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PM#0040007682

TUESDAY, OCTOBER 18, 2016

Wales home seeking long-term support for long-term care

By Gordon Lambie

While celebrating the ground-breaking for phase one of the home's new expansion, Wales Home Executive Director Brendalee Piironen and executive committee President Glenn Brock emphasized that the ongoing work and improvement of the Eastern Townships most well-known Anglophone seniors' home will not be able to continue without dedicated financial support from the provincial government. Speaking specifically with regard to the plans to increase the capacity of the home's long-term care facilities (CHSLD) in phase two of the expansion, Piironen said that the success of the project depends on not just a one-time grant for construction, but also subsidization over a longer period.

"The Wales Home saves the government about \$8 million per year because we are operating this long term care facility," Piironen said, explaining that the CHSLD section of the home runs with a constant operational deficit that has to be bailed out using funds raised by the foundation. "We're not asking for \$8 million; we're asking for a very reasonable amount so we can stop operating in a deficit and increase staffing."

"It's not just subsidization of the existing beds," added Brock. "We want to create an expansion of thirty beds because we're just full up all the time and the need for such care is going increase substantially over the next ten years."

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As temperatures drop, it's time to share the warmth



MATTHEW MCCULLY

Pictured on the left is Kathryn Owen, community outreach coordinator for the LDWC. On the right is LDWC director Terry Moore, showing off a few of the jackets they have available at the centre for kids in need.

By Matthew McCully

The Lennoxville and District Women's Centre (LDWC) recently launched its Share the Warmth campaign, an initiative to provide winter clothing for local kids in need.

LDWC director Terry Moore explained that while the centre accepts clothing donations throughout the year, the Share the Warmth campaign solicits donations so that volunteers can bring the kids shopping.

"It's important that the kids come shopping and pick what they like," Moore said.

This is the second year the LDWC has run the campaign, Moore said. Last year, there were over 50 families on the list in need of clothing, some with multiple children.

LDWC Community Outreach Coordinator Kathryn Owen said that this is the time of year when parents bring out the winter clothing and often get a surprise.

"Kids grow like weeds," Owen said. A recent visitor to the centre told Owen that she had purchased new snowsuits for her kids last year and thought everything would be fine, but her children had outgrown everything.

Moore said the situation can be more serious for some families. She remembered making a food delivery on one occasion, to find a young girl home from school.

"Kids are so honest," Moore said, explaining that the young girl told her she was staying home because she didn't have a winter coat to wear to school.

Moore immediately remedied the situation, but wondered how many other kids and families in the area could be in a similar situation.

"People are honest about their

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Weather



TODAY:
PERIODS OF
RAIN

HIGH OF 17
LOW OF 10



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 18
LOW OF 7



THURSDAY:
PERIODS OF
RAIN

HIGH OF 17
LOW OF 10



FRIDAY:
CLOUDY

HIGH OF 17
LOW OF 7



SATURDAY:
PERIODS OF
RAIN

HIGH OF 9
LOW OF 3

Enough is enough



DISHPAN HANDS

SHEILA QUINN

We're waking up in the dark again. My Sunday night drives to pick up my boys, tuned to Randy Bachman's Vinyl Tap on CBC Radio One, shifting between the programmed slots of Montreal and Quebec City's spots on my dial as I drive through frequency zones are through black pavement and lit by tail-lights now. Somehow, even though we're broaching a third of the way through the month of October, the hillsides still glow with a real mixture of autumnal shades - we haven't made our way to that orangey-brown blandness that happens for a stretch before the next stage...

I'm in my very favourite (and very brief) season, I'm trying to enjoy every moment, and somehow it feels like if I blink, I'll be at the next autumn, with a slew of memories behind me - another Christmas, a whole series of other birthdays, the kids will all be taller, another year of school past, another summer of hot green days, campfires, beach visits where I sit like another lifeguard, my eyes trained on one potentially unpredictable swimmer the whole time.

Just writing this I deeply feel how fortunate I am, we are. We can talk about the weather. We can talk about the seasons. With any luck, our basic needs are being met. It is so easy to want more...to want stuff, to wish ourselves away to other places, to other times; sometimes we even ache for other people, maybe people we haven't even met! We reach out for other moments.

How do we stop? How do we feel satisfied?

