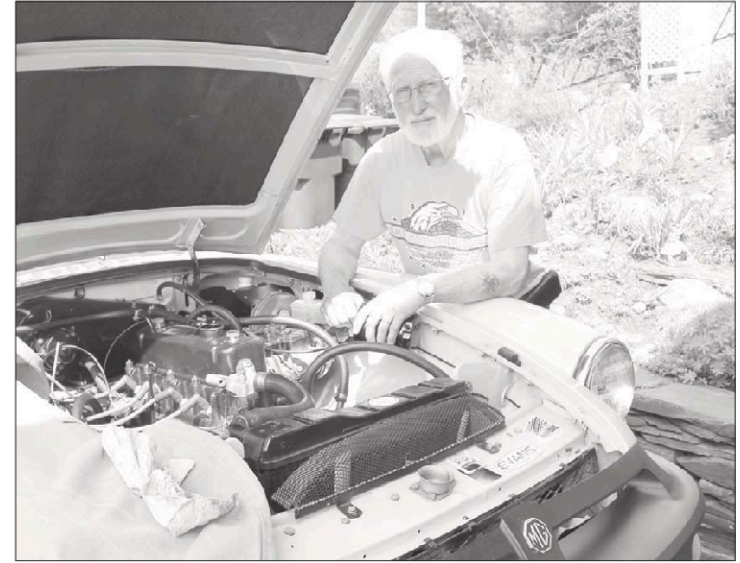
“When it’s raining a lot of guys don’t like taking their cars out, so you get a lot less people,” he said, adding that on the other hand, when the weather is nice, cars have come from as far away as Shawinigan. “It garners a little bit of attention,” he said.

Those cars that do show up on Sunday will be in the running for a trophy given each year to the best car at the show.

“It could be anyone,” the President said. “In some cases car clubs categorize and give different prizes for different things, but we just say the one that people enjoyed the most and stood out for the judges. Basically if there is a good, well-put-together vintage car there, that’s what we go for.”

Nowadays, the president said, the local club only has about 25 members and the more active among them tend to meet up next to Saint Andrew’s Presbyterian Church in Lennoxville on summer evenings. Any money that is collected by the group through activities like this weekend’s show, he explained, goes back to local charitable causes like Christmas baskets, Lennoxville Elementary School, and the North Hatley Recreation Society among them.

“We keep enough to pay for the bills, but most of



GORDON LAMBIE

Don Watson, President of the Eastern Townships Vintage Automobile Club getting his MG ready for the show in North Hatley this weekend.

the money goes off to charity,” Watson said.

The ETVAC car show will take place at the North Hatley Municipal Park on Capelton Road from 10 a.m. to 3 p.m. on Sunday.

## Massey-Vanier community gives back through annual awards ceremony

By Gordon Lambie

The annual awards night at Massey Vanier High School took place on Wednesday night, marking the 44th year that the Massey-Vanier Scholarship and Bursary Fund (MVSBF) has handed out support for young graduates heading off to make their way in the world. This year the fund was able to hand out \$119,835 in 147 different scholarships, bursaires and prizes to 70 dif-

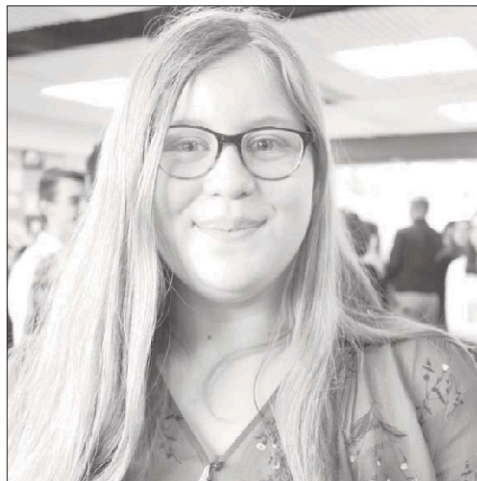
ferent students

In their opening remarks, MVSBF Committee co-chairs Roxanne Charette and Susan McLean underlined the importance of financial support to helping graduates get started on the next step of their educational careers. Charette pointed out that English-speaking high school graduates in rural areas have to travel further from home to seek higher education than their urban or francophone counterparts, and said that the scholarships and bursaries, while not giving students a “free ride” do help offer a leg-up year after year.

Each year, the ceremony includes memorial scholarships as well as funds and bursaries offered by a host of local community organizations, businesses, and municipalities. Each award has its own selection criteria based on information ranging from academic performance

to social engagement or home community, and selections are made by committee based on applications made by the students.

This year the Record’s Charles Bury Scholarship was presented to Lexus Bailey of Bedford, who will be studying Liberal Arts with a math profile next year at Champlain College’s Lennoxville campus. Bailey told The Record that she has always enjoyed writing, to the point where she sometimes writes too much, but is also considering a future in accounting. Outside of her studies, Bailey shared that she enjoys her work at the Missisquoi Museum.



GORDON LAMBIE




Hi everyone,  
I am back to doing landscaping this summer. My hours for the Barber Shop will be Wed. 9-5, Thurs. 9-7 & Fri. 9-5 starting May 29 until the end of September. Women are welcome for haircuts. I would like to give a special thanks to my regular customers. Your support is greatly appreciated.

Debra

**Deb's Barber Shop**  
92 Queen St., #102, Lennoxville  
(beside Valentine's)

CENTRE D'ASSISTANCE  
ET D'ACCOMPAGNEMENT  
AUX PLAINTES



**caap**  
Etrie

The Centre d'assistance et d'accompagnement aux plaintes de L'Etrie (CAAP-Etrie) invites the general population to the presentation of their activity report for the 2018-2019 year. This will be held on Tuesday, June 4<sup>th</sup> at 10:00 a.m. at 1255 Daniel Street, room Rock A. Fournier.

For more information or to confirm your presence, contact CAAP-Etrie at

819 823-2047  
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email: caap-e@caapestrie.org

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# Don't wait to be sorry

Wednesday's announcement that the Stanstead Journal will cease weekly publication after 174 years, evoked an emotional response from the community, with many expressing grief and sadness at the loss of this important piece of Townships' history.

Sadness is what you express when your dog dies or your grandmother is diagnosed with Alzheimer's or the Montreal Canadiens don't make the playoffs. Grief and sadness should be reserved for situations over which we have no control.

Saving the local newspapers was, and is, within our grasp.

Many of those now saddened by the loss, made a conscious decision not to buy it, subscribe to it or advertise in it in the same way we collectively chose not to support the local grocery and hardware store in favour of Walmart and Home Depot, and now bemoan our losses and launch "shop local" campaigns.

Although those of us who work in newspapers often refer to it as missionary work, newspapers are first and foremost businesses which derive revenue

from two sources: subscriptions and advertising.

To those who say newspapers are failing because they have not adapted to changes in technology, I say poppycock. No other industry has endured the constant changes that newspapers have – from the first newspaper in the 1600s as a handwritten, one-sided single-sheet to the four, back-to-back pages on the first printing presses of the 1800s which produced the first issues of The Stanstead Journal and The Sherbrooke Record. A cursory look at the historic changes of both these newspapers over the past century will show how they have constantly adapted to new technology, competition from new media, changes in the marketplace and a dramatic demographic shift.

Newspapers have done their part in creating new business models with parallel platforms to deliver news in print – largely for our loyal senior subscribers – and online for a new generation of consumers. Most papers have dynamic web sites and a robust social media presence. The Record has 4,500 daily followers and more than 50,000 views per month.

In most cases, newspapers have un-

dertaken these changes on a shoestring budget with the same limited resources they operated their print-only editions. What's new in 2019 is the elephant in the newsroom. Can anyone realistically expect a newspaper to compete with unregulated giants like Google and Facebook with their unlimited resources? Not only do they own the Internet, they regularly co-opt news generated by local newspapers and offer it up free.

To be clear: Google and Facebook do not produce news. Journalists working in newsrooms produce news and social media is the conduit used to deliver it. Unfortunately, consumers can't always distinguish what is 'real' news, fact-checked and produced by a legitimate news source, from fake news, generated by special interest groups and wackos sitting in their basement.

Even the most sophisticated web site a newspaper could produce would not put it in the same game as Google and Facebook who together capture 70 per cent of all online advertising. The rest is scraps distributed in pennies across the board. Even our own federal government, which is now pouring \$600-million into newspapers in an effort to help

them survive, uses the Internet to deliver its message to small communities across this vast country. The loss of federal government advertising revenue alone has meant a shortfall of hundreds of thousands of dollars to newspapers who religiously delivered government information to the Canadian public for generations. Too efficiently, perhaps.

No, newspapers are not to blame for their own demise. Nobody works harder, and is more committed to keeping newspapers alive than the people struggling within them every day. They stand alone sometimes in recognizing what will be lost once they are gone: Something the size of a community. New technology won't save newspapers, only subscribers and advertisers can.

I guarantee you will be both sad and sorry when there is no longer a local newspaper to keep Townshippers abreast of local news and events, to celebrate the heroes in our community, and to build the kind of future we want together as neighbours.

Please don't wait until it's too late. Show some love for your newspaper.

Sharon McCully

## TOWNSHIPS HISTORY TIDBITS

# Bomb: The military tank that could

By Taylor McClure  
Special to The Record

Outside of the armoury of the Sherbrooke Hussars on William Street, a large military tank occupies a prominent place on the hillside. There is a story behind this tank; a story of greatness that needs to be remembered.

The tank, referred to as Bomb, belonged to the Sherbrooke Fusilier regiment during the Second World War. The tank began its journey with the Allied campaign that started on the beaches of Normandy on June 6th, 1944. Once an infantry regiment, the Sherbrooke Fusilier would join the Allied forces on

the beaches of Normandy as an armoured regiment after converting in 1942.

