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*Lots of children's activities,
silent auction, canteen, game room, etc.*



THE RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Rain or shine!

Sara Lebourveau celebrates 107

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

You can't get there from here

Editorial - Page 6

\$1.00 + TAXES

PM#0040007682

THURSDAY, MAY 16, 2019

“Everybody helps”

The women of the Wales Home Ladies Auxiliary preparing for annual fundraising day

By Gordon Lambie

There are over 600 items on display in and around the Wales Home living room right now as a part of the Wales Home Ladies Auxiliary's annual silent auction.

“It's our biggest fundraiser of the year,” said Joyce Cinnamon, President of the group, inviting anyone who is able to come by the home for a look around between now and “pencils down” time at 3 p.m. on Saturday, May 25.

To call the event “big” sells the point a bit short. In 2018, the auction alone brought in more than \$10,000 of the \$13,828 that was raised through the Ladies' various fundraising efforts throughout the year. All of that money, Cinnamon said, goes directly back to the residents in different ways. From weekly teas and monthly birthday celebrations, to stocking and operating the home's tuck shop, the ladies use the funds raised in every way they can to make life better for the residents.

“Everyone does their thing,” Cinnamon said, “everybody helps.”

Jane Carson, for example, is in charge of purchasing for the tuck shop, which

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Princess Elizabeth students awarded music bursaries



Harvey and Rachel Catchpaw and Roxane Johnson posed with this year's recipients of the music bursary awarded by the James E. Connors Foundation at Princess Elizabeth Elementary School.

By Emilie Hackett
Special to the Record

Twenty-nine students from Magog's Princess Elizabeth Elementary School (PEES), from kindergarten to Grade 6, were awarded a year's worth of private music lessons for the instru-

ment of their choice through the James E. Connors' Foundation on May 15.

The James E. Connors' Foundation was created to encourage young musicians to explore their musical talents. Since the beginning of the program, in 1986, hundreds of young students at PEES have benefited from private music

lessons.

Following a concert in the gymnasium by last year's recipients, the eager students awaited as four names per grade were drawn to receive the bursary awarded by Harvey Catchpaw, president

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Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH OF 15
LOW OF 4



FRIDAY:
RAIN

HIGH OF 13
LOW OF 5



SATURDAY:
CLOUDY

HIGH OF 16
LOW OF 7



SUNDAY:
CLOUDY, 60%
CHANCE OF
SHOWERS
HIGH OF 14
LOW OF 6



MONDAY:
CLOUDY, 60%
CHANCE OF
SHOWERS
HIGH OF 17
LOW OF 8

My neighbour, cancer



ROSS MURRAY

As a writer, I strive for accuracy. So it's been a bit of a struggle to find the right expression to describe my life since prostate surgery six months ago. Am I living with cancer? No, the cancer is out of me. Does that make me a cancer survivor? Well, no, the cancer could always come back, although the longer I go without cancer reoccurring, the less likelihood it will.

So when expressions fail, as a writer, I turn to metaphor.

I've decided that my cancer is a thermonuclear warhead in my neighbour's backyard. It just shows up one day. Before then, he was a quiet neighbour, lived a moderate lifestyle, not someone you'd think would bring home a thermonuclear device. Indeed there were no warning signs that a weapon of mass destruction was ever in the offing.

Not content to simply have a warhead in his backyard, the neighbour sometimes pulls out a ladder, climbs to the top of the warhead and whacks it with a giant hammer like some kind of crazed Looney-Tunes character. Or he takes some other tools and rips open panels marked "DO NOT OPEN! THREAT OF DETONATION! KABOOM!" Sometimes the warhead hums and buzzes, with the occasional ticking sound.

And the thing is, I don't even notice! I have no idea my neighbour has a thermonuclear warhead in the backyard until one day I go see the police for another matter, and they say, "Oh, by the way, we think your neighbour might have a thermonuclear warhead. We're going to check." They check. "Yup, that's a thermonuclear warhead, all right. We'll take care of it."

Weeks go by, and I can think of nothing but the fact that there's an armed thermonuclear warhead next door. Eventually, though, the police disable the nuclear warhead. They strip it of all the parts that can cause it to explode (which would be bad for the neighbourhood, I assume it goes without saying) and take away all the neighbour's tools for good measure.

What a relief! "Problem solved," the police say, and I am filled with gratitude.

And yet they leave the warhead itself behind.

"Don't worry, we'll check in from time to time," they say.

"But what if he starts tinkering with it again?" I protest. "What if he orders replacement kaboom parts? Gets new tools?"

"Well," the police say, "we hope not." And they're off.

So now, six months later, I'm still living next door to a thermonuclear warhead, albeit a dormant one.

But the police do one more thing before they go: they take away my tools as well.

No more woodworking for me. "It's a small price to pay, no? Better than being blown to bits by a thermonuclear warhead?"

"Better than being blown...?"
"To bits, yes. You're welcome."

I really liked woodworking. Maybe I wasn't woodworking as much as I was in my twenties, but I sure enjoyed it. Sometimes, even when I wasn't woodworking, I would spend time thinking about woodworking. Sometimes I just whittled a little.

"Are my woodworking days really over?" I ask the police.

"Well, with any luck, you might be able to woodwork in a year or two, but it's very possible you'll never woodwork again. But, hey! We got rid of that thermonuclear warhead for you!"

"But it's still there," I point out.
"It's fine. Probably. Also: have you ever tried working with Play-Doh?"

So that's how I live my life now: next door to a neighbour with a dormant thermonuclear warhead, and no more woodworking. Most days, I don't think about any of it, just go about my business. But then I'll catch site of my neighbour pensively fiddling with electronics. Or I'll see a nice piece of knotty pine. And then I remember. That's my life with and without cancer.

All I can hope is that over time my neighbour will become increasingly bored with the thermonuclear warhead in his backyard and that his trips out back to tinker with it, get it humming again, will become less and less frequent until one day he forgets about it altogether.

Eventually, the warhead will start to rust and crumble and will no long pose any kind of threat. By that time, of course, I likely would have retired from semi-regular woodworking anyway, or at very least only be working with softwoods.

That'll probably be when the meteor strikes the house. But that's a metaphor for another time.

Magog inviting residents to dance tonight away

Record Staff

Following in the footsteps of similar projects that have taken place in communities like the Town of Brome Lake, Cowansville, Dunham, and Frelighsburg, the city of Magog is inviting its population to come dance together tonight at the parc des Braves for the filming of a video in the *Faire danser un village* series.

"You don't need to prepare anything in advance, we're taking care of everything," said Magog Mayor Vicki-May Hamm. "Come with your friends and family; we promise you a memorable ex-

perience. Help us make our downtown shine all across Quebec."

Several different locations, highlighting local businesses and attractions, are planned, and the project organizers are counting on the participation of students from the école secondaire de la Ruche and employees of the city to help make the filming a success.

Prospective participants are encouraged to show up for 5 p.m. this evening, and all are welcome. Those who show up will be taught a small choreography in order to help keep the dance consistent across different scenes. The filming will take place rain or shine. The finished

film will be screened for the public on the evening of June 13, although plans are in the works to hold a special preview for those who come to participate.

The Magog project marks the third edition of the "Faire danser un village" project, following its first edition in the Town of Brome Lake, and the follow-up last year in Cowansville, Dunham, and Frelighsburg. The project is the initiative of Marie-Claude Lord and Maude Lecours, and draws on the creative talents of a number of local artists including Cowansville singer Édouard Lagacé, Sherbrooke poet and journalist Mélanie Noël, and TBL's own Amos Joannides.

Ben by Daniel Shelton



LOCAL NEWS

Asked about her life at the home the 107 year old said that she is fond of musical events.

Operation 'Cleanup' with the Lennoxville Scouts

By Didi Gorman
1st Lennoxville Scouts

The 1st Lennoxville Scouts were hard at work Saturday morning, cleaning up the Proviso parking lot in downtown Lennoxville.

Armed with brooms, shovels, and rakes, our crew of volunteers spread across the terrain and picked up litter,

gravel, and dead leaves.

A large turnout of helpers allowed us to complete the work by mid-morning, and the great response from customers and passers-by was truly heartwarming.