With constant commercials and ads of all sorts surrounding us everywhere we go, there is a never-ending reminder of something we don't have. And, when certain things become the norm, like yearly, or even twice-yearly beach vacations - as though somehow we just won't survive without the beach a few times a year, it feels like something's missing if we remain in the area. "What do you mean, you've never been further south than New York state?"

I'll admit, there are moments when I think it would be neat to visit one of these much-talked-about all-inclusives, but I read a lot. I feel like I'm moderately well-traveled even if I've hardly been anywhere.

There are enough online dating commercials to prompt us even to feel like somehow not only are we not in the right place, but we shouldn't be alone, or we are not with the right person!

So, I guess we are being trained to feel deeply unsatisfied.

- We don't have the right stuff.
- We aren't in the right place.
- We aren't with the right person.
- The present moment doesn't exist - we are just flowing towards new things, places and people.

We're just all wrong, and if we just buy what they're selling (and buy it again when the next thing comes out), that's the ticket to feeling right.

I could just let it stream like that, at the mercy of the flow. Born in the seventies, by the time Saturday morning cartoons (now a thing of the past with 24-7 cartoon channels) came along with all of their commercials, I was craving stuff, and thoroughly enjoying that temporary new stuff high when birthdays and Christmas came along. I still love new stuff - even if it's old, in fact, often, especially if it's old.

How would we feel if a commercial came on like this?

"Hello - today is October 18th, 2016. Do you have food? Shelter? Clothing? You are on the road to enough. Today, that is probably enough. Now, how about you turn off the television and go outside, and if you can't go outside, maybe spend some time looking out of the window. Enjoy this last

stretch of autumn."

Do we ever yearn for enough?

Do we ever feel like we are enough?

Maybe we just need to remind ourselves; and maybe each other once in a while, that we feel satisfied with what we have and where we are. Maybe, while "more" has a thrill to it, a kind of drug of sorts that we jones for (crave), there is something to be said for the gratitude movement, no matter how cheesy it sounds or feels.

Recently I heard that what people actually crave isn't really more, it isn't really wealth. What they (we) actually want deeply is freedom.

Instead of feeling free, maybe as time rushes along, and as the seasons change, what we can allow ourselves to feel, instead of unsatisfied, maybe even embarrassed at our lifestyle in comparison with others, is a sense of freedom. There are freedoms that are earned, freedoms that are given, yet, I guess the most precious one is inside, and is where we liberate ourselves from the rat race, from the expectations, from the commercials, from the pressure, and from keeping up with the Joneses.

This brings a whole new meaning to what a Jones is...

According to mentalfloss.com, in the early sixties the term having a "jones" was used to refer to a craving - but strictly a craving for the drug heroin. In the late fifties, a code name for the drug had been Mr. Jones.

Keeping up with the Joneses is a mythical, unreachable place, and probably much like a drug.

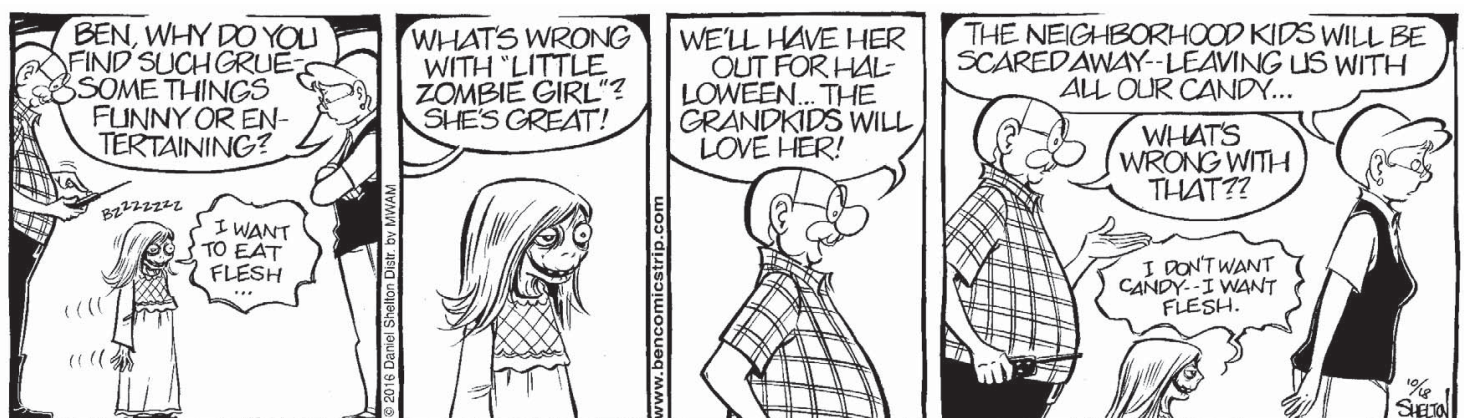
Freeing ourselves from the never-ending pursuit of more will likely mean that this day, this season, this moment will be more appreciated. I hope today, you find yourself fed, clothed, and under a roof, warm and if we get really fortunate, I hope you are healthy, share love, have interests, and that this day you are able to feel satisfied, because you just might have enough.