The tank was assigned to the B Squadron, a military unit of the regiment, and it was prepared for a lengthy and intense journey. Throughout the war, Bomb suffered a variety of damage. In one battle, an armor piercing shell exploded the tank's sprocket and in another its machine gun was torn off.

In one of the most intense battles of the Allied campaign, Bomb came under extreme enemy fire while her crew worked to close in the Falaise Gap. The crew could not fathom the level of suffering the tank experienced during this

battle but it continued to move along. There was no other word to describe it besides tough.

Bomb destroyed various Nazi tanks and pressured the enemy on every level. It was most certainly no confidence booster for the German infantry.

After a 2,500-mile journey, beginning in Normandy and ending in Emden, Germany, Bomb was the only Sherman tank to have survived D-Day and the entire eleven-month Allied campaign that took place following it. Bomb is also the only tank in the Canadian Army with an authenticated record.

While Bomb was the only tank to survive, the Sherbrooke tanks, as well as the

Sherbrooke Fusilier regiment, made a name for themselves during the war. The Sherbrooke tanks were the first to cross the Rhine and played a significant role in leading the Allies to victory in the battle for Emmerich.

As the only bilingual unit in the Canadian Army at the time, the Sherbrooke Fusilier regiment was significant to the Allied campaigns against Germany throughout the war and their success extends beyond the battle for the Rhine. Their role in leading the European's to victory shall also be recognized and forever remembered.



Follow The Sherbrooke Record on Facebook and Twitter!

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# CHUS Foundation golf tournament raises \$634,000

Record Staff

The 21st Golf Open for the CHUS Foundation took place yesterday at the Venice Golf Club, followed by dinner at the Sherbrooke Centre de Foires during the evening. The fundraising event raised \$ 634,100.

Thanks to the generosity of all the participants, sponsors and donors, the

profits will be dedicated to the projects identified as part of the Foundation's major fundraising campaign 2018-2022.

For the tenth year in a row, the honorary presidency of the day was entrusted to singer Luce Dufault and businessman Charles Custeau, both of whom were on the course and also attended the dinner. They were joined by Hugo Girard, Jean-Michel Anctil and

Alain Dumas, among others.

In total, 116 golfers took part in the round of golf under a gray and chilly weather. In the evening, hosts David Brown and Richard Turcotte acted as masters of ceremonies as 528 guests shared a gourmet dinner, while attending a live auction held by Mr. David Jr Crack of Crackholm Auctions Ltd.

In addition to the dinner, a number

of musical performances took place throughout the evening.

The 2019 Golf Open was sponsored by Construction Steve Bergeron, Gilles Patry Inc., Nathalie Gagne and Yolande Houle, with the collaboration of the Society of Physicians of the University of Sherbrooke.

## Merry/Principale intersection

CONT'D FROM PAGE 1

pedestrian access will be maintained at all times and adequate signage will be installed.

Closure of the Bras-de-Rivière parking

lot June 4 and 5

CMQ Railway will take advantage of the closure of the intersection of Merry and Principale streets to proceed with the complete rehabilitation of the crossing on Merry Street South. This work will be completed on June 4 and 5 and

will result in the complete closure of the Bras-de-Rivière parking lot. Parking at nearby Merry Point will be accessible and free during this time. Deliveries and collections of residual materials in the Bras-de-Rivière parking lot will not be possible during these two days of clo-

sure.

For any questions, citizens are invited to contact the Town of Magog by calling 819 843-3333 or by visiting the website at [www.magog.qc.ca/avis](http://www.magog.qc.ca/avis).

## Farm proposal

CONT'D FROM PAGE 1

culture. "For now, the program will be offered as a minor, and perhaps as well as a certificate," explained Willms. "It takes two years for a new major to be approved in Quebec by the government, so we're starting off in a realistic manner."

According to the SAFS website, students would acquire skills in ecological food production, a comprehensive understanding of how agroecosystems work, and earn an internationally recognized "Permaculture Design Certificate." The specialization will be available to students majoring in Geography, Environmental Studies, and Environmental Science.

If the educational farm project is approved and funded, the farm would form the living-land laboratory for experiential learning and field teaching for the SAFS program. Students will also be able to visit, collaborate with, and benefit from farmers in the Eastern Townships region. The SAFS program focuses on field experience and on improving the sustainability of all aspects of agriculture and food systems.

The educational farm's model was conceived by Jonathan Pineault, president of Écomestible, a company which specializes in permaculture design. Per-

maculture is based on creating resilient patterns of agriculture in natural ecosystems.

This new model proposes components like a sugar shack, which will be exploited with the area's existing sugar bush, small fruit production, an irrigation pond, market gardens, orchard pastures, where grazing animals roam free and help with the upkeep of mature trees, an outdoor classroom, biodiversity landscaping, an animal shelter, a washing station, a public barn, an educational trail, and a wastewater treatment pond, among many others.

Located 1.3 kilometre away from BU's academic campus, it will be accessible thanks to a new bike and walking path. The farmable land is located between Glenday Road and the future 410 Highway.

"There are three major pillars in sustainable agriculture; environmental, social, and economic," declared Bardati. "Our courses will instruct students on these key aspects. it's important to have an economically and environmentally sustainable farming operation that also benefits the community. We want to foster creative ideas and innovations, and hopefully we will be able to provide the students with the tools to come up with new creations."

"We really want this to be an oppor-

tunity to network with the community. As part of our outreach program, we'll be hosting workshops, some for credit, some not, for the entire community to attend to learn more about sustainable agriculture," said Badarti.

"What's important in sustainable agriculture is to be locally focused. A large aspect of the environmental impacts of agriculture is the transportation of product," explained Morrison. "This program encourages more of a direct relationship between the farmer and the consumer, eliminating the middleman."

"We're lucky to live in a region where we have easy access to other sustainable farms. We will be able to form relationships with farmers in the community and discover a wide diversity of production types," said Morrison.


"Bishop's University's mission is to provide a sound and liberal education which SAFS will fit into. This program will have a breadth of exposure," affirmed Willms. "Students will be able to explore studies in climate change, food systems, actual practical market gardening production, field experiences, international food systems, food security, entrepreneurship, agritourism, as well as study the sustainable agriculture and its ecological implication. This breadth of experiences is better than a heavy specialization, because it makes for natural

curious learners. We want to produce graduates who are critical generalists, academically and practically."

"We're also hoping to build an observation tower, if ever we receive a donation. We would want to make it 50 feet high, so that schools and camps could bring around children for a fun activity. The location is amazing and gives a breathtaking view on the entire Massawippi Valley," said Willms, who emphasized on the potential the Bishop's campus has. "Lake Massawippi could be visible from the tower as well. There are many recreational opportunities on this land. We would also want to make a snowshoe trail in the area for winter."

Courses offered will examine many aspects of modern agriculture and food systems, including scientific, entrepreneurial, and social issues, as well as global food security and climate change impacts. The SAFS courses incorporate real-world experiences to develop the skills needed to achieve a successful career as an agriculturalist, entrepreneur, food policy specialist, researcher, or in many other professions. The Department of Environment and Geography is in the process of hiring a professor to teach these courses.

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**WALES**  
FONDATION · FOUNDATION

Notice is hereby given that the 28<sup>th</sup> Annual Meeting of The Wales Home Foundation will be held on Thursday, June 27, 2019 at 3:30 p.m. at The Wales Home, Cleveland, Quebec. This meeting's purposes is to receive the financial statements and the Auditor's Report for the year ended March 31<sup>st</sup>, 2019, to elect a Board of Directors, to appoint Auditors, and to consider such other business as may properly come before the meeting.

**Jim Thompson**  
President - May 2019

**WALES**  
CENTRE D'HÉBERGEMENT ET DE SOINS DE LONGUE DURÉE WALES INC.

Notice is hereby given that the 8<sup>th</sup> Annual Meeting of The CHLSD Wales Inc. will be held on Thursday, June 27, 2019, at 3:00 p.m. at The Wales Home, Cleveland, Quebec. This meeting's purposes is to receive the financial statements and the Auditor's Report for the year ended March 31<sup>st</sup>, 2019, to elect a Board of Directors, to appoint Auditors, and to consider such other business as may properly come before the meeting.

**Glenn Brock**  
President - May 2019

**WALES**  
RÉSIDENCE · HOME  
Comfort, Care and Countryside

Notice is hereby given that the 100<sup>th</sup> Annual Meeting of The Résidence Wales Home will be held on Thursday, June 27, 2019 at 2:00 p.m. at The Wales Home, Cleveland, Quebec. This meeting's purposes is to receive the financial statements and the Auditor's Report for the year ended March 31<sup>st</sup>, 2019, to elect a Board of Governors, to appoint Auditors, and to consider such other business as may properly come before the meeting.

**Glenn Brock**  
President - May 2019

## EDITORIAL

Here's a thought: give all Canadians the \$4.5 pipeline extravaganza money and \$3.3 billion oil subsidies so that we can all have solar power and really witness climate leadership

# Canada's climate policy leads us to ruin

By Doug Nadler

**M**arie-Claude Bibeau, Member of Parliament for Compton-Stanstead, is Canada's Minister of Agriculture and Agri-Food. She is unambiguous when it comes to the urgency for action on the climate crisis. In her own words she tells us in the pamphlet Let's Talk ENVIRONMENT: "Climate change threatens not only our quality of life, but also our very lives. The sense of urgency is real. That is why we are taking action now and going forward by following a well-thought-out, economically viable and effective plan... Tackling climate change is our generation's biggest challenge."