The activity was a pilot project aimed to benefit the community, raise awareness for local environment, and promote the value of working together for a common goal.



PHOTOS COURTESY OF DID GORMAN

Sara Lebourveau celebrates 107

By Gordon Lambie

"I don't know what I would do without her," the resident shared.

At the end of April, Sara Lebourveau turned 107 years old and celebrated with a gathering of friends and family at the Wales Home. The home's oldest resident, Lebourveau remembered her party with a smile as she spoke of all those who came from near and far to wish her well and share a cake she said was beautiful.

"It was trimmed up nice with candles," she said.

Asked about her life at the home the 107 year old said that she is fond of musical events.

"I like the violin music," she said, adding that while she also enjoys "good singing," she "doesn't care for screeching."

Lebourveau also spoke very kindly of her great-granddaughter, Becky Gilchrist, who works as a licensed practical nurse at the home and can therefore stop by for a visit almost daily.



GORDON LAMBIE
Sara Lebourveau just recently celebrated her 107th birthday with family and friends at The Wales Home

New Horizons for Seniors call for projects underway

Record Staff

Alain Rayes, Member of Parliament for Richmond-Arthabaska has announced that the 2019-2020 Call for Proposals for the the federal New Horizons for Seniors Program is underway.

The deadline to submit a project will be June 21.

New Horizons for Seniors (NHSP) is a program that supports seniors and senior-led projects. It aims to enable them to contribute to improving the quality of life in their community, including participating in social activities while living an active life. Eligible applicants can receive up to \$ 25,000 per year per organization in the form of a grant.

Projects must focus on one or more of the program's five objectives: to promote volunteerism among seniors and other generations, to encourage seniors to participate in the life of their community by

mentoring others, to increase awareness of abuse to seniors (including financial abuse), support the social participation and inclusion of seniors and provide capital assistance for new and existing community projects and programs for seniors.

MP Rayes is inviting interested people to communicate with the members of his team for any questions or to notify the deposit of your project.

"In 2019, our riding received more than \$ 320,000. Whether it's renovating a community hall, buying equipment, or doing a variety of projects, I invite organizations to submit a proposal. The members of my team will be happy to accompany them throughout the process. Do not hesitate to contact us!" Said the member for Richmond-Arthabaska.

Alain Rayes' office can be reached at 819-751-1375 (toll-free 1-877-751-1375) or by email at alain.rayes@parl.gc.ca.

Team members can also be contacted

through social media or in person at the Victoriaville, Asbestos, Windsor and Davuluyville offices.

For more details on how to apply, visit

<https://www.canada.ca/en/social-development-work/programs/new-horizons-women.html>.



COURTESY

Alain Rayes recently inaugurated the new Asbestos Cercle des fermières facilities, which received \$ 25,000 from the New Horizons for Seniors program.

Princess Elizabeth

CONT'D FROM PAGE 1

of the foundation. An additional bursary was drawn in memory of Matthew Cloutier, a former PEES student and bursary recipient who tragically passed away in 2011 at the age of 14. The bursary was presented by Cloutier's mother, Heather Catchpaw. "Matthew really loved music," said the Foundation president. "He was very talented, and I truly believe he could have been great in the music world."

Harvey Catchpaw has been working

hand in hand with Roxane Johnson, piano teacher at PEES, for over 33 years, as Johnson has helped organize the recital year after year. Dozens of students performed songs on the guitar and on the piano, with the addition of one singer. Songs ranged from Disney movie soundtracks to Star Wars leitmotifs to classical pieces and pop songs. Last year's recipients proudly showcased the new skills they acquired through their lessons, while some were lucky enough to see their name drawn again this year.

"First of all, congratulations everybody!" he declared. "Music is a special thing and we are glad to help you discover it and create a passion. My own daughter was a recipient back in the 1980s, and she went on to become a passionate teacher who loves the arts, so when I look at this room, I see the potential of what you can all achieve," he added. Catchpaw went on to thank teachers and the school administration, as well as his wife, Rachel, who helps him with the Foundation.

"When we started the foundation, it

was a bursary that was offered by Vivian Bice to help a few students receive music lessons. She wanted it to be under her father's name. Then, when she passed, she left a substantial amount of funds to the foundation which allowed us to help more and more kids every year," explained Catchpaw. "Now, we also seek to raise money so that we can familiarize as many children with music as we possibly can." Every year, the number of applicants for the bursary increases. This year, 72 students registered for the draw and 29 lucky ones were picked.

30th Annual ETSB Grade 3 Math Competition

Friday, May 3rd marked a very special day for our ETSB community. It was the 30th anniversary of our annual Grade 3 Math competition, hosted by Waterloo Elementary School. Kim Graveline, Ashley Lawrence and their WES team hosted 13 teams from across the ETSB from Farnham to Sherbrooke. These teams participated in this fun day by working together in teams of 4 to solve various math and logic problems. These 13 teams were competing for the Roxton Award for the overall highest points total for the day as well as for the World's Finest Teamwork award for the team who scored the highest points total for the group work sections.

The day began with the first of 5 sections of the competition where teams worked individually followed by 2 sections where they solved problems in pairs. After a short break, teams regrouped to complete the last 2 sections of the competition as a whole team of 4. The WES student hosts from Grades 5 and 6 coordinated the distribution of

the questions while our volunteer judges graded answers and tallied points.

After a lunch served by local community members the prizes were awarded. The Roxton Award for the highest overall points total for the day was awarded to the Farnham Team. Coming in second place was the Sherbrooke Mathletes followed closely in third place by the Sherbrooke Smarties Team. First place finishers Farnham Team took home the plaque along with a t-shirt while the other 2 teams also received t-shirts with the ETSB math logo.

The second award of the competition, the World's Finest Problem Solvers Teamwork Cup, was awarded to the Sherbrooke Mathletes. Rounding out the top three teams were the Farnham Team in second place and the Sherbrooke Smarties Team in third place. The winners from Sherbrooke received the trophy along with prizes and gift cards courtesy of Andrew Retchless of Aunt Sarah's Chocolates. All participants received goodie bags courtesy of the ETSB,

Aunt Sarah's and several other donors.

The day was an enormous success due largely to the generous donations from our sponsors, particularly the ETSB, Aunt Sarah's Chocolates, DAK Soudure Inc., KDC One, Waterloo Legion Branch #77, and Sérigraphie Nationale as well as some private donations.

We would like to extend a huge thank you to the Waterloo students from Grades 5 and 6 as well as the WES staff, community members Jocelyn St-Germain, Daniel St-Germain, Hope Sturtevant, and Monique Wigger who prepared and served lunch, the numerous sponsors, John Wilson, Tamera Hadlock who distributes the math information to the schools, as well as the volunteer judges. Finally, we would like to thank the parents and supervisors who brought the students to the event and last, but not least, the students. Without you, we would not be able to keep this ETSB tradition alive for our young mathematicians. Here's to another 30 years of math fun!



“Everybody helps”

CONT'D FROM PAGE 1

is open for residents twice per week, on Tuesdays and Fridays.

“I go shopping usually every other week or so,” Carson said, explaining that she picks up items like cosmetics, clothing, and other necessities.

At work in the role for about ten years now, Carson said that she tries to pay special attention to the things the residents want and any special requests.

“I find things for them,” she said.

Rhoda Worden, meanwhile, volunteers her time to run bingo games for the residents. She said that she also helps out in whatever other ways she can.

“When there are events going on and they need the residents from Norton brought down, they need extra help,” she said, explaining that she is happy to be available as a helping hand whenever possible.

“I became a member because my mum was here, and my aunt,” Worden added. “When you come every day, you might as well get involved.”

Cinnamon had no special story for joining the group, despite her current position as president.

“I just got on the bandwagon,” she

said, recalling being encouraged by another member and continuing from there.

“Joyce just asked me,” Carson said, sharing that when she joined she had recently retired and was interested in helping out. “It’s a good cause, and (the residents) enjoy the visits,” she added, explaining that she tries to be present for those people who have no family close by.