If you are reading this and missing any of those basic things, consider calling Moisson Estrie, at 819-562-5840, or Info-Santé at 811 to find out how you can have help to meet your basic needs.

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Ben by Daniel Shelton



LOCAL NEWS

"With the granting of a \$3 donation to Centraide Estrie for all new registrations for this service, we hope to encourage our customers to make the shift to a more convenient and environmentally friendly solution"

Sherbrooke Hydro supports Centraide Estrie

Record Staff
SHERBROOKE

bird for the environment and another by supporting a good cause.

In addition to avoiding the accumulation of paper, online billing allows subscribers to consult their bill as soon as they receive an email informing them that it is ready.

According to Hydro-Sherbrooke, a lit-

tle over 11 000 subscribers currently receive their bills via the Internet rather than by mail.

"With the granting of a \$3 donation to Centraide Estrie for all new registrations for this service, we hope to encourage our customers to make the shift to a more convenient and environmen-

tally friendly solution," says the Hydro-Sherbrooke Director Christian Laprise, in a statement.

Registration at moncomptehydro.sherbrooke.ca Internet also allows subscribers to consult their consumption profile and transaction history at any time.

Hydro-Sherbrooke has decided to do its part for the Centraide-Estrie fundraising campaign by announcing that it will donate \$3 to the charity organization for every customer who opts for online billing, killing one

Share the warmth

CONT'D FROM PAGE 1

needs," Moore said, explaining that they don't take advantage of the program. Some families only need help with a jacket, or a pair of boots. "Not everyone asks for a full brand new snowsuit," she said.

A pair of boots and a warm jacket do a lot for a young person's morale, Owen pointed out, especially when they get to choose it themselves.

"When all you ever get is hand-me-downs, there's something to be said for being able to choose your own style," commented Owen.

A warm pair of socks and dry boots can mean the difference between focusing on school work and being uncomfortable all day with cold wet feet, Owen explained.

Moore said last year was a good learning curve for the LDWC shoppers; they managed to find the stores

that have good quality merchandise at a fair price.

The average price for a snowsuit for an elementary-aged child is around \$75, Moore said. Boots can be in the \$40-\$50 range, jumping to close to \$70 for larger sizes and teenagers.

For a family outfitting two or three school-aged kids, proper winter attire can cost upwards of \$350-\$400.

"We want to help as many people as we can," Moore said. "We'll make it work".

The LDWC also accepts new and gently used snowsuits and winter clothing, to have available for clients.

While the primary goal is to let kids shop for their own clothing, Moore said families often need a backup pair of snow pants or boots, or an extra jacket for those days when kids are in and out of the snow all day and night.

Moore added that parents on a fixed income will often put their kids first, and may need a jacket of

their own.

Moore said the families on the shopping list are referred through local schools or churches, or have come to the centre for assistance.

The LDWC also takes references if community members notice children or a family that could use a bit of help.

The Share the Warmth campaign collects donations throughout the year, but is most active in the months leading up to winter. Charitable receipts are available for donations over \$10.

"If you get out your child's snowsuit and it doesn't fit, send it this way," Owen said, happy to build up a stock of warm clothing options in addition to the fund for new snowsuits.

For more information on how to donate, call 819-564-6626 or email info@LDWC.ca

Wales home

CONT'D FROM PAGE 1

The executive committee President pointed out that in a centre that already runs on a constant deficit; an expansion without added support would only mean a bigger loss year after year. That, in turn, would put a greater burden on the Wales Home Foundation while also putting the home into a position where it might have to think about making cuts in order to help maintain care.

"We need both (the grant and the subsidy) at the same time," Brock said.