These are important words, considering that there is a climate emergency and many of us who came to hear her speak on May 21, 22 and 23 were perplexed as to how the current federal Liberal government can possibly fulfill this "well-thought-out plan". Frankly, this plan helps the Alberta Tar Sands sell more of the dirtiest oil on the planet. The Liberal government has broken the promise in its last election platform to end oil, gas and coal subsidies that cost us yearly \$3.3 billion to oil, gas and coal producers and it plans to keep on giving those same subsidies, though some day they will stop, we're told. The payment of \$4.5 billion to Kinder Morgan for its pipeline so that ships can load up to sell bitumen to China while greatly increasing Canada's greenhouse gas emissions doesn't give the impression that climate change is a priority for this government.

Bibeau informs us in Let's Talk ENVIRONMENT that we must have the pipeline because "it is an unavoidable step as we transition toward green energy sources and fight climate change... Paradoxically, the Trans Mountain pipeline is not an investment in the future, but rather an inescapable step that will provide us with the means to make an even faster transition to green energy." Notice there's no phasing out of the bitumen on the political horizon.

So, according to Bibeau, the Liberal policy for climate action that spends bil-

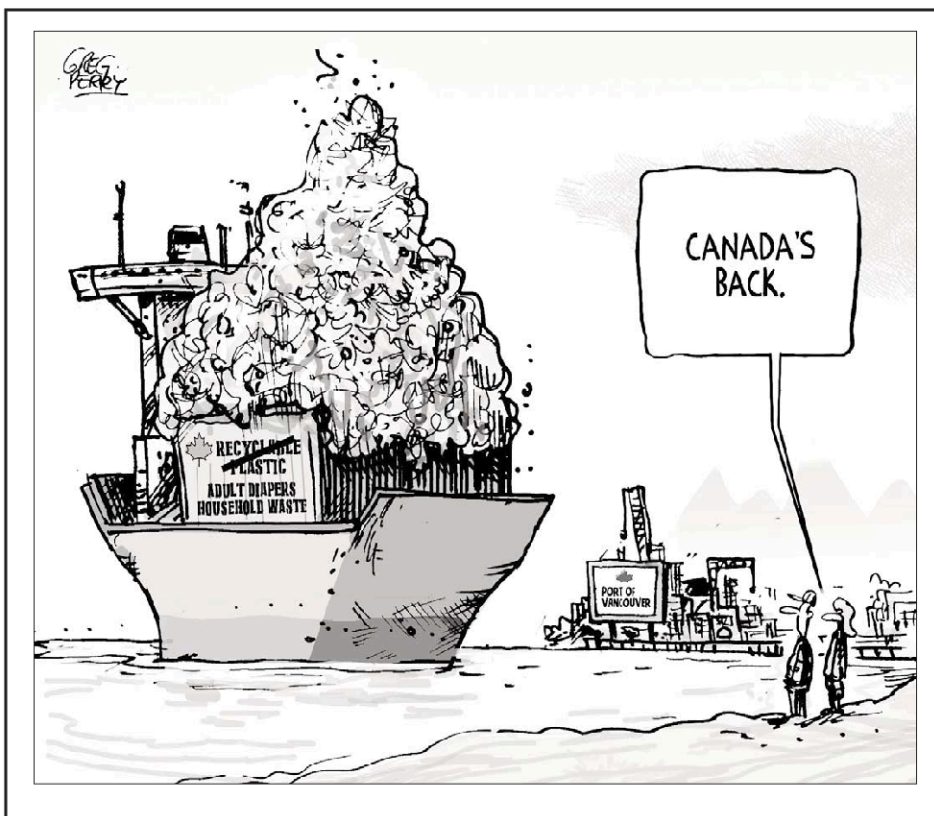
ions on an oil pipeline will somehow give us the money to stop our addiction and meet the challenge of "tackling climate change"!

The highly renowned climate scientist James Hansen had this to say in a New York Times article back in 2012: "If Canada proceeds, and we do nothing, it will be game over for the climate. Canada's tar sands, deposits of sand saturated with bitumen, contain twice the amount of carbon dioxide emitted by global oil use in our entire history... That level of heat-trapping gases would assure that the disintegration of the ice sheets would accelerate out of control. Sea levels would rise and destroy coastal cities. Global temperatures would become intolerable. Twenty to 50 percent of the planet's species would be driven to extinction. Civilization would be at risk."

Yet remember what Prime Minister Trudeau said in 2017: "No country would find 173 billion barrels of oil in the ground and just leave them there. The resource will be developed. Our job is to ensure that this is done responsibly, safely and sustainably." An impossible task!

Bibeau mentions many fine local climate initiatives, including solar research at the university and even a plan to protect our local salamander and bat populations, but all of these and other well-meaning actions will make no difference to Canadians if the disastrous tar sands project continues to flourish. A carbon tax, though a good idea in principle, will not stop the rapacious oil industry.

World Biodiversity Day takes place on May 22, but not a word about it was spoken by our Agriculture Minister or appeared in her PowerPoint presentation at the meeting I attended. Meanwhile, Québec and the rest of Canada are made to endure pesticides that are banned in many countries. Huge biodiversity loss and a government committed to a catastrophic plan of action place all beings in imminent jeopardy. We need true leadership and not one based just on corporate profit. We owe that much to



future generations of planetary beings.

Here's a thought: give all Canadians the \$4.5 pipeline extravaganza money and \$3.3 billion oil subsidies so that we

can all have solar power and really witness climate leadership. Too decentralized for you? The rest is just greenwash, and Canadians know it.

## Letters

### The value of civil servants

DEAR EDITOR:

**A**ccording to a recent survey taken by Léger Marketing, a majority of Anglophones are very attached to their school boards and oppose the education plan of the Coalition Avenir du Québec (CAQ) government.

I am one of those who make up the 12 per cent, indicated in the poll, commissioned by APPELE-Québec (Alliance for the Promotion of Public English-language Education), who favours the government's plan to create education service centres by ditching costly elected school boards.

The Alliance says the English community should have "a say in the education of its children."

Of course!

That's precisely what the CAQ's plan is all about - having a say and making decisions. The CAQ has always said anglophones will administer their schools, via their governing boards, manned by those closest to our children.

Regarding the "service centres," the group is unnecessarily concerned they will be "run by government civil servants." There is nothing wrong with that.

The primary concern of a civil servant is to represent the public interest. Their work is usually done by phone, email or writing a letter.

To ensure the community's say is heard, civil servants are needed to see that laws are respected.

This includes the rules and regulations of the Quebec Education Act.

CHRIS EUSTACE  
MONTREAL, QC

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

## THE RECORD

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## THE RECORD

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# COLUMNIST

*We all are imperfect, and as much as we know we will always make mistakes, we also know we always need to pardon, to forgive, and to let others continue to do their best, to tun and to heal.*

ONE COLUMN, FOUR VOICES

## Open to the Spirit

Today's word: Pardon

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

1) The word pardon has an official meaning. When a person has committed a crime they may sometimes be granted a pardon, which deletes the criminal record. These days in Canada many are applying and receiving pardons for possession of marijuana before it was decriminalized. More often, however, we use the expression in normal conversation; "Pardon me, could you repeat that?" or "Pardon my ignorance, could you explain what you mean?" or "Pardon me, I'll get out of your way" when we meet someone in the aisle of the grocery store. We Canadians are famous for that. We even apologize for other people's mistakes. I remember spilling a plate of food on the floor and the 12 year old girl next to me automatically said "I'm sorry" even though she had never touched my plate. She has been raised to be a good Canadian.

On a more serious note, the word pardon refers to forgiveness in our religious tradition. We are pardoned for our offences and are free to live a new life, without shame or guilt. For me, this divine gift is one of the most meaningful blessings. We have been given a clean slate, a fresh start to a joyful, hopeful future.

We all have taken many wrong turns in our lives. I have been divorced, but was not condemned to a life of guilt and shame. I have remarried now and am truly grateful for God's pardon, forgiveness, and promise of a new life.

2) My personal faith doesn't connect much with the traditional ideas of sin, but I definitely do a good job reminding myself that I make mistakes. Judaism understands sin, het, as not something inherent within our souls or something forced on us since the early days of creation, but instead is something softer and more compassionate, "missing the mark". We walk through our lives, making our way through our daily interactions, sometimes doing things right and staying on track, and other times, our path becomes a bit lost. Like shooting an arrow or aiming toward a goal, we miss the mark, and we have no choice but to calmly turn ourselves back towards that path of healing, directly confronting whatever suffering, small or large we have caused. Teshuva, often translated as repentance, really means something much more simple: turning. A calm and purposeful turning back to our true selves, to the kind of people we want to be, and to the words and actions which heal not hurt.

But what about when others have missed this mark, and we are hurt in the process? In our tradition, we are obligated to forgive them, to pardon them, ac-

cepting that we all are imperfect. But here what is important. You can make a mistake, you can hurt another person, and you can pray to God. You can say you are sorry in the comfort of your own home and heart, but until you take those hard steps and actually go out and make things better, your repentance is not really complete. We need to know what we did that put us off track, and then find the people that we hurt and make things better.

We all are imperfect, and as much as we know we will always make mistakes, we also know we always need to pardon, to forgive, and to let others continue to do their best, to tun and to heal.

3) Nineteen seventy six was the last year the death penalty was imposed here in Canada, but sixty percent of the world's population live in countries where capital punishment is still legal. I can't imagine what it might be like to be sitting on death row, hoping against all odds that you will receive a pardon and a new lease on life. What kind of thoughts go through one's mind when society gives you a second chance? Does it mean your offense has been forgiven or rather that you have been given an opportunity to earn that forgiveness?

You don't need to be on death row to feel stuck in a holding pattern because you have not received forgiveness. I keep thinking of the woman brought to Jesus for sinful behaviour. As the story goes she has been caught in adultery (Jn 8: 1-11) and the angry crowd wants to stone her. Jesus invites those without sin to be the first to cast their stones. One by one the crowd dissipates making the point that none of us are without our faults and wrongful behaviours. I would even venture to say that most of us learn best from our mistakes.