“We’re always looking for recruits,” Cinnamon said, noting that there is no limitation on where ladies come from. “If people wanted to come from the exterior and help too, that’s great.”

Although the Ladies Auxiliary is obviously a women’s group, the president also shared that doesn’t mean that there is no room for work to be done by men.

“A lot of our husbands pitch in,” she said. “We’re lucky to have them.”

Margot Langeveld, who has been in charge of setting up the silent auction in the living room for the last ten years or so, said she and her husband Simon spent the full day at the home this past Monday just organizing and arranging donations.

“It is a big job,” she said, pointing out the different collections of auction lots arranged around the room and down

connected corridors.

“We appreciate people donating every year,” Cinnamon added. “We’re very lucky that we live in such a wonderful community where people do support our auxiliary and the seniors.”

Looking ahead to May 25, the president highlighted the fact that there are several different fundraising events people can enjoy that day. In addition to the auction, a “white elephant” sale of used

items and a bake sale will both begin at 1:30 p.m. The bake sale, silent auction, and a special quilt raffle will all wrap-up at 3 p.m. while the white elephant sale will continue until 3:30 p.m. Those who come out to the fundraising day are also encouraged to drop in for tea in the dining room between 2 p.m. and 3:30 p.m.

“Everyone is welcome,” Cinnamon said.



GORDON LAMBIE
The women of the Wales Home Ladies Auxiliary have been hard at work this week and last preparing for the annual silent auction, their biggest fundraiser of the year

The Border Report

This annual activity is a great opportunity to create links between young people in the community.

New Friendships: Stanstead College comes to SPARK



On Thursday May 9, Stanstead College held a community service afternoon. Nineteen students from the college chose to attend Phelps' Spark session. The Stanstead College students were paired with the elementary participants from Grades 3-6 for activities focusing on teamwork and self-confidence. A challenging relay race started the afternoon to help break the ice and build the relationship between the pairs.

In their pairs, Phelps' participants interviewed their Stanstead College partner and told them about themselves. They made self-portraits on the pavement with chalk, outlining their whole body. In the portrait, they were encouraged by the Stanstead College students to highlight their strengths and things that they like about themselves.

This annual activity is a great opportunity to create links between young people in the community. Phelps is grateful to have this partnership with Stanstead College and have a chance to introduce students from the two schools, which face each other across

Dufferin street in Stanstead. It was wonderful to see so many valuable connections being made throughout the afternoon activity. One eight-year-old shared that, "it was one of the best days I had all year!"

Phelps was founded in 2012 and has grown organically from a single high

school tutoring program to nine unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pets: Tanner, Squirt, Tiger, Romy

If you've been thinking about adding a new cat to your family, why wait? Why not hop in the car and make your way to our cat adoption open house this coming Saturday. It's a weekly event that takes place every Saturday from 10 a.m. to noon and although admittedly, we may be a little bias, we have some REALLY GREAT cats patiently waiting to find their perfect forever homes.

We have young cats and older cats, outgoing cats and shy cats, playful cats and not so playful cats, skinny cats and fat cats and pretty much everything in between. We also have 11 kittens who come in a wide array of colours.

With kitten season in full swing, this is a busy time of year for cat rescues. For every cat or kitten adopted, we can help

another in need.

Here is just a sampling of our magnificent adoptable cats.

Tanner is a sweet, friendly and outgoing little tabby cat. He is very affectionate with people and the minute you sit down he will make his way over and plop down beside you or will snuggle up on your lap. Tanner loves to be pet and purrs instantly. He also really loves other cats so if you already have a cat (or two) and are looking for an addition to your family who won't upset the apple cart, Tanner is a great choice. He is 3-4 years old but looks like a kitten.

Squirt is a beautiful, playful and very social cat who struts around, seemingly without a care in the world. He is friendly, curious and will happily come

to you to say hello and perhaps enjoy a few pats. Squirt has a great personality and we have no doubt that once adopted, he will quickly settle into his new routine. Squirt is 4 years old.

At approximately 10, Tiger, is one of our seniors. If you are looking for an affectionate and outgoing cat, look no further. The minute you sit down Tiger will be by your side in search of pets and affection. He seems quite at ease with change and should do well in just about any home as long as he gets as much love as he has to give. We know not everyone is open to adopting a senior, but Tiger is a great cat and he deserves to live out his life in a home where he is pampered and loved.

Romy is a sweet and talkative girl who

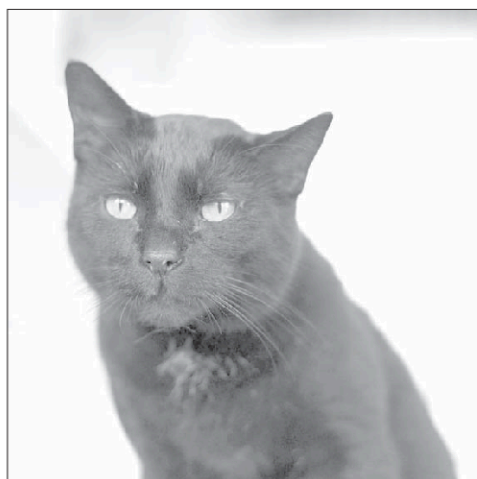
is calm and loving and very content to sit by the window and watch the world go by. She loves attention and loves to be pet. She will benefit from losing some weight, but this is easily managed through a healthy diet and controlled feedings twice a day. Romy has the most beautiful colouring and being so easy going, Romy should do well in just about any home. She is 4 years old.

To meet these or any of our other fabulous cats, you can visit during our cat adoption open house at 2405 Griffin (Ogden) between 10 a.m. and 12 p.m.

If you are looking for a kitten, we will be posting them shortly but, in the meantime, feel free to call our cat adoption coordinator Linda at 819.868.2684 for more information.



Tanner



Squirt



Tiger



Romy

EDITORIAL

The one saving grace was that I didn't have to listen to a Siri-like voice saying "Re-calibrating" over and over.

You can't get there from here



TIM BELFORD

Little known fact: there are places in Boston that you can't drive to unless you actually start your journey on the street you want to visit. I know this to be true since I once tried to find a friend who was studying at Harvard. Admittedly this was in the pre-GPS era and all I had to go on was a map of the city and detailed directions written by the same friend.

After approximately three hours of driving around the city I was no closer to arriving at my destination. This was primarily due to the fact that central Boston, much to my chagrin, seemed to be composed entirely of one-way streets, none of which appeared to go where I wanted. At one point I could see the building I planned to visit but this was the best I was able to do. In the end I had to settle for a parking spot about a block away and walk to my ultimate destination.

The one saving grace was that I didn't have to listen to a Siri-like voice saying "Re-calibrating" over and over.

I write this as a warning to motorists trying to navigate the streets of Sherbrooke from now until the end of what I like to call the 3D season: digging, delay and diversion. Anyone brave enough to face anything from a 'quick' trip to the grocery store to a major drive to the Carrefour shopping plaza will immediately empathize with Stanley's trek across Africa in search of Dr.

Livingstone. Although, even Stanley had nothing more than a bit of jungle, the occasional river and a mountain or two to impede his progress.