"There's only a handful (of CHSLDs) in Quebec that receive no government funding, and we're one of them," Piironen continued. "We want to be the facility offering optimal care, but we need the manpower to be able to do that, and that means more money."

The Executive Director argued that the Provincial Government sends the home mixed messages by, on the one hand, praising the work that is being done at the home while, on the other hand, forcing the administration to meet a strict set of guidelines without offering anything in return.

"We have to comply with all government standards and become accredited through the government, but receive no money for it," Piironen said, pointing out that the year-long accreditation process costs the non-profit organization \$100,000 once every five years. Though the cost is not recurrent, the executive director also highlighted the fact that the government-mandated division of the home into two separate legal entities in 2011 cost more than \$40,000 in legal fees.

In reflecting on the creation of the Wales Home Foundation in 1991 as a part of Saturday's celebrations, former Executive Director Rod McIver mentioned having first tried and failed to secure government subsidization for the home. Piironen shared that she'd had no sense that the fight for support had been so long,

but said that little to no progress has been made in the years since.

Asked about the roadblocks to subsidization, Piironen said that the most recent explanation she was given was that the home needed a particular form of permit in order to receive government funding, and that such a permit had not been granted in the region since 1974.

Richmond MNA Karine Vallières clarified, stating that because the Wales home is a private institution, the only way it can receive government funding is if the public system has overflow which needs to be contracted out.

"What the Wales home is asking for is financial assistance per person housed in the CHSLD," Vallières said. "There has not been a CHSLD licensed since the 1970s in the Estrie because the existing system is seen as sufficient for the waiting lists in the public system."

The MNA said that she has been working with the home for close to a year now to try to find a solution and that the working group is currently waiting to hear back on possible options from the provincial health ministry.

"We are not holding meetings for nothing," Vallières said. "What I hope is for a rapid answer from the health ministry one way or the other. Whether it is yes or no, at least we will know where we sit. I'm doing everything I can, but it is not an easy file."

In the meantime, work will be going ahead on the first phase of the expansion of the Wales Home, and the Executive Director and executive committee President hope to see the second phase follow shortly thereafter.

"It is absolutely necessary that we obtain this funding for the benefit of the English speaking population of the Eastern Townships," Brock

said, arguing that the Wales Home is one of a very small group of homes able to offer Anglophone seniors care in their own cultural and linguistic environment.

"We just want to receive what we feel we deserve," Piironen added.

Lennoxville Elementary School P.P.O.

Spaghetti Supper Fundraiser

Thursday, October 20
4:30 p.m. to 7 p.m.
in the school cafeteria

A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert.

Tickets
Adults: \$8. Child: \$6.
Family (2 adults, 2 children): \$25.
plus \$3. for each additional child

L.E.S
1 Academy St.
Lennoxville

A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes and support L.E.S. student's activities!

School Page

Heroes' Memorial & Lennoxville Elementary

Experimenting with Classroom Design at Heroes'

At Heroes' we are working hard to make sure that all our students are exposed to great learning opportunities. Therefore we are changing some of the old approaches to the way we teach. We are receiving close to \$20,000 over a two year period to study the way we teach Math. This will improve our teaching for deep understanding using research based strategies that compliment what we know about brain

function. Another way we have changed in order to promote student success and meet individual needs has to do with the classroom environment. Most of our classrooms have layouts that accommodate comfy couches for reading corners and have either stationary bikes, ball chairs, treadmills or elliptical training machines to help students self-regulate when they need a break.

The most diversified classroom space that we have at the moment is one created by Sylvie Turmel. She wanted to get students feeling comfortable in her French classroom and have opportunities for dialogue, collaboration and inspiration that she felt was missing from the traditional classroom set up.