As a species, we have advanced from cave dweller days to space-age living all through a process of trial and error. We have only to look at our current environmental crisis to realize that mistakes have been made regarding the viability of our current habits of energy consumption. Do we sit in condemnation for the mistakes of the past or do we accept these mistakes and learn from them. To pardon is an integral part of the process of correcting our mistakes. We stumble. We receive a sympathetic hearing. We admit the error of our ways. We are pardoned. We work to correct past mistakes. However more often than we like to admit we stumble. We receive harsh condemnation. We defend our actions and retrench our position. We deny any wrong doing and the status quo is maintained. Each of us must decide if we will be part of the solution or remain a part of the problem. Let us remember the words of English poet Alexander Pope, who said, in 1711 "to err is human, to forgive divine".

4) One of my children was convicted of drug charges in his late teens. The drug involved is now legal but he lives with a criminal record and is currently seeking a pardon. With time and money, this will certainly happen, making new jobs and opportunities available to him. This makes me think about other "offences" and how nice it would be to get that kind of official pardon. Many couples recover from affairs and other betrayals, learn to forgive each other, and move forward changed and strengthened. All of us have done or said things to friends and family members that we later regret.

Probably, you can spend some time thinking about the worst thing you have done. Maybe enough time has passed that you can reflect on the harm you caused. Parenting mistakes, workplace dramas, actions done out of greed or insecurity: there will be few people who do not regret something done in the past. Where do we go for pardon?

The psalmist who wrote Psalm 51 turned to God, saying: "Have mercy on me, O God, according to your steadfast love,...Wash me thoroughly from my iniquity, and cleanse me from my sin." He

spends some time lamenting his sins and then says: "Create in me a clean heart, O God, and put a new and right spirit within me." The psalmist knows that burnt offerings are not what God wants. He concludes his prayer with these words: "The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise."

If you are holding things that you regret, you can take your broken heart to God who will heal and restore you. All can be forgiven, and you can move forward, renewed in your commitment to love and do good in God's name.

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley; Rabbi Boris Dolin, the spiritual leader of Congregation Dorshoi Emet in Hampstead Quebec

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# Year-end outings with the Lennoxville Scouts

By Didi Gorman

The end of the Scouting year is an exciting time for the 1st Lennoxville Scouts.

Adventures involving recreation and physical activity comprise most of our outings at this time of year.

An archery session was undertaken by our Cub Pack last week, where we learned how posture and aiming, focus and concentration, angles and trajectories can make all the difference between a hit and a miss.

While our Cubs were shooting arrows in one part of town, our older Scouts held a bowling tournament in another,

practicing a different type of aiming and focusing. Many a ball was rolled down the lanes, pins were knocked down, and throwing strategies were shared amidst much cheering and joy.

A wall climbing activity took place last Wednesday as part of our vertical skills program. Participants were required to demonstrate responsibility and maturity, and understand the importance of teamwork for the success of the evening.

Beyond the thrill of the 'Spiderman' experience – as dubbed by some of our members – we learned to trust our partners, overcome initial fear, encourage our friends, and climb beyond our com-

fort zones, both literally and figuratively.

Last but not least, our youngest age group, the Beaver Colony (ages 5-7), enjoyed a fun camping day last Saturday.

There were many 'firsts' for our young members that day, including the building of a campfire and canoeing on the lake.

After paddling for most of the morning, the children assembled for a picnic around the campfire, followed by a favorite campfire dessert; the latter involving searching the woods for sticks, placing marshmallows at the tip, and approaching the fire for the roasting of the treats. The successful accomplishment of the endeavor and the resulting delicacy elicited considerable delight within our Beavers.

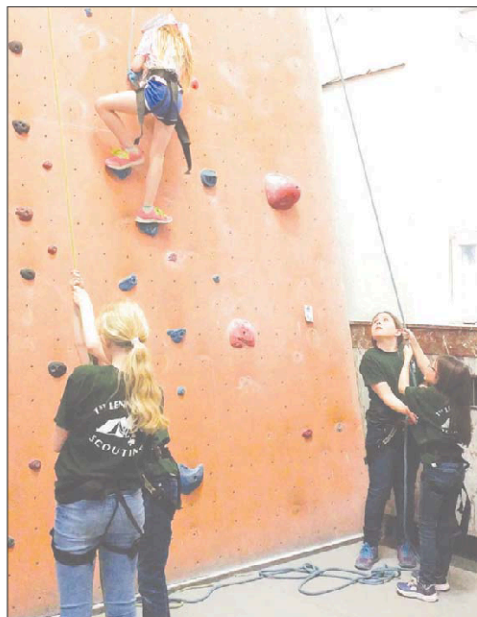
The big day was completed with free time, a ride on the swings, and various ball games.

The 1st Lennoxville's end-of-year

activities provide our youth with the opportunity to explore new fields of interest.

It also offers a glimpse into future adventures which await our Scouts in the next Scouting year.

**Yours in Scouting, Didi Gorman,  
1st Lennoxville Scouts**



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# Local Sports

The saying is that anything made worse with age gets better with exercise.

## Fitness Industry Council of Canada to host National Health and Fitness Day



### A RUNNER'S MIND

#### CHRISTINE BLANCHETTE

Every year on the first Saturday in June is National Health and Fitness Day and this year it happens to fall on June 1st. The government passed Bill S-211 in December 2014, an Act establishing the first Saturday in June each year as NHFD. The day is to promote physical literacy for all levels of abilities across Canada. Lace up your shoes and participate in a group or on your own as it's a day to celebrate living a healthy lifestyle.

In a Q&A interview Scott Wildeman, president of Fitness Council of Canada explains why we have National Health and Fitness Day and talks about future plans to promote healthy living.

**Q:** Why is it important is to have National Health and Fitness Day?

**A:** It is important to shine a light on all the benefits that being physically active offers. It is also equally important to stress that over 80 per cent of Canadians do not meet the weekly target of 150 minutes a week of activity. Read on...

- Physical activity and exercise will:
  - Reduce incidence of hypertension by 33-60 per cent
  - Reduce incidence of diabetes by 25-58 per cent
  - Reduce incidence of cardio vascular disease by 33-50 per cent
  - Reduce risk of stroke by 31-45 per cent
  - Reduce risk of colon cancer by 30-60 per cent
  - Reduce mortality and risk of recurrent breast cancer by 25-50 per cent
  - Reduce risk of developing Alzheimer's by 40 per cent
  - Decrease depression as effectively as medications or cognitive behavioral therapy

Resistance training reduces the incidents of falls in seniors by 25-40 per cent (each fall is estimated to cost \$25,000 - \$35,000)

Reduce risk of premature death by 31-65 per cent

**Q:** How can people participate?

**A:** Download our Trainer plus app to receive your NHFD guest pass to any participating facility to allow free access. You can

also use the app to create a workout for the day.

If you are not in an area with a participating facility, try to be active outside or indoors. Go for a hike, play some golf, ride your bike or play at the park with your kids. Just try and move, get your heart rate up and enjoy it!

**Q:** What can we expect from participating?

**A:** (We) hope to ensure Canadians know the benefits of physical activity and exercise. We also are working with a number of partners to help bridge the gap between your family physician and exercise professionals. We are in Ottawa for the week leading up to the event promoting the "Prescription to Get Active" program. This program started in Leduc Alberta with one physician and the local recreation centre, and we want to expand this program across the country. In essence, your physician would write a prescription for the local recreation centre or activity in your

home or community.

**Q:** What are the most valuable benefits of exercise?

**A:** The saying is that anything made worse with age gets better with exercise. Improved cardiovascular health and endurance, improved muscular strength and endurance, improved mobility, improved cognitive function, improved mood and mental state, improved bone density, improved balance and coordination are all benefits. These will allow people to live life to their fullest by giving them physical freedom.

We understand that not everyone is going to be an elite athlete or a body builder. Although many facilities will have people who compete in sport, most participants are just your regular Joe or Jill trying to be a little bit healthier.

**Q:** Can we use modern technology to help us improve our fitness?

**A:** We have partnered with Trainer plus to help people create programs either in a

facility or at home. Trainer plus will also match the participant with a qualified exercise professional.

We have also partnered with GoGet.Fit, which is an app to help people build the habit of exercise by giving gentle prompts. For example, if I have a workout scheduled for tomorrow morning, the app will remind me tonight to pack my gym bag, which is a behaviour that people might not be used to.

**Q:** What are some exercise tips for office workers?

**A:** Try to move for a half hour. In the winter if you cannot get outside, bring a yoga mat and practice some mobility in your office. After work, try to be active for another 30 minutes.

[www.runwithit.ca](http://www.runwithit.ca)

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**Penny Ward**  
Consultant



**Death**

**Faith Nancy SCHNEIDER  
(1963-2018)**

After a brief battle with cancer Faye passed away on October 16, 2018 in Oshawa, Ontario.

Faye was born March 11, 1963, the only daughter of Philip John Schneider and Violet May Ashton, both deceased. She was predeceased by her older brother Larry Schneider. Left to mourn, in deep sadness, are her husband Frank Miller; daughters Natalie Miller and Melanie Jodoin (Miller), son-in-law Jacob Jodoin; grandchildren Caressa and Chloe; her brothers Philip Schneider and Tim Schneider; sisters in law Debbie Schneider and Linda Adams; nephews Jarrel Schneider, Scott Rodd, Cody Schneider, Austin Schneider, Thomas Schneider; nieces Renata Schneider, Rebecca Schneider, Vanessa Schneider, Megan Schneider, Crista Bouzane-Rodd, Sherry Rodd.

Funeral and burial will take place on Saturday, June 15, 2019 at 2:00 p.m. at the Cimetière Hunter's Mills Cemetery, 1 chemin du Moulin à Scie, Frelighsburg, Quebec.