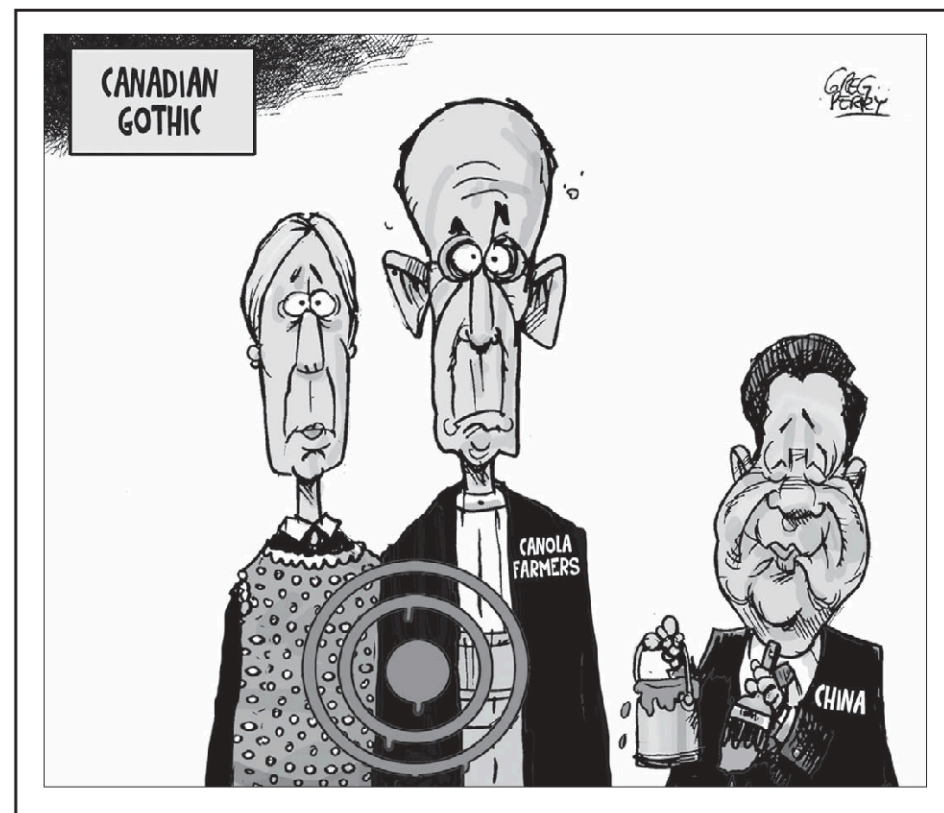
I decided that the best way to illustrate this was to reprint a short excerpt from my journal.

Dear Diary,

9:30: Off to the pharmacy to pick up my monthly medication. Backed out of the driveway and headed down the hill. Two bocks later was forced to make a left hand turn, the road being closed to 'thru traffic.' Proceeded north for one block and ran into a large pile of gravel covering the entire street. No warning, so was forced to reverse direction.

9:41: Turned right and proceeded up the hill. Passed my house. Turned right and proceeded north once again. Noticed an orange "detour" sign pointing east. Turned and started downhill for the second time. Traffic reduced to one lane by three city employees, one actually holding a 'stop-go' sign. The others presumably helping.

9:45: Directed straight through stop-lights by sign-wielder since no left turn



allowed. Followed directions on detour sign making left turn for one block and then left again. Arrived at main street which was closed. Forced to head up hill by another sign-waving specialist.

9:51: Street clear for one block but no parking available. Stopped once again, this time by non-city sign-waver. Waited while entire population of local primary school crossed street obviously taking part in some sort of cross-town marathon. Proceeded west dodging multiple teachers involved in monitoring stragglers from the aforementioned marathon.

10:00: Decided to turn left and circle back to destination. Street blocked entirely by another city work crew involving a group of six with two

trucks and a backhoe. No indication, once again of street closure.

10:04: Reversed direction and headed back from whence I came. Students all gone but replaced by a semi trailer desperately trying to find a way out of the borough and back to the relative safety of the autoroute. Waited while he attempted to turn his rig around in a space designed for a mid-sized Fiat.

10:15: Followed detour sign once again taking a quick left then a right for three blocks and then another left. Traffic moving smoothly at last. No sign of city work crews, no gravel, no digging. Made final right into my own driveway.

10:20: Decided I didn't really need the medication anyway.

BCS hunting for a new Head

By Gordon Lambie

Bishop's College School is on the lookout for a new Head. According to a timeline laid out on the school's website, the school's current Head, Tyler Lewis, announced his plan to leave the school in November of 2018,

although the posting for the position was only recently made public.

Lewis came to the school in 2015, picking up the reins from William Mitchell, who stepped out of retirement for what was meant to be a two-month interim role in June of 2012. Mitchell will now be returning to the interim role

to help keep the school and its current development projects on course while a search committee works to interview and recruit potential candidates.

The application deadline for the Head of School position is September 1 of this

year, with interviews to take place over the month that follows. If all goes as planned, the new permanent Head of School will be announced at the end of the month of October, and will take over as of July 1, 2020.

Sherbrooke tree distribution on Saturday

Record Staff

The City of Sherbrooke will distribute free trees to residents of the municipality this Saturday, May 18 at the Lucien-Blanchard Park Water House (755 Cabana Street).

Organized by l'Association forestière du Sud du Québec (the Southern Quebec Forestry Association), the tree distribu-

tion will take place between 9 a.m. and noon. Several varieties of hardwoods and softwoods will be available.

There will also be 600 replacement trees available to owners of ash trees to replace the damage caused by the emerald ash borer.

Experts will be on hand to answer citizens' questions about planting and maintaining trees.

THE RECORD

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<p>SHARON McCULLY PUBLISHER (819) 569-9511 MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188</p> <p>DEPARTMENTS</p> <table border="0" style="width: 100%;"> <tr> <td>ACCOUNTING</td> <td>(819) 569-9511</td> </tr> <tr> <td>ADVERTISING</td> <td>(819) 569-9525</td> </tr> <tr> <td>CIRCULATION</td> <td>(819) 569-9528</td> </tr> <tr> <td>NEWSROOM</td> <td>(819) 569-6345</td> </tr> </table> <p style="text-align: center;">KNOWLTON OFFICE 5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0 TEL: (450) 242-1188 FAX: (450) 243-5155</p>	ACCOUNTING	(819) 569-9511	ADVERTISING	(819) 569-9525	CIRCULATION	(819) 569-9528	NEWSROOM	(819) 569-6345	<p style="text-align: center;">PRINT SUBSCRIPTIONS</p> <p>For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com</p> <p style="text-align: center;">ON-LINE SUBSCRIPTIONS</p> <table border="0" style="width: 100%;"> <tr> <td>QUEBEC:</td> <td>1 YEAR</td> <td>108.72</td> <td>5.44</td> <td>10.85</td> <td>\$125.00</td> </tr> <tr> <td></td> <td>1 MONTH</td> <td>9.78</td> <td>0.49</td> <td>0.98</td> <td>\$11.25</td> </tr> </table> <p>Rates for out of Quebec and for other services available on request. The Record is published daily Monday to Friday. Back copies of The Record are available.</p> <p>The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership. PM#0040007682</p> <p>Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2</p> <p style="text-align: center;">Member ABC, CARD, CNA, QCNA</p>	QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00		1 MONTH	9.78	0.49	0.98	\$11.25
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Local Sports

It also reminds us of the importance of maintaining healthy lifestyle habits, which are essential to the health of individuals and the well-being of communities.

La Capitale exceeds \$1 million in support of the Foundation for Athletic Excellence

Jean St-Gelais, chairman of the board and chief executive officer of La Capitale Insurance and Financial Services, announced that the company has renewed its agreement with the Foundation for Athletic Excellence (FAEQ) through the year 2021 with an investment of \$200,000, which will be distributed at a rate of \$100,000 per year.

Several members of La Capitale's senior management team took advantage of the occasion to award bursaries in the following categories: 9 Academic Excellence bursaries to acknowledge outstanding academic results, 12 Academic

and Athletic Support bursaries to encourage the conciliation of sport and study, and 1 Perseverance bursaries to recognize the extraordinary determination of recipients who faced difficult situations with inspiring attitudes.

Altogether, 22 student-athletes shared a total of \$80,000 at the tenth edition of the FAEQ La Capitale Insurance and Financial Services Bursary Program.

In their own words:

"We at La Capitale are very proud to renew our partnership with the Foundation for Athletic Excellence because it enables us to support several of Quebec's

top young student-athletes, year after year. It also reminds us of the importance of maintaining healthy lifestyle habits, which are essential to the health of individuals and the well-being of communities. I would like to congratulate our bursary recipients for their determination and accomplishments, both athletic and academic."

- Jean St-Gelais, Chairman of the Board and Chief Executive Officer, La Capitale Insurance and Financial Services

"The reaffirmation of La Capitale's confidence in our partnership provides

us with a sense of accomplishment. Their ongoing commitment is a testament to the success of the FAEQ and enables us not only to continue to carry out our mission, but to actually increase the services provided to young student-athletes in Quebec. La Capitale's loyalty is rewarded through the relationships they build with their bursary recipients."