Sylvie got rid of the desks and imported floor chairs, designing tables, round tables, and raised patio tables to

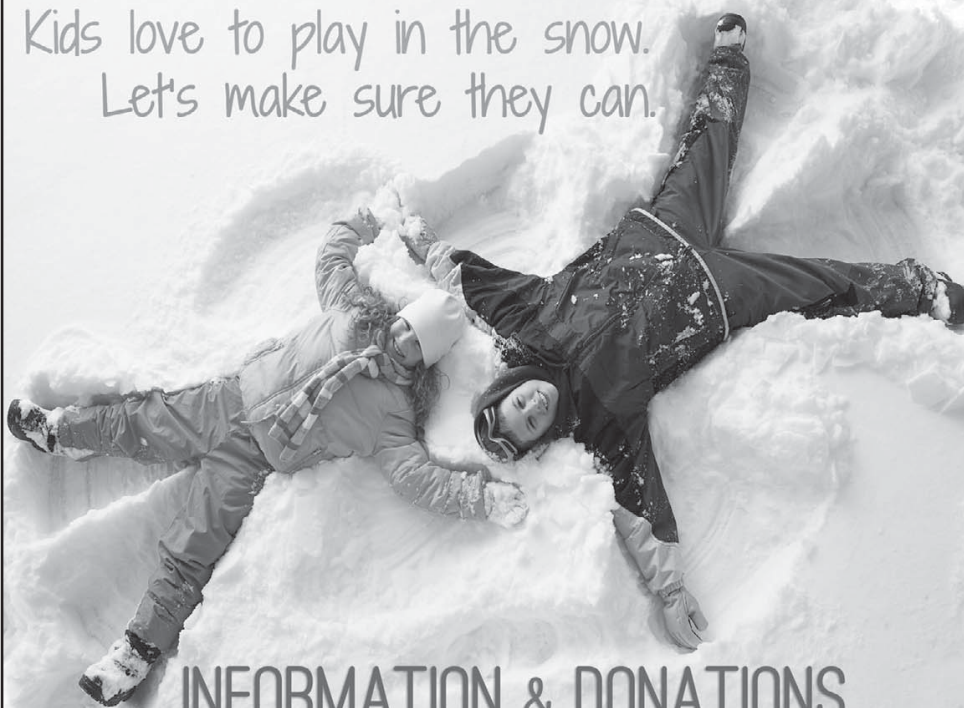
make a unique space that is flexible and versatile. Students went through an adjustment period as they got used to a new way of interacting. There is still one old style desk in the classroom for that student that really needs the security of a traditional desk and chair.

Students enjoy the new space that promotes a level of freedom and choice as well as facilitating dialogue and teamwork.



SHARE THE WARMTH

Kids love to play in the snow.
Let's make sure they can.



INFORMATION & DONATIONS
(819) 564-6626 INFO@LDWC.CA

PLEASE SEND CHEQUES TO

The Lennoxville & District Women's Centre
300-257 Queen Street, Sherbrooke QC J1M 1K7
(Charitable receipts can be issued for donations of \$10 or more)

We will also accept new and gently used snowsuits, boots, thermal hats, mitts & scarves (for children of all sizes - tiny to teen)



Lennoxville Elementary School - We're Back!

LES is back in full swing and it has been an action packed fall thus far! We welcomed 300 smiling faces on the first day of school and we are looking forward to lots of learning and fun during the 2016-2017 school year.

The summer months were busy at LES as well and if you happen to drive by, you may notice that our school got somewhat of a "face lift". We are so pleased that new windows have been installed, completing the final phase of a window replacement renovation project. Not only do the windows look great, especially in our gymnasium where many of the old windows had been covered up for many years, but we know that in the winter months we will really feel a difference in our building! Two classrooms on the 3rd floor, as well as our media room, have been completely renovated, making an already great learning environment, even better. What a nice surprise for the students when they returned.

It didn't take long for the staff and students to get down to the business of carrying out some of the long-standing traditions that make our school unique. We held our annual Open House in September and welcomed a record number of parents and friends. The children were all so proud to share the wonderful things that go on in their classrooms and introduce their families to their teachers and other significant adults that are there to support them at school. Thank you to all who came out and

showed our students that you value education and appreciate their hard work and dedication at school.

The annual L.E.S. Terry Fox Run was held on September 29th and was a hit as usual. The students walked or ran for approximately an hour. We were lucky enough to have lots of parents, grandparents, aunts and uncles come to enjoy the beautiful day and to exercise with us. In addition, we had Bishop's University Varsity Athletes help supervise and encourage the students along the course. The students proudly raised approximately \$1,400.00 for the Terry Fox Foundation. Thanks to everyone who contributed!

The LES Running Club "Land Endurance Sharks" got underway during the first week of school. Sixty cycle two and three students joined the club this year and practiced three times a week and participated in four competitive runs. Each runner on the team showed a lot of growth in their running ability, but even more importantly, developed an understanding of setting personal goals, of perseverance and of sportsmanship. Wednesday, October 12th marked the conclusion of this year's very successful running club. Until next season!!