In her memory, donations to the Canadian Cancer Society would be appreciated.

**Death**

**Diana McIntosh Mizener  
(1925-2019)**

It is with great sadness that we announce the passing of Diana Mizener on the 21st of May.

Diana joins her beloved husband Arthur. She will be missed by her many nieces and nephews, grand nieces and nephews and great-grand nieces and nephews.

She was the daughter of the late Strader McIntosh and Leda (Merkley) McIntosh. She was a caring sister to her twin the late Donald Strader McIntosh, the late Elizabeth (McIntosh) Marcus, and the late Richard McIntosh.

It was her wish that there will be no funeral service or visitation at this time. A celebration of her life will follow at a later date at the DuBoycé Cemetery.

The family wishes to thank Dr. Nolze for her many years of support and friendship.

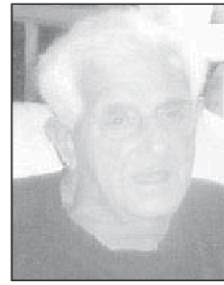
Cremation was held at Les Jardins Funéraires Bessette in Granby.

As a remembrance to Diana, donations may be made to the Creek United Church in memory of Diana Mizener c/o May Banks, 4 Gaboury Rd., Foster, Qc JOE 1R0.

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**Death**

**Lionel McCutcheon  
(1922-2019)**



Passed away peacefully on Saturday, May 25, 2019 at the CHUS Hôtel-Dieu

at the age of 96. He was predeceased by his parents Jimmy McCutcheon and Alphonsine Labrecque.

He was the father of France (Léonard), Pauline and Grace (Robert).

He was the grandfather of Johanne (Michel), Chantal, Mylène (Jean), Stephan Jr, Kristel, Mason, Lyla, Jason, Justin, Clayton and was the great-grandfather of 7, great-grandchildren and 4 great-great-grandchildren.

He also leaves to mourn his brothers Henri (late Pierrette), André (Marie Jeanne), and was predeceased by Rose-Alba (late Frank), Albert (late Gabrielle), Delcia (Trefflé), Lucien (Gabrielle), Paul (late Rose), and Gérard (late Georgette). Visitation will take place at the Cass Funeral Home, 50 Craig St., Cookshire, QC on Sunday, June 2, 2019 from 2 p.m. to 4 p.m. and on Monday, June 3, 2019 from 10 a.m. to 11 a.m. followed by the service 11 a.m. in the funeral home.

Interment will take place at the Island Brook Cemetery.

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**Death**

**Carole Margaret McCormack Quinlan  
(1937-2019)**

Peacefully at the Wales Home, Cleveland, QC, on May 27, 2019 in her 83rd year.

Daughter of the late James McCormack and the late Margaret Brady and wife of the late Robert Quinlan of Winnipeg. Loving sister of David McCormack (Carol Meldrum) of Lennoxville, QC. Dear mother of Michael de Ste. Croix of Sudbury and Sharon de Ste. Croix of Montreal. Also survived by 4 grandchildren and 8 great-grandchildren. Lifelong friend of Carole Anne Wright Fitzpatrick.

There will be cremation followed by burial at the Mount Royal Cemetery.

Many thanks to the staff at the Wales Home for their wonderful care. Funeral services entrusted to the Steve L. Elkas Funeral Home, Sherbrooke, QC, 819-565-1155.

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

**Barbara May (Sample) Allatt  
1938- 2019**



Passed away peacefully at home surrounded by family after fighting cancer with determination and fortitude. Her courageous battle could not have been waged without her faith and the abundant support from family and friends. Her family would like to thank Grace Village and the wonderful caregivers, nurses and doctors who gave her compassionate care.

She will be dearly missed by Stephen, her husband of 61 years, her son Reginald (Philippa Jones), and grandchildren Thomas, Daniel, Mark and Stephen; daughter Karen (Chris Hornibrook) and grandchildren Hannah (Vernon Campbell), Matthew, Margareth, Jessica and William; son Brian (Tanya Bellehumeur) and grandchildren Jacob, Emma, Micah and Priscilla; niece Debra Austin and her children Jordan and Jayden; her brother Lyle (Sandy Prupas) and his daughter Natalie-Ann (Dan Breton and her mother Celine Chartier) along with many other extended family members.

Barbara will always be remembered for welcoming many into her home with her gift of hospitality, generosity, love for family and friends.

The family will receive friends and relatives at Grace Village from 6 to 8 p.m. Friday, June 7th. A celebration of life service will be held at 3 p.m. with visitation starting at 2:15 p.m. on Sunday, June 9th, 2019 at Hope Community Church with a reception following at Grace Village. In lieu of flowers, donations in Barbara's memory can be made to Grace Village at <https://www.gracevillage.ca>

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**Death**

**Memorial Service**



**Elizabeth Sadie (Noble) TALBOT  
1940-2019**

Please join us as we celebrate the life and cherish the memories of Sadie Talbot, of Warden, Quebec.

A memorial service will be held on Saturday, June 1 at 11 a.m. at Foster Church, 725 Lakeside. Officiated by Rev. Tim Smart. A graveside service will follow at the Warden Cemetery, Warden, Quebec.

**Graveside Service**

**GARDNER, MURRAY:** A graveside service for Murray Gardner will take place on Saturday, June 1 at 1 p.m. at the North Hatley Reedsville Cemetery. Following the service, a reception for family and friends will be held downstairs at Hope Community Church, 102 Queen Street, Lennoxville (corner of College and Queen.) Parking lot in the back of the church.

**Cemetery Meeting**

**MAPLE LEAF CEMETERY**

The annual meeting of the Maple Leaf Cemetery Inc. will be held on Thursday, June 6, 2019 at 7 p.m. at the home of Gladys and Lloyd Fisk, 4635 Downey Road, Waterville, Quebec. Anyone wishing to attend the meeting is welcome.

**49% of Quebecers**  
have serious difficulty reading

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or 1-800-361-9142



# Church Services

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. Christian meditation on Thursdays from 6 p.m. to 7 p.m. 819-346-5564.

### SHERBROOKE

On Sunday, May 31, the Church of the Advent, 573 Bowen St. South, (near the Hotel Dieu Hospital) invites you to join us at 11:00 a.m. for Morning Prayer BCP presided by Roy Stinson. Children and youth are always welcomed!

## Presbyterian

### LENNOXVILLE

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

## United

### AYER'S CLIFF - MAGOG

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

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to the worship with Rev. Linda Buchanan on Sunday, June 2. Everyone is welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, June 2 at 10:30 a.m. Joann Cleveland will be leading this service. All are welcome!

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, www.plymouthtrinitychurch.org, 819-346-6373, welcomes all of you to our regular English worship service at 10:30 a.m. on Sunday, June 2. Joignez-vous à nous pour un culte (en anglais) à 10h30 le dimanche, 2 juin. Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, June 2, 11 a.m., with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

# Basal tears crucial to eye health, cause blocked ducts



**ASK THE DOCTORS**  
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctor:** I've got a blocked tear duct that I'm told requires surgery. My eye weeps, but it isn't painful. However, it has become infected once. What can you tell me about this condition, and what are my treatment options?

**Dear Reader:** We're all aware of the tears we produce in abundance — such as when we cry in times of emotion, or when our eyes fill with reflex tears in response to an irritant. However, our eyes are continuously producing a third type of tear, known as basal tears.

As with most tears, basal tears come from the lacrimal glands, which are

located above the outer third of each eye. Although basal tears aren't nearly as abundant as emotional or reflex tears — we secrete less than a gram of them per day — they are essential to the health and optimal functioning of the eye. With each blink, the eyelid spreads the basal tears, which coat the eye with a complex film of water mixed with mucus, fatty oils and more than a thousand different proteins. Basal tears lubricate and nourish the surface of the eye, most specifically the cornea. This is the clear, colorless dome that covers the front of the eye and forms its outermost layer. Basal tears also play an important role in focusing light.

After basal tears complete their journey down and across the eye, they drain into structures known as puncta. These are tiny openings in the corners of the upper and lower eyelid. The spent basal tears, along with whatever debris they may have cleared from the surface of the eye, then move through a series of ducts and canals that empty into the nose.

When any part of the tear drainage system becomes blocked, the constant flow of basal tears has nowhere to go. This causes them to back up onto the surface of the eye, which becomes watery, red and irritated. Other symptoms of a blocked tear duct can include swelling in the inner corner of the eyelid, blurred vision, mucous discharge

and crusty lids or eyelashes. As you have already experienced, a blocked tear duct can also increase the risk of infection.

Blocked tear ducts in adults are most commonly caused by eye infections, swelling, injury to the nose or eye, polyps or a tumor. Age-related changes to the structures of the eye, such as narrowing of the punctal openings, can also play a role. Diagnosis entails a complete eye exam, as well as specific tests to assess the degree of blockage.

Treatment is based on the results of those tests. Infection is typically treated with a course of antibiotics. The blockage itself may respond to a special massage technique, or may require one of several different types of surgical intervention. These can include the use of a series of instruments to clear the blockage, opening a narrowed duct with a balloon catheter, implanting a temporary stent into the duct, or creating a new route for tears to drain from the eyes and through the nose.

As with any medical procedure, be sure to understand all of the available treatment options, and discuss them with your doctor.

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

# SUDOKU

DIFFICULTY RATING: ★★★★★

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

5/31

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## PREVIOUS SOLUTION

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

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

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

## PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

# SUDOKU

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

# Post-college parental blues

Dear Annie

FRIDAY, MAY 31, 2019

**Dear Annie:** Our daughter, “Jenny,” is graduating from college in a few weeks, and my husband and I are very proud. We were unable to afford college, but once we had a child, we knew how important it was for her to go. My husband has worked in a factory his whole life and two years ago became a supervisor.