- Claude Chagnon, President, Foundation for Athletic Excellence



ANDRÉ KEDL

Renewal of the agreement with an investment of \$200,000 for 2 years between La Capitale Insurance and Financial Services represented on the picture with Christian Fournier and the FAEQ represented on the picture with Patricia Demers. Laurence Vincent-Lapointe and Malachy Belkhelladi are recipients of the 2019 bursary program.



2019 La Capitale Insurance and Financial Services recipients with Luc Meunier, Mario Albert, Marie-Josée Guénette, Christian Fournier, Dean Bergeron, Anne-Catherine Tanguay, Martin Delage from La Capitale and Patricia Demers from the FAEQ

Canada adds Philadelphia Flyers defenceman Philippe Myers to roster

The Canadian Press

Philadelphia Flyers defenceman Philippe Myers has been added to Canada's roster for the world

hockey championship.

Canada (2-1) lost a blue-liner on Wednesday when Brandon Montour was declared out for the tournament with a lower-body injury.

Myers, a native of Moncton, N.B., had one goal and one assist in 21 games in his first NHL season with the Philadelphia Flyers in 2018-19. He had previous experience playing for Canada at the

2017 world junior championship.

Canada returns to action on Thursday against France.

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Death



**Lyman
WHITE**
Sept. 7, 1937 –
May 14, 2019

Passed away at the CHSLD du Lac-Noir in Thetford, QC, at the age of 81, Lyman White, residing in Inverness, Qc.

Resting at the IOOF Hall, Inverness, on Sunday, May 19 (visitation from 10 a.m. to 12:30 p.m.) followed by funeral at St. Andrew's Presbyterian Church at 1 p.m. and interment at Rectory Hill's Cemetery.

Mr. Lyman White leaves behind his children Jane, Joanne (Richard Aubut), John (Lyne Marcoux), Jennifer (Simon Marcoux) and Jill. His grandchildren: Gary, Casey, Michael, Patricia, Daniel, Bryan, Bobby, Janisse, Sabrina, Brandon, Jessica and Marie-Chantal. His sisters Helen (late Allan Cox) and Frances (Jim McGuire).

He will also be missed by his great nieces and nephews, cousins and many close friends and neighbours.

**COMPLEXE FUNÉRAIRE
JACQUES COUTURE**
1529 des Érables, Plessisville, QC
G6L 2C9
PHONE: 819-362-2155

Burial of Ashes

BROWN, Harold – The burial of ashes for Harold Brown will take place at Maple Grove Cemetery, Belmont Street, Richmond on Saturday, May 18 at 1 p.m. Reception to follow at St. Andrew's Church, Upper Melbourne.

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.

Learning happens in everything we do.
FamilyLiteracyDay.ca

Twitter Facebook Family Literacy Day ABC Life Literacy Canada

Datebook

THURSDAY, MAY 16, 2019

Today is the 136th day of 2019 and the 58th day of spring.

TODAY'S HISTORY: In 1868, President Andrew Johnson was acquitted in his impeachment trial by one vote in the Senate.

In 1929, the first Academy Awards were presented.

In 1943, the Warsaw Ghetto Uprising officially ended as German forces destroyed the Great Synagogue of Warsaw.

In 1966, the Beach Boys and Bob Dylan released their respective seminal records, "Pet Sounds" and "Blonde on Blonde."

In 1997, President Mobutu Sese Seko relinquished power after 32 years of dictatorial rule in Zaire.

TODAY'S BIRTHDAYS: Henry Fonda (1905-1982), actor; Studs Terkel (1912-2008), author/journalist; Liberace (1919-1987), singer/pianist; Billy Martin (1928-1989), baseball player/manager; Danny Trejo (1944-), actor; Pierce Brosnan (1953-), actor; Olga Korbut (1955-), gymnast; Mare Winningham (1959-), actress; Janet Jackson (1966-), singer-

songwriter; David Boreanaz (1969-), actor; Megan Fox (1986-), actress.

TODAY'S FACT: The Beach Boys' "Pet Sounds" ranked No. 2 on Rolling Stone's 500 Greatest Albums of All Time list, released in 2012. The album peaked at No. 10 on the Billboard 200 chart the year of its release.

TODAY'S SPORTS: In 1980, rookie point guard Earvin "Magic" Johnson, filling in for injured center Kareem Abdul-Jabbar, scored 42 points in Game 6 to clinch a Los Angeles Lakers' NBA Championship win.

TODAY'S QUOTE: "I was born in the year the Titanic sank. The Titanic went down, and I came up. That tells you a little about the fairness of life." — Studs Terkel

TODAY'S NUMBER: 29.6 million — viewers who watched the Academy Awards in March 2019, according to Nielsen ratings.

TODAY'S MOON: Between first quarter moon (May 11) and full moon (May 18).

Muscular Dystrophy Association of Canada

I'm gonna be a Fireman someday.

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Until there's a cure, there's us.

Smelling junk food long enough may quash a craving

ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: I read about a study that said smelling junk food you want to quit eating — hello, pizza and donuts! — will stop your craving. Is that really true? I want to eat healthier, but some foods are so hard to resist.

Dear Reader: This particular theory hadn't crossed our radar until we read your letter, but we did a bit of digging and found the study you're referring to. It was conducted by researchers at the University of South Florida and published at the start of the year in the Journal of Marketing Research.

The study's findings were as you say — the sustained scent of a tempting snack food had the effect of easing the craving for that snack. That's somewhat ironic, considering the point of the study was to examine more closely the practice of using ambient scent in public settings as a marketing ploy.

These ambient scents are part of an increasingly common practice in which retailers infuse areas with seductive smells to act as "aroma billboards," as one

advertising company put it, to drive food sales. Anyone within sniffing distance of a Cinnabon stand in a mall has directly experienced this technique. Stories about the practice mention chocolate-scented strips placed on vending machines in California that caused the sales of Hershey bars to triple, a grocery store in New York whose bakery sales spiked whenever the scent of fresh-baked bread was pumped through the aisles, and the use of a variety of hidden scent machines throughout Disney properties to encourage spending. The practice is used in nonfood-related marketing, too, with a variety of pleasant scents used to make shoppers subliminally happy in order to loosen their purse strings.

According to the study you asked about, it turns out there's an important catch when it comes to the scent-driven marketing of food: The researchers found that whether or not a scent triggered a craving was directly related to the amount of time someone spent smelling it. The tests were conducted in several sites, including a grocery store and a middle school cafeteria.

Researchers used a hidden nebulizer, which is a device that broadcasts scent. Individuals were exposed to alternating pairs of scents, one of a healthful food,

and one of a junk food item. The scent of strawberries was paired with the aroma of chocolate chip cookies, and the scent of apples was paired with that of pizza. A quick whiff of a cookie — 30 seconds or less — often led to the cookie being selected rather than the strawberry. But when the cookie scent lingered for 2 minutes or more, the cookie lost its allure, and participants chose to eat the strawberry instead. The apple-pizza combo had the same time-dependent results. The takeaway is that by inhaling the scent of a tempting food long enough, you'll move past craving it and arrive at the point where the scent itself has satisfied the craving.

A final word — this was a single experiment on a complex subject, and scientists, including the researchers, agree further study is needed to fully understand the results.

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.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between

9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another

Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

LENNOXVILLE

Men's general meeting of the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville will be held on Wednesday, May 22 at 7 p.m.

TOWNSHIPS

Mental Health Services: Learn "what, where, when and how?" and get answers to questions at a public meeting close to you. MRC Brome-Missisquoi: May 16, 6:30-8:30 p.m., Emmanuel United Church, 203 Principale, Cowansville; MRC Sherbrooke: May 17, 1:00-3 p.m., Amédée Beaudoin Centre, 10 Samuel-Gratham, Borough of Lennoxville (over the fire station); MRC Coaticook: May 21, 1:00- 3 p.m., Elie-Carrier Community Centre, 464 Merrill, Coaticook; MRC Memphremagog: May 24, 5-7 p.m., Princess Elizabeth Elementary-CLC, 120 Bellevue, Magog. These information sessions are presented by Mental Health Estrie in collaboration with the CIUSSS de l'Estrie-CHUS, local CLSCs and community organizations in each area.

NORTH HATLEY

Fundraising concert «In Memory of Cheryl Stroud», 3 PM June 1st, 2019 at St-Elizabeth's Church (3115 Capelton, North Hatley). In a program of works by composers Franz Schubert, Ludwig van Beethoven, Max Bruch, Francis Poulenc, Gabriel Fauré & Nino Rota. Presented by Uplands Chamber Players; Pauline Farugia (clarinet); Erich Kory (cello); Daniella Bernstein (piano). Tickets \$ 20. All profits to go to Uplands Cultural and Heritage centre. Info & reservations 819-564-0409 - info@uplands.ca

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NORTH HATLEY/LENNOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest

in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058.

STANSTEAD

Saturday, May 25, 10:30 a.m. to 1 p.m., Lecture-Luncheon: QAHN Heritage Talks presents, "Golden Rule Lodge: The Masonic History of Stanstead, Quebec" by Grant Myers and JJ Rousseau. Part of Colby Curtis Museum's Lecture-Luncheon. Lecture at Masonic Lodge, 560 Dufferin Street, Stanstead. Luncheon follows at museum. Tickets: \$15 members / \$20 non-members. Reservations required: 819-876-7322. Details: qahn.org

MAGOG

Spring Chicken and Biscuit Supper, hosted by St. Paul's UCW, on May 18 from 5 p.m. to 6:30 p.m., 211 rues des Pins, Magog. Adults \$12, children 5- 12 years old \$5, under 5 free. Featuring homemade pies, gluten free options available. All are welcome.

HUNTINGVILLE

Did you go out for Brunch last weekend? Was it crowded for Mothers Day or did you stay home because you thought it would be too busy? Well we would like to offer you another chance! Three Link Fraternity, Unity Lodge #8, IOOF, would like to invite you to our "all you can eat Post Mother's Day Brunch" on Sunday, May 19 at 4150 Route 147, Waterville (Huntingville), from 10:30 a.m. to 1 p.m. Scrambled eggs, bacon, sausage, beans, pancakes, toast, coffee, tea and juice. It is "all you can eat." We have take-out available, just phone 819-679-8493 and we will have your meal ready when you show up! We also have a "family price".

Make 2019 the year that you will help us with our Community Projects and also enjoy a good meal. If you would like any information about Unity Lodge or any of our Projects that you would like to support, drop in for Brunch and ask any of us. Info: 819-820-5672, email to unity8ioof@yahoo.ca or visit us on Facebook at - three link fraternity unity lodge #8 ioof.

HUNTINGVILLE

Grace Village is proud to celebrate our talented resident artists! Come enjoy an Art Exhibit on Saturday, May 25 anytime from 10 a.m. to 4 p.m. in the Grand Hall. The Bistro will be open with snack, coffee & tea, and a "Gourmet Lunch" for sale.

NORTH HATLEY

Eastern Township' Vintage Automobile Club' annual Car Show will be held on June 2 from 10 a.m. until 3 p.m. at the North Hatley park on Capelton Road. Rain or shine! See you there!

RICHMOND/MELBOURNE

Richmond County Historical Society invites members and friends to the Open-

60th Wedding Anniversary

Clarence and Anna Willis

May 16, 1959



Happy 60th Anniversary Mom and Dad

Love from all your family!

ing Tea at the museum at 1161 Route 243 in Melbourne on Sunday, May 26 from 1 p.m. to 3 p.m. Delicious home-made scones and jam will be served and displays of old-time musical instruments continue to be featured. The annual general meeting with reports and future plans will take place at 3 p.m.

BULWER

500 card party at the Bulwer Community Center, Jordan Hill Road, on Thursday, May 23 at 1:30 p.m. Admission for cards and lunch with prizes following the card games. Welcome to all!

AYER'S CLIFF

LET'S TALK ENVIRONMENT. M.P. Marie-Claude Bibeau is pleased to invite you to three citizen forums on the environment. Please join Mme Bibeau on Tuesday, May 21 at 5 p.m. at the Collège Servite in Ayer's Cliff to discuss tackling climate change, our generation's biggest challenge. RSVP appreciated: 819-347-2598, marie-claude.bibeau@parl.gc.ca

EAST ANGUS

LET'S TALK ENVIRONMENT. M.P. Marie-Claude Bibeau is pleased to invite you to three citizen forums on the environment. Please join Mme Bibeau on Wednesday, May 22 at 5 p.m. at the Golf Club in East Angus to discuss tackling

climate change, our generation's biggest challenge. RSVP appreciated: 819-347-2598, marie-claude.bibeau@parl.gc.ca

SHERBROOKE

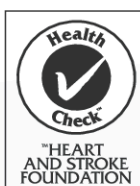
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AYER'S CLIFF

Spring Rummage & Bake Sale. Come see what's at our Spring Rummage Sale at St. George's Church, 1002 Main St., Ayer's Cliff on Saturday, June 1, 8:30 a.m. to 2 p.m. Fresh baked goods, lots of clothes, household items, sports equipment and much more. Sponsored by St George's Anglican Church.

COOKSHIRE-EATON

Seniors' Workshop: How to Assert Yourself When Loved Ones Become Overwhelming, June 6, 2 p.m. to 4 p.m., Salle Guy-Veilleux (75 Castonguay, Cookshire-Eaton). \$5 per ticket, includes snack, workshop. Diane Grenier (819-560-8540) or Michelle Lepitre (819-566-5717).



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CELEBRITY CIPHER

by Luis Campos

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

"UBITHFVFWA ... DU INBMUBJ UTB
ROUONB. KB'NB MZVB UF ZB M LMNU
FR UTB 'HBCU' MHP INBMUB UTDHWJ
UTMU PFH'U BCDJU." — XI TMXXBN

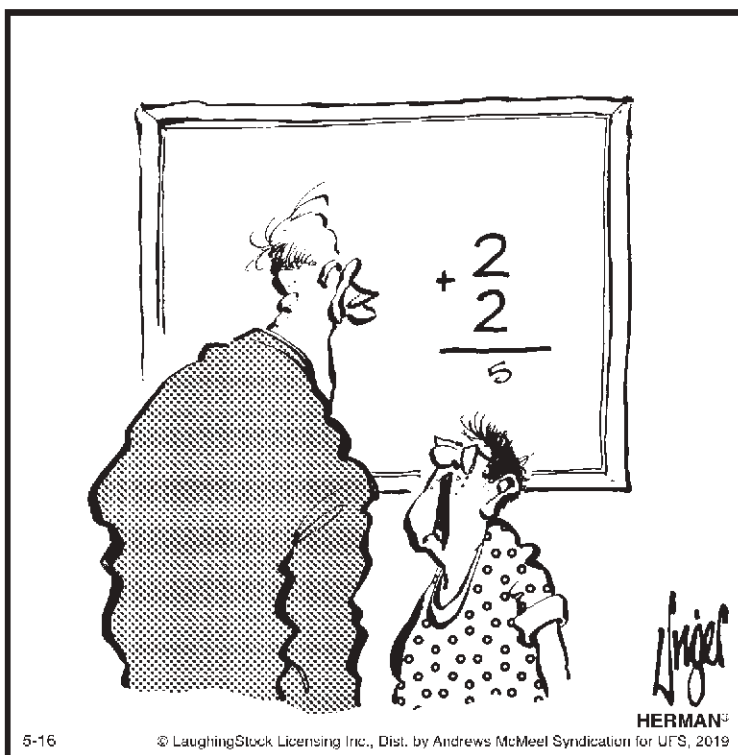
Previous Solution: "I like class. Everybody in show business never should forget that there is a line, and that you should have class." — Charo

TODAY'S CLUE: M s t e n b e r x

REALITY CHECK

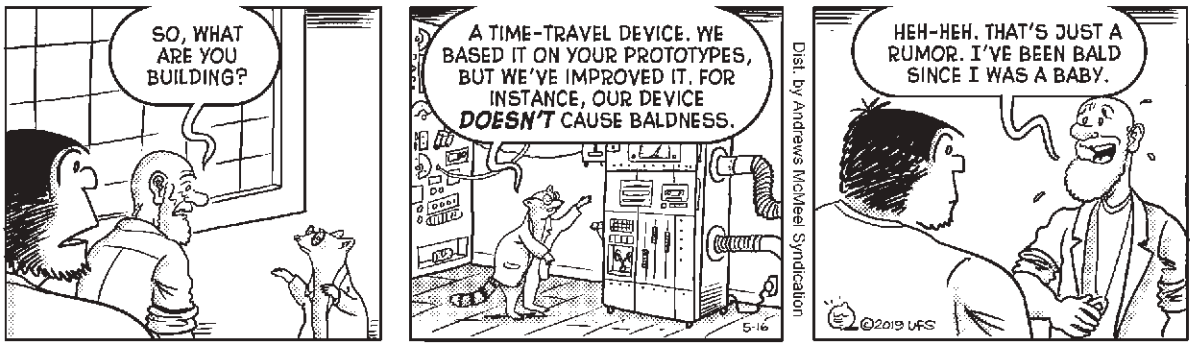


HERMAN



"I make mistakes to keep you on your toes!"