We have always been a close family, but something has come up that has caused a lot of arguments, and I am writing to ask for your advice. What happened is my daughter’s boyfriend, “Todd.”

Jenny first told us about Todd during the Christmas vacation. She said she had met a fellow student and really liked him. Jenny has had a few dates over the years, but she was never boy crazy, and Todd is her first serious boyfriend. Jenny has always been the studious type. We were interested to get to know Todd, who is also a senior and will be graduating with Jenny. We don’t dislike him, but we’re not crazy about him either. He is not warm and friendly. He is quiet and can appear cold when you first meet him. He can be funny sometimes, but he’s mostly quiet.

The problem is that we assumed all along that Jenny would return home for a few years after college, get a job and start to pay back her student loans. But she told us that Todd was accepted to graduate school

and will be studying for a master’s degree in a school located more than 2,000 miles from our house, and she wants to go with him. She doesn’t have a job and is not sure what she will do. She’s even talking about staying in school herself.

This has caused the first serious rift in our family. My husband is fit to be tied. He cannot discuss the subject without exploding about Jenny’s ingratitude and selfishness. She bursts into tears whenever we try to persuade her not to go, saying she loves Todd and has made up her mind. — *Feeling Torn Apart*

**Dear Torn Apart:** Jenny is not a little girl any more, and you and your husband should really focus on gratitude and appreciation; she fulfilled your dreams of going to college and succeeding. If she and Todd are in love, then they would be miserable if they had to live thousands of miles apart. If you allow your hurt feelings to destroy the good relations you have had with Jenny her whole life, it could take years for your relationship to recover. Ask Jenny to help you both get closer to Todd so that the close-knit family you all knew will continue with one additional member.

**Dear Annie:** I remember hearing someone on television — I can’t remember who — say that we should drink eight big glasses of water every day. I tried it the next day and found that I had to go to the bathroom a lot more than before. But I also found that I felt much

better. I have been doing this for years now, and I am convinced it promotes good health. Many people have told me that I have nice skin and look young for my age. I am in my 50s and look at least 10 years younger than I am. I love the letters in your column, and I wanted to share this tip for the readers, in case anyone is interested. — *Never Thirsty*

**Dear Never Thirsty:** Your letter is so sweet. Thank you for offering something that has helped you so that readers of this column might benefit because you like their letters, and, by implication, you like them. I’m sure they like you, too, because your advice is excellent. There might be some disagreement among experts about what the optimal amount of water is to drink each day, but being dehydrated can cause all sorts of problems such as headaches, diarrhea and lethargy. Thanks for thinking of the column and for giving a great tip!

“Ask Me Anything: A Year of Advice From Dear Annie” is out now! Annie Lane’s debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

## Your Birthday

FRIDAY, MAY 31, 2019

Smart spending and saving habits will determine how well your year goes. You can think big, but don’t buy into someone else’s plans. Do only what you can afford and what will bring you the highest returns. What you want matters, so please yourself and live life your way.

**GEMINI** (May 21-June 20) — Deal with issues that need to be addressed. Look over personal papers and consider your options regarding health concerns. An intelligent, practical solution will put your mind at ease.

**CANCER** (June 21-July 22) — Today is all about give and take. Patterns will develop that will help you ease into whatever is best for you. Go with the flow.

**LEO** (July 23-Aug. 22) — Be careful how you treat others. Your actions will be noticed and could influence the outcome of a decision that will affect your position, reputation or status.

**VIRGO** (Aug. 23-Sept. 22) — Don’t rely on what others say; rely on your skills and what you know you can accomplish. Concentrate on using your attributes to benefit yourself as well as others. Romance is highlighted.

**LIBRA** (Sept. 23-Oct. 23) — Gather facts and be ready to straighten out anyone who offers false information. Know what and who you are up against, and intelligently deal with controversy.

**SCORPIO** (Oct. 24-Nov. 22) — Partnerships can make a difference. Nurture your connection with people who bring

out the best in you to discover how great you can be and how far you can go.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Protect your home, possessions and personal information against theft. Someone will not be completely honest with you. Don’t overreact, but do know when to say no.

**CAPRICORN** (Dec. 22-Jan. 19) — Activities and events will bring you together with loved ones, and respect will encourage closer relationships. Open your doors, host an event or make positive changes at home. Romance is encouraged.

**AQUARIUS** (Jan. 20-Feb. 19) — Size up a situation before you take action. Make sure that whatever you decide to do benefits you and your loved ones. Protect what means the most to you.

**PISCES** (Feb. 20-March 20) — A call for help will lead to a new beginning. Get together with people who motivate and inspire you, not with those who encourage bad habits.

**ARIES** (March 21-April 19) — Spend time with people who understand you or get what you are trying to do. Don’t let negativity, criticism and complaints stand between you and your objective. Follow your heart.

**TAURUS** (April 20-May 20) — If you share your feelings, you’ll resolve personal issues. You have plenty to gain if you make a focused effort to promote better health and physical stamina. Romance is featured.

SATURDAY, JUNE 1, 2019

Listen and learn. The information you pick up this year will help you make better choices moving forward. Taking a minimalist approach to life will help you put what you need to do in perspective. The less you have to worry about, the better you will do.

**GEMINI** (May 21-June 20) — Speak up but don’t exaggerate, or someone will hold you accountable. Sticking to a plan and finishing what you start will help you gain respect and support.

**CANCER** (June 21-July 22) — Carefully map out what you want to see happen. Use your charm to get others to help you achieve your objective. Romance is highlighted.

**LEO** (July 23-Aug. 22) — Keep your emotions well hidden. Use your intelligence, knowledge and experience to help you make the right choice. Socialize with people who understand what you are trying to accomplish.

**VIRGO** (Aug. 23-Sept. 22) — Take action. It’s one thing to make promises and another to follow through. A chance to win the support you need is within reach. Show everyone what you are capable of doing.

**LIBRA** (Sept. 23-Oct. 23) — Spend time with people you can learn from. Intellectual interaction will give you a platform to express your thoughts and gain greater insight into ways to improve and excel.

**SCORPIO** (Oct. 24-Nov. 22) — Time spent with someone special will bring

you closer together and help you develop a greater understanding of each other’s needs. A positive lifestyle change can be made.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Look at what you can do, not at the impossible. If someone tries to convince you to do something that isn’t reasonable or good for you, walk away and concentrate on self-improvement.

**CAPRICORN** (Dec. 22-Jan. 19) — A change at home or to an important relationship will improve your day. Take an active role in getting things done right and making your loved ones happy. Romance is on the rise.

**AQUARIUS** (Jan. 20-Feb. 19) — Back away from anyone who is getting into things that you don’t agree with or is applying pressure to get you to make a change you dislike. Do your own thing.

**PISCES** (Feb. 20-March 20) — What you do for others will bring you satisfaction and help you connect with people who can assist your quest to get ahead or reach a personal goal. Love is highlighted.

**ARIES** (March 21-April 19) — An open mind and a practical outlook will help prevent you from making a poor decision. Choose what’s best for you, not what someone else is pushing you to do.

**TAURUS** (April 20-May 20) — Look over your options and head in the direction that will bring you joy. An emotional, physical or personal change will encourage you to look and do your best.

Sunday’s horoscope on page 15

Send your social notes to: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

### 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.

" D GZX FSIMNWL DCLI LWDX GISBJ  
LWDCODCN D GZX NISNVIMX FVHZMXV  
YU YILWVS GZX VALSVYVBU JVPILVJ  
LI LWDX CILDIC." — ZYU XHWMYVS

Previous Solution: "Bombing on stage never feels great. ... But then when your performance works, it's transcendent." — Mike Birbiglia

TODAY'S CLUE: *W s i e n b e O*

### 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.

" RSN GPCD TJ XCNPRZNB B VB  
OSNZ NINCARSVZX MNJTCN ATK VB  
TMBTFNRN, PZY NINCARSVZX PJRNC  
ATK MNPCB ATKC GPCD." — YPIN  
USPWWNFFN

TODAY'S CLUE: *W s i e n b e O*

Previous Solution: "I was brought into this world thinking I was gorgeous because my mother was extremely devoted to this notion." — Amy Schumer