ALLEY OOP



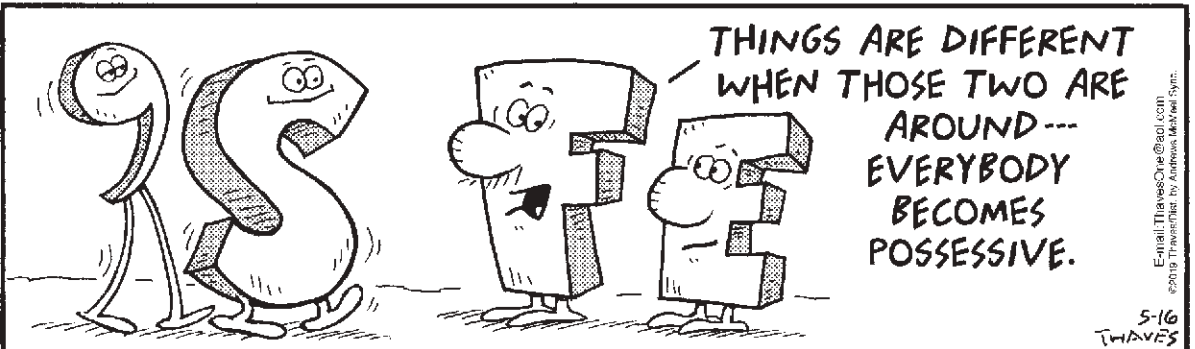
ARLO & JANIS



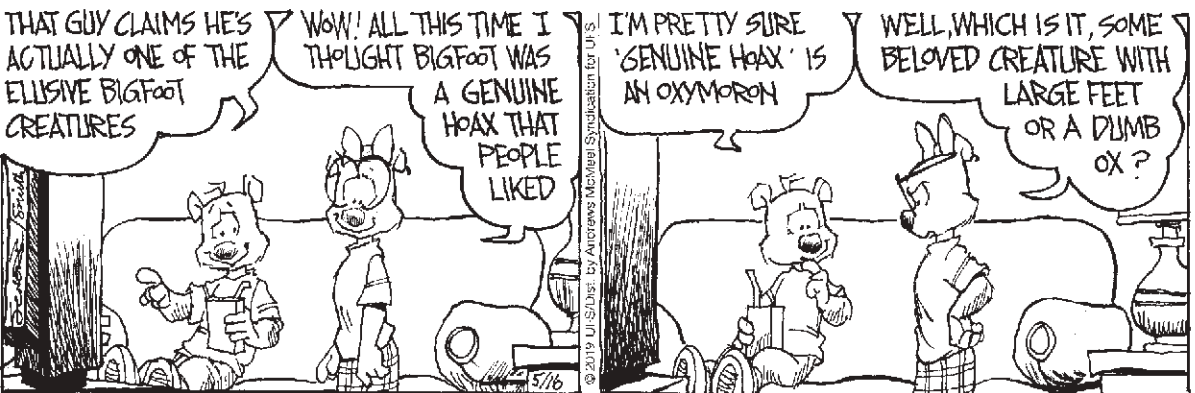
THE BORN LOSER



FRANK AND ERNEST



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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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SATURDAY, MAY 18 at 10:30 a.m. sharp
TO BE SOLD: Two 40hp compressors, 575V, 3hp, new; blower with motor; 15 ceramic tube PL120 (enlarge diameter), cable, 8 pins, 10m, for massflow; two 8 RTD inputs; Tube Quartz with shoulder PS050, 34 mm; Zirconia crucibles grade 3006; 3" O.D. x 2, Bride stanstead for tube 2 1/2" o-ring, filter bag Gore-Tex, membrage, od: 4.1875, cartridge heater high-temp, 240V, 3/4" D, flash arrestor alum., 1/2 NPT (F) (max p), Silicone elastomer for 2" pinch valve, mobile adaptor for distributor, ceramic deflector PLH7000, NEW 250, SS/Vito, 4" wash filter adaptor, ball bearing 100 mm OD x 70 mm ID x 16, 3/4" reducer stub x 3/8" stub, gear box 1:100 for HT23 motors, Quartz tube (65 mm OD x 55 mm ID x 105 mm), plasma cutter, 1250 mig welder, very large quantity of bolts and nuts (new), very large quantity of stainless equipment like new, Bellow SY60C-15303 interior section, Quartz Tube (65mm OD x 55mm D x 0-ring 093 mm SL-70), 8 analogue in current/voltage, Union plate and stem (SN40), soft start 600V 30A, 20 hp Flange ANSI socket welding 2", ANSI reducing tee C7R 4" x 2" for clamp f, communication processor CP611 (Profibu), bride standard for 1" tube, Blind Ball valve 90o angle swagelok 1/2" tube, Triflex R EZ for cable and hose carrier, o-ring 086 mm SL-70, PFD400 vibrator support, screw shoulder 1"x1" lg, s.s., rupture discs HOV, OD 4", burst pressure, ethernet switch 5-ports 10 Mbps, protector sheet for TP177, plug connector, 18 pins, female, shell, 14 SR, power block 10A 50 VDC, Quartz tube DBD20-00001, vibration mount with bolt 1/2"-13, 1000 lb. M, adap. 1 1/2" NPTF to 2"; fire exit 1/2, large quantity of tools, power tools, 2 sand blast machines, manual lift, quantity of large steel racking. Canteen on site. **Terms:** payment cash or cheques only! No cards accepted.
Ross Bennett Auctions
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 Info/photos: Scott or Ross Bennett Facebook

CANADA
 PROVINCE DE QUÉBEC
 MRC MEMPHRÉMAGOG
 RÉGIE INTERMUNICIPALE
 DES EAUX MASSAWIPPI

PUBLIC NOTICE
 to the interested taxpayers of the municipalities of
Canton de Hatley and the Village de North Hatley

PUBLIC NOTICE is hereby given by the undersigned Daniel Décarý, secretary-treasurer of the Régie intermunicipale des eaux Massawippi, according to article 607 of the municipal code:

THAT, during its meeting of May 9, 2019, the council for the Régie intermunicipale des eaux Massawippi adopted by resolution bylaw no. 2019-01, *Bylaw 2019-01 modifying borrowing bylaw 2010-03 to extend the term of reimbursement*, the term of reimbursement of 20 years being replaced by 30 years;
THAT, the bylaw is available for consultation at the town halls of the Village of North Hatley and of the Canton de Hatley;
THAT all taxpayers concerned have the right to oppose the approval of this bylaw by transmitting their opposition in writing to the ministre des Affaires municipales et de l'habitation within thirty (30) days of publication of this notice.

Given in North Hatley, this May 14th, 2019.

Daniel Décarý
 Secretary-treasurer

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THAT, during its meeting of May 9, 2019, the council for the Régie intermunicipale des eaux Massawippi adopted by resolution bylaw no. 2019-02, *Bylaw 2019-02 modifying borrowing bylaw 2012-04 to extend the term of reimbursement*, the term of reimbursement of 25 years being replaced by 30 years;
THAT, the bylaw is available for consultation at the town halls of the Village of North Hatley and of the Canton de Hatley;
THAT all taxpayers concerned have the right to oppose the approval of this bylaw by transmitting their opposition in writing to the ministre des Affaires municipales et de l'habitation within thirty (30) days of publication of this notice.

Given in North Hatley, this May 14th, 2019.

Daniel Décarý
 Secretary-treasurer

SUDOKU
 DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

A healthy society... is everyone's business!

Please help us... your health depends on it!

In Quebec, 700 000 people have to live with asthma; among them 300 000 are children.

It is the country's leading respiratory disease.

The asthma claims the lives of 9 Canadians each week.

Research can lead to remission!

THE LUNG ASSOCIATION Quebec
 1-800-295-8111
 www.pq.lung.ca

Enjoy a refreshing breakfast

Breakfast has long since been dubbed "the most important meal of the day." While some might dispute that distinction, there's no disputing that a delicious breakfast can be a great way to begin a day.

Freshness can go a long way toward making breakfast something special. For example, fresh peaches make this recipe for "Peach Bruschetta with Blue Cheese" from Christopher Hirsheimer's "The San Francisco Ferry Plaza Farmer's Market Cookbook" (Chronicle Books) something to savor. The dish also works as an appetizer and can be made with nectarines.

- Peach Bruschetta with Blue Cheese**
 Serves 4
- 4 slices country bread
 - 2 peaches

Extra-virgin olive oil for brushing
 1/4 pound blue cheese, gorgonzola or Blue Castello cheese

Preheat the broiler. Arrange the bread slices on a rimmed baking sheet, slip under the broiler and toast, turning once, until golden brown on both sides. This should take only a few minutes.

While the bread is toasting, halve the peaches lengthwise, pit them and then peel each half. Cut each half lengthwise into 1/4-inch-thick slices, keeping the shape of each half intact.

When the bread is ready, remove from the broiler and brush each slice on both sides with olive oil. Spread one-fourth of the cheese on each slice of warm bread, place a sliced peach half on top, and serve.

(Metro Creative)

NEA Crossword Puzzle

Your Birthday

THURSDAY, MAY 16, 2019

- ACROSS**
- 1 Slightly improper
 - 5 Khan of note
 - 8 Places
 - 12 Ms. Falco
 - 13 Path to satori
 - 14 Writer — Dinesen
 - 15 Toodle-oo! (hyph.)
 - 16 2,000 pounds
 - 17 Fuzzy fruit
 - 18 Surface
 - 20 Barracuda habitats
 - 22 Shellac resin
 - 23 Urge
 - 24 TV awards
 - 27 Got rid of shampoo
 - 30 Ginnie or Fannie
 - 31 Rave's partner
 - 32 Scoundrel
 - 34 Footed vase
 - 35 Small town
 - 36 CAT scan relative
 - 37 Vicar's helper
- DOWN**
- 1 Solar plexus
 - 2 First man
 - 3 Commend
 - 4 Annual
 - 5 Ancient Mexican
 - 6 Earth (pref.)
 - 7 Pesky
 - 8 Compares

Answer to Previous Puzzle

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

- 9 Vast region
- 10 Open wide
- 11 Downhill runners
- 19 Dentist's anesthetic
- 21 Penny
- 24 Cassowary kin
- 25 Artist Chagall
- 26 Restaurant handout
- 27 One in a million
- 28 Humorist — Bombeck
- 29 Unlit
- 31 Turnip
- 33 Juan's aunt
- 35 Diamond corner
- 38 Give a bonus
- 39 Yes, on the Riviera
- 40 Warfare
- 42 UV ray blocker
- 43 "A Boy Named Sue" singer
- 44 Whale like Shamu
- 45 Chili ingredient
- 47 Pepsi or Coke
- 48 Elevator inventor
- 49 Back of the neck
- 52 Apple seed

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			

your interests, read, study and take physical action to reach your goals. It's up to you to make things happen, so stop procrastinating.

SCORPIO (Oct. 24-Nov. 22) — Turn a negative into a positive. Make adjustments to your lifestyle. Size up a relationship with someone and make a romantic gesture if you want to spend more time together.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't be too quick to dismiss what others are doing or to believe what you hear. You'll be better off looking for opportunities that are geared toward personal improvements and a healthier lifestyle.

CAPRICORN (Dec. 22-Jan. 19) — At home and at work, positive change is apparent. Use your intelligence and drive to help you get things moving in a direction that is better for you emotionally, physically and financially.

AQUARIUS (Jan. 20-Feb. 19) — You know what's best for yourself, so don't give in to outside influences or pressure. Make your own opportunities and stick to what you deem reasonable.

PISCES (Feb. 20-March 20) — Get together with people you have worked well with in the past, or attend a reunion that will bring you in contact with people who will jog your memory regarding old goals.

ARIES (March 21-April 19) — Be careful what you wish for. A change may entice you, but be sure to take your time and consider your motivations. Ulterior motives are apparent and will lead to a mistake that's difficult to undo.

A conservative approach to money, health and legal matters will be in your best interest. If you let your intuition guide you, you will overcome any pressure put on you by outsiders or by people only looking out for their own interests. You'll get the most accomplished if you work alone for the time being.

TAURUS (April 20-May 20) — A peer will use emotional tactics or manipulation to take advantage of you. Be smart and say little. Once you assess the situation, make a calculated move.

GEMINI (May 21-June 20) — Concentrate on work and on getting along with your peers. Relationships will face some difficulty if you or the other party is evasive or manipulative. Indulgent behavior will lead to problems.

CANCER (June 21-July 22) — Self-help, personal improvements and a healthier lifestyle will get you moving in a positive direction. Surround yourself with happy or like-minded people. Romance is encouraged.

LEO (July 23-Aug. 22) — A change at work should be accepted and dealt with professionally. Refuse to let your emotions lead to an unnecessary fuss that could damage your status or reputation.

VIRGO (Aug. 23-Sept. 22) — Step out and do your own thing. Participate in events that provide knowledge, camaraderie and opportunities. A positive change to your feelings about someone is apparent.

LIBRA (Sept. 23-Oct. 23) — Expand

THURSDAY, MAY 16, 2019

Lots of ruffs to supply tricks

By Phillip Alder

Howard Ruff, who was known for his caustic quotes, said, "Self-education is the key to making wise decisions about your life, your money and your future."

There are times at the bridge table when you just have to take an educated guess. For example, in today's deal, North made a takeout double over West's one-spade opening, South advanced with two hearts, and it was North's turn again. What should he have done?

Having no idea how to find out if partner had the rounded-suit queens, he just blasted into six hearts. Then he sat back to watch his partner struggle! How should South have played after West led the spade king?

Declarer hoped clubs would split 3-3, but realized that if they were the more likely 4-2, he would have to ruff them good, and probably would need a diamond ruff in hand too. His plan was to lose only one trump trick.

South ruffed the spade lead on the board and cashed the heart ace, club ace and club king before leading the club three.

East followed the general principle of not ruffing a loser in front of declarer. (If East ruffs and returns his last trump,

		North	05-16-19
		♠	
		♥	A K 7 5 4
		♦	A K 6
		♣	A K 8 3 2
West		East	
♠	A K Q 8 4	♠	J 5 2
♥	Q	♥	J 10 2
♦	Q J 7	♦	10 9 8 3 2
♣	Q 10 9 7	♣	J 4
		South	
		♠	10 9 7 6 3
		♥	9 8 6 3
		♦	5 4
		♣	6 5
		Dealer: West	
		Vulnerable: Both	
South	West	North	East
	1♠	Dbl.	Pass
2♥	Pass	6♥	All Pass
Opening lead: ♠ K			

declarer has two hearts remaining with which to ruff a club and a diamond.)

When East discarded a spade, South ruffed, crossed to the diamond king and led the club eight. After East pitched his last spade, declarer ruffed, led a diamond to the ace, ruffed the diamond six and trumped a spade.

East overruffed and returned a diamond, but South ruffed on the board, cashed the heart king and took trick 13 with the club two!