### ALLEY OOP



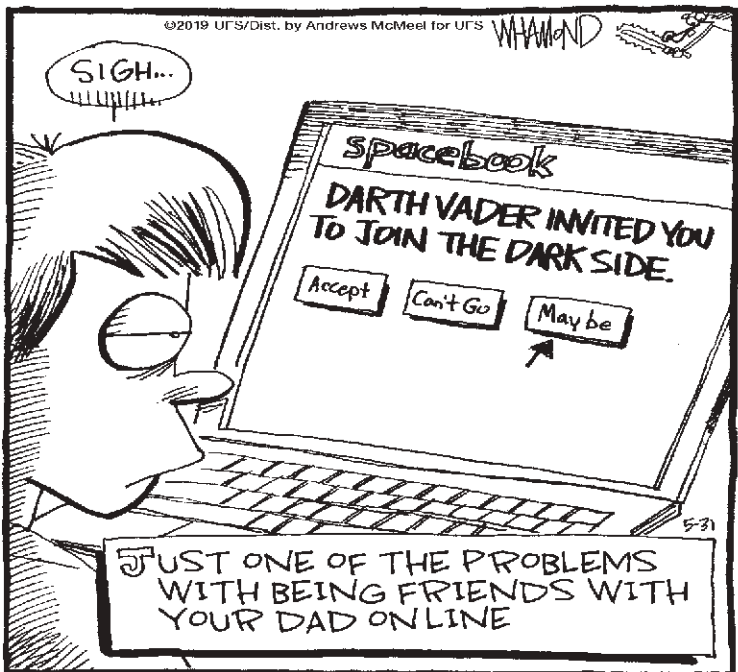
### ARLO & JANIS



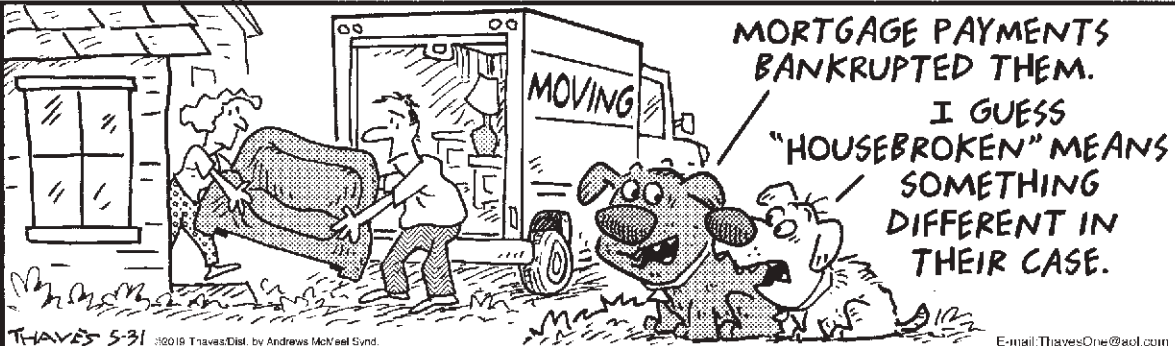
### THE BORN LOSER



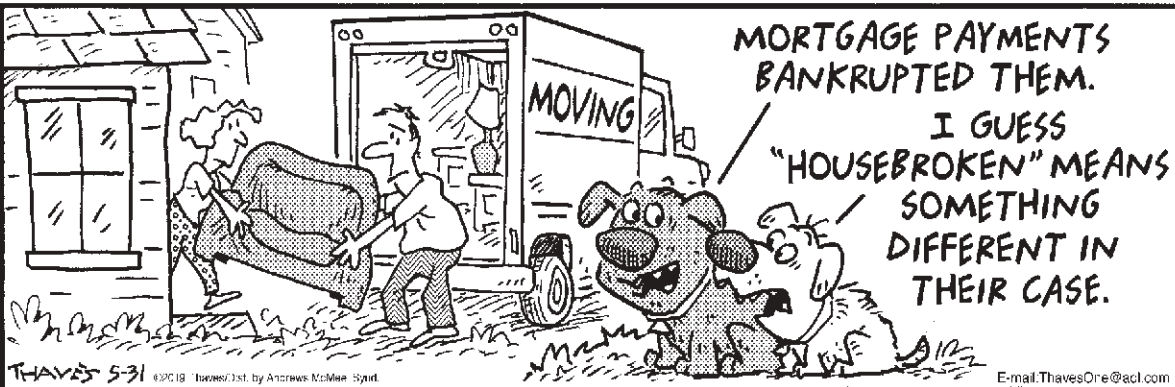
### REALITY CHECK



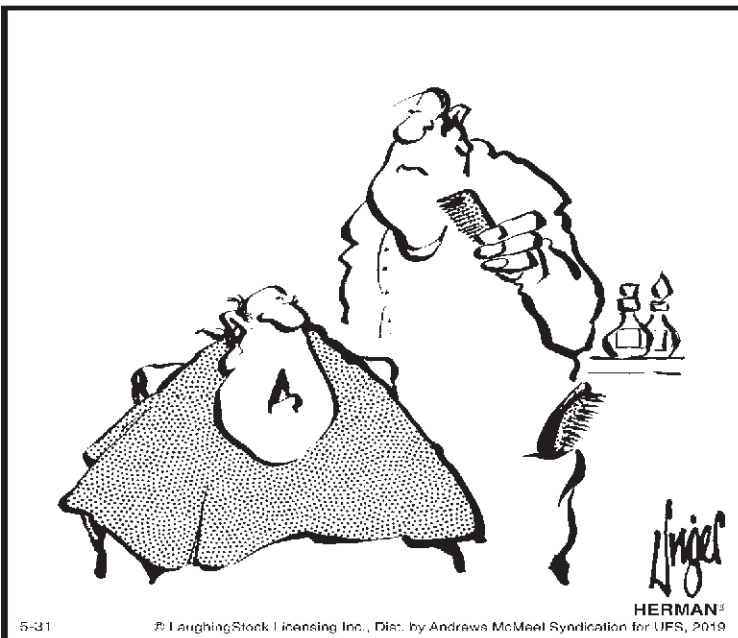
### FRANK AND ERNEST



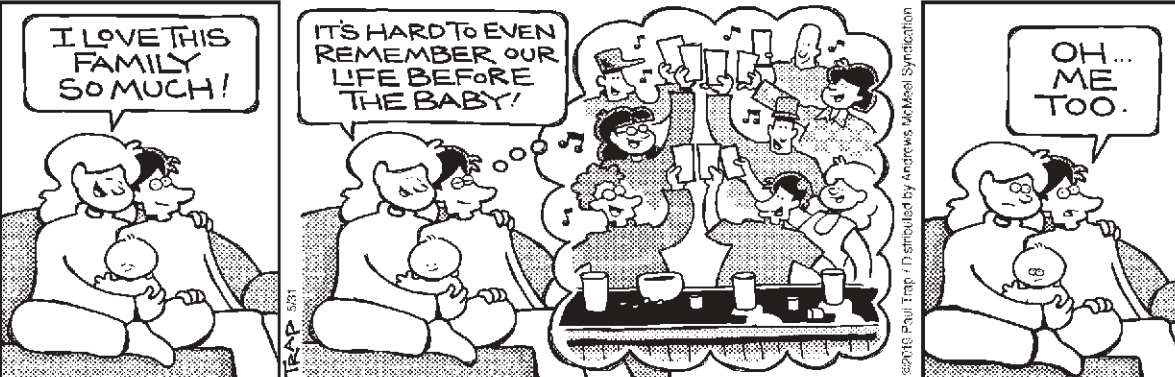
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### HERMAN



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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
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THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

# CLASSIFIED

## Datebook

FRIDAY, MAY 31, 2019

Today is the 151st day of 2019 and the 73rd day of spring.

**TODAY'S HISTORY:** In 1790, President George Washington signed the first U.S. copyright law.

In 1889, the failure of the South Fork Dam on Pennsylvania's Lake Conemaugh caused a huge flood that engulfed Johnstown, Pennsylvania, claiming 2,209 lives.

In 1970, an undersea earthquake off the coast of the Ancash region of Peru caused a massive avalanche that resulted in an estimated 74,000 fatalities.

In 2005, an article in Vanity Fair magazine revealed that former FBI official W. Mark Felt was the anonymous Watergate scandal whistleblower known as "Deep Throat."

**TODAY'S BIRTHDAYS:** Walt Whitman (1819-1892), poet/journalist; Pope Pius XI (1857-1939); Norman Vincent Peale (1898-1993), religious leader/author; Clint Eastwood (1930- ), actor/director; Johnny Paycheck (1938-2003), singer-songwriter; Joe Namath

(1943- ), football player; John Bonham (1948-1980), drummer; Tom Berenger (1949- ), actor; Lea Thompson (1961- ), actress; Brooke Shields (1965- ), actress; Archie Panjabi (1972- ), actress; Colin Farrell (1976- ), actor.

**TODAY'S FACT:** Copyright laws established in 1998 state that copyright protections last for the lifetime of the author, plus an additional 70 years.

**TODAY'S SPORTS:** In 1937, New York Giants pitcher Carl Hubbell's 24-game winning streak came to an end with a 10-3 loss to the Brooklyn Robins.

**TODAY'S QUOTE:** "I think of few heroic actions, which cannot be traced to the artistic impulse. He who does great deeds, does them from his innate sensitiveness to moral beauty." — Walt Whitman

**TODAY'S NUMBER:** 2.6 — diameter (in miles) of the widest tornado in recorded history, an EF5 tornado that struck El Reno, Oklahoma, on this day in 2013.

**TODAY'S MOON:** Between last quarter moon (May 26) and new moon (June 3).

# Shrimp, garlic, oil and wine equals a tasty and quick dinner

By America's Test Kitchen

### GARLIC SHRIMP PASTA

Servings: 4-6

Start to finish: 45 minutes

**Chef's Note:** Marinate the shrimp while you prepare the remaining ingredients. Use the smaller amount of red pepper flakes for a milder sauce.

1 pound large shrimp (26 to 30 per pound), peeled, deveined, and each shrimp cut into 3 pieces

3 tablespoons olive oil

9 garlic cloves, peeled (5 cloves minced and 4 cloves smashed)

Salt and pepper

1 pound penne, ziti, or other short, tubular pasta

1/4-1/2 teaspoon red pepper flakes

2 teaspoons all-purpose flour

1/2 cup dry vermouth or white wine

3/4 cup bottled clam juice

1/2 cup chopped fresh parsley

3 tablespoons unsalted butter

1 teaspoon lemon juice, plus lemon wedges for serving

Combine shrimp, 1 tablespoon oil, one-third of minced garlic, and 1/4 teaspoon salt in bowl. Let shrimp marinate at room temperature for 20 minutes.

Heat smashed garlic and remaining 2 tablespoons oil in 12-inch skillet over medium-low heat, stirring often, until garlic turns golden but not brown, 4 to 7 minutes. Off heat, remove garlic with slotted spoon and discard. Set skillet with oil aside.

Bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt

and cook, stirring often, until al dente. Reserve 1/2 cup cooking water, then drain pasta and return it to pot.

While pasta cooks, return skillet to medium heat. Add shrimp along with marinade, spread into even layer, and cook, without stirring, until oil starts to bubble gently, 1 to 2 minutes. Stir shrimp and continue to cook until almost cooked through, about 1 minute longer. Remove shrimp with slotted spoon and transfer to clean bowl. Add remaining minced garlic and pepper flakes to skillet and cook over medium heat until fragrant, about 30 seconds. Add flour and cook, stirring constantly, for 1 minute. Slowly whisk in vermouth and cook for 1 minute. Stir in clam juice and parsley and cook until mixture starts to thicken, 1 to 2 minutes. Off heat, whisk in butter until melted, then stir in lemon juice.

Add shrimp and sauce to pasta and toss to combine. Add reserved cooking water as needed to adjust consistency. Season with pepper to taste. Serve immediately, passing lemon wedges separately.

Nutrition information per serving: 474 calories; 130 calories from fat; 15 g fat (5 g saturated; 0 g trans fats); 111 mg cholesterol; 692 mg sodium; 60 g carbohydrate; 3 g fiber; 3 g sugar; 20 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Garlic Shrimp Pasta in "Revolutionary Recipes."

(The Associated Press)

001 Property for Sale

**3785 GLENDAY.** House on large 27,400+ sq.ft. lot. Beautiful views, mature trees, backs onto protected woodlands. Health reasons. \$225,000. Call 819-640-9009.

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100 Job Opportunities



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**819-823-0335**

145 Miscellaneous Services

**LENNOXVILLE PLUMBING.** Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

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1125 chemin du Cimetiere. Mega Garage Sale. Antiques, puzzles, dog cage, tools. Saturday 8 a.m. to 5 p.m. and Sunday 8 a.m. to 4 p.m. Rain or shine.

---

**SHERBROOKE**  
Garage Sale, 1900 Prospect Street, Sherbrooke on Saturday, June 1 from 8 a.m. to 4 p.m. and Sunday, June 2 from 8 a.m. to 3 p.m. A wide variety of items available. Everyone welcome.

---

**STANSTEAD**  
Town-wide Garage Sale on Saturday, June 1. Just follow the signs.

---

**395 Home Improvement**

340 Garage Sales

**BISHOPTON** Garage Sale fundraiser for Cancer Research on Saturday, June 1 and Sunday, June 2 from 9 a.m. to 4 p.m. at 16 MacAulay, Bishopton. Djembe jam in the afternoon.

COMPTON

74 Bellevue Street on Saturday, June 1 and Sunday, June 2 from 8 a.m. to 3 p.m. Hunting and fishing equipment, tools, including a Dewalt thickness plainer, dog cage for medium to large dog and much more.

ISLAND BROOK

Multi-family Garage and Plant Sale, Saturday, June 1 from 8 a.m. to 4 p.m. at Pierre and Celine Restaurant, 1440 Route 212, and at municipal pavilion. Household items, antique furniture, records, CDs, DVDs, preserves, beeswax cloth, fur coat, and plants for home and garden. Postponed to the next day in case of rain.

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THE RECORD

819-569-9525

# NEA Crossword Puzzle

# Your Birthday

SUNDAY, JUNE 2, 2019

Answer to Previous Puzzle

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

**ACROSS**

- 40 Nasty shocks
- 41 Phone trio
- 42 Long time
- 43 Wild
- 46 UFO crew
- 49 All-purpose truck
- 50 Happy tunes
- 52 Signs off on
- 54 Coffee
- 55 Dart away
- 56 Ex-GI
- 57 Pen filler
- 58 Cravings
- 59 Blow away

- 1 Grid whistler
- 4 Costa —
- 8 Destroy suddenly
- 11 Incan treasure
- 12 180-degree maneuver (hyph.)
- 14 Yale grad
- 15 Dismiss
- 16 Ms. Callas
- 17 Diamond arbiter
- 18 Steady
- 20 Passport companions
- 22 Ante up
- 23 Nudge
- 24 Layers
- 27 Malady
- 31 Mine and thine
- 32 Toupee
- 33 Plunging neckline
- 34 — Tome
- 35 Website clutter
- 36 One-sidedness
- 37 North African nation

**DOWN**

- 1 Gigantic bird of myth
- 2 Pitchers' stats
- 3 Word processor choice
- 4 Ballroom numbers
- 5 Where Venice is
- 6 Remedy
- 7 "Exodus" character
- 8 Athena's pa

- 9 Diva — Gluck
- 10 Apple seeds
- 13 Maritime
- 19 Fossey's friends
- 21 "Big Blue"
- 23 Fishing lures
- 24 Fence part
- 25 Hawaiian cookout
- 26 Dietary need
- 27 Verdi heroine
- 28 Malicious
- 29 Without the ice
- 30 Hardy's dairymaid
- 32 Homeless child
- 36 Skeleton part
- 38 NW state
- 39 Hawks
- 40 Beams
- 42 Rocker — John
- 43 Honshu volcano
- 44 Jacket style
- 45 Smell strongly
- 46 Lotion additive
- 47 Exploding star
- 48 Twist
- 51 Frozen
- 53 Sault — Marie

1	2	3		4	5	6	7		8	9	10
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54				55					56		
57					58				59		

Look for the positive in everything and everyone, but don't be gullible if you stumble across something or someone who seems too good to be true. Choose intelligence over emotions to get the most done this year. Think, make good choices, follow through with your plans and achieve success.

GEMINI (May 21-June 20) — A get-together with someone from your past will leave a misleading impression. Consider what's being said and the feasibility of promises being kept. Protect yourself against being used.

CANCER (June 21-July 22) — Take pride in what you do. The things you do to help others will be recognized and rewarded. Better health, exercise and a proper diet are encouraged.

LEO (July 23-Aug. 22) — Get involved in something you enjoy, believe in or can learn from. Surround yourself with people who are experienced, intelligent and helpful. Self-improvement and personal growth are featured.

VIRGO (Aug. 23-Sept. 22) — Be careful with whom you share personal information. Let your actions speak for you and your accomplishments be your reward. Physical, emotional and relationship improvements should highlight your day.

LIBRA (Sept. 23-Oct. 23) — A day trip, reunion or family gathering will be informative. Realizing what needs to be done to improve your life will encourage you to make a positive change.

SCORPIO (Oct. 24-Nov. 22) — The more active you are, the better. Plunge into the activities that make your heart race and leave you feeling energized and ready to make positive lifestyle changes.

SAGITTARIUS (Nov. 23-Dec. 21) — Look at your relationships and consider who is good for you and who isn't. Trust and loyalty will determine whom you welcome into your life.

CAPRICORN (Dec. 22-Jan. 19) — Listen to your heart. Don't believe everything you hear. Be resourceful and get the facts before you decide to take action. A positive change will result if you proceed with peace and love.

AQUARIUS (Jan. 20-Feb. 19) — An open mind will lead to good results. Mulling over all your choices and putting in place an intelligent plan that is based on your needs will pay off.

PISCES (Feb. 20-March 20) — Getting together with an old friend will help you put what's going on in your life in perspective. Distance yourself from anyone using emotional tactics to manipulate you.

ARIES (March 21-April 19) — Stick to what you know and follow through with your plans. No one can make choices for you. Do what you need to in order to feel comfortable and content. Change begins within.

TAURUS (April 20-May 20) — A change of attitude will result if you surround yourself with positive people. Visiting someone who encourages you and offers good advice will inspire you to pursue a healthier lifestyle.

FRIDAY, MAY 31, 2019

## Be prepared for rough water ahead

By Phillip Alder

This is a Swedish proverb: "Rough waters are truer tests of leadership. In calm water, every ship has a good captain."

That applies to bridge players. Everyone can make a contract when the distribution is friendly, with finesses winning and suits splitting evenly. But only good declarers work out how to steer around icebergs and hidden reefs.

How would each type of sailor play in this three-no-trump contract after West leads the spade queen?

Do you and your partner use a conventional method for competing against an opponent's one-no-trump opening? Cappelletti enjoys considerable popularity, but has one huge disadvantage. You overcall two clubs with any long one-suiter, which does not inconvenience the responder at all. He can double to say that he would have responded two clubs, Stayman; and every other bid can be as per his normal methods. For example, two hearts would still be a transfer to spades. In addition, partner might wish to compete if you have, say, spades, but not if you have hearts. How does he tell you that?

It is much better to intervene with

North		05-31-19	
♠	K		
♥	A 6 3		
♦	7 5 2		
♣	K 10 9 8 5 4		
West		East	
♠	Q J 10 9 8 7	♠ 6 4 3	
♥	10	♥ K Q J 7 5	
♦	K 8	♦ J 10 9 4	
♣	J 7 6 2	♣ 3	
South			
♠	A 5 2		
♥	9 8 4 2		
♦	A Q 6 3		
♣	A Q		
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	2♠	3NT	Pass
Opening lead: ♠ Q			

two hearts or two spades when you hold a long major.

In three notrump, South starts with seven top tricks: two spades, one heart, one diamond and three clubs. The poor pilot, assuming the waters will be mill-pond smooth, plays off the club ace and queen. But when West turns up with jack-fourth, suddenly South's ship sinks.

The more careful captain plays a club to his ace, overtakes the club queen with dummy's king and drives out the jack. He takes two spades, one heart, one diamond and five clubs.



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2019 Wish child - Anthony!



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our  
25<sup>th</sup>  
year!

### 2019 SCHEDULE

FRIDAY NIGHT		SATURDAY		SUNDAY	
8:30	Legion Jammers	12:00	Bob Coates and Friends	11:00	Peter and Friends
7:00	Gary Darling	1:00	Keenan Wilcox	12:00	Gospel Gary Darling
8:15	Silverado	2:00	Country Cousins	1:00	Rainbow Country Cloggers
9:30	Classic Blvd	3:00	Kevin and Jeff	2:00	Kate Morrison
10:45	Black Dog	4:00	Big River	3:00	Wish Presentation
12:00	Slightly Haggard	5:00	Bob Drew		

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RAIN or SHINE

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