Our school parliament is up and running and we now have deputies from each class who represent their peers at

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Richmond asking its youth

Record Staff
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What are our strengths for the youth in the region? What can be improved and how should we do it?

These are the questions that the Richmond et ses Jeunes committee is reflecting upon and to get answers, the

committee is inviting the population of Richmond, Cleveland, Melbourne, Ulverton, and Kingsbury to let their opinions be known by answering a survey.

The deadline to fill the survey is Sunday October 23rd.

To respond, those 10 years of age and over can go to www.richmondetsesjeunes.com or the committee's Facebook page, Richmond et ses Jeunes, available

in both English and French.

Following this consultation, those interested learning the survey's results and exploring possible actions to undertake in light of it will be invited to take part in a gathering in Richmond on November 26. More details about the event will be communicated shortly.

To heighten the enthusiasm two door prizes will be drawn from all those who

answered the survey. The prizes are a Samsung Galaxy TAB E 9.6" tablet for 10 to 25 year olds and tickets to a series of shows for two persons for the 2016-17 season at Centre d'art de Richmond for those 26 years old and over.

For more information, contact Donald Dubuc at 819 239-9091 or by email at projeunes@ville.richmond.qc.ca.

L.E.S.

CONT'D FROM PAGE 4

the bi-weekly parliament meetings. Our prime minister and vice prime minister have been elected and the parliament is already busy working on their first project of the year -making our cafeteria a calm and inviting place to eat lunch and an environmentally friendly cafeteria that supports composting and recycling. Parliament is a great way to teach our LES students about democracy and to give them a voice in our school.

Our Outdoor Club has been meeting

and has already had their first outing where they hiked on Mont Bellevue and enjoyed taking in the beautiful fall colours. New this year, we will be starting a school choir for those students who appreciate music and want to work on improving their singing skills. We are looking forward to our first concert! We are also happy to report that our Junior Cheerleading Club is up and running, as is our Reading Circle Club, and Big Buddies program. These three clubs are run by Bishop's students and have been well attended by LES students over the past

several years.

At LES we try to offer something for everyone and make school a place where students can excel not just academically,

but socially as well. We strive for excellence because we believe that every child who comes through our doors deserves nothing but the best.



Shark Winners



Terry Fox Flag



Parliament

Take home some great reading. You might even find that rare book you've been trying to find for years!

Every year, the Second-hand Book Fair collects approximately \$40,000 which is redistributed to the Sherbrooke community. The Rotarians are waiting for you!

BRING YOUR BAG

40th ANNIVERSARY

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rotarysherbrooke.org

OCTOBER 20 to 23

50 000 BOOKS \$1 TO \$5

*some categories excluded

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EDITORIAL

We are spending millions of dollars each year paying athletes to play sports. Not only that, they are demanding higher pay

HELPING TEENS RANT – THE RIGHT WAY

Minimum effort, maximum wage

By Nikki Lumley

"This is your final wish," warns the Genie, "are you sure this is what you want?"

A droplet of sweat slowly drifts down the young man's forehead. "Yes... Yes this is what I want."

"You could be rich, immortal, anything, and instead you choose to see..."

"Do as I say, Genie!", commands the young man, with a firm but shaky voice.

The Genie is hesitant, yet he does as the young man orders, as that is his duty. Before them, beneath a cloud of smoke, a figure emerges. A low thumping can be heard, like a heartbeat that rattles the ground.

"It's him", the young man croaks. "It's the king."

The figure is barely visible, yet he glows like an angel, even from a distance. From the darkness he rises, his sneakers fresh and his wrists-a-flickin. The king of the court, the angel sent from heaven, Mr. Stephen Curry...

What? Too much? Take one look at any professional athlete's salary, and tell me this isn't what we think of them. Players in the NBA earn an average salary of 5.77 million annually. Now, I love basketball as much as the next person. I love watching it too, but no one deserves 5 of a million dollars. Especially not athletes, no matter how good they are. What purpose do they serve, how do

they benefit the world in any way? Care to know what the average nurse's yearly salary is? \$58,832. Of course, this is no minimum wage, nurses make pretty good money. But who is making a bigger difference, nurses or athletes? If anyone deserves 5 million dollars, it's the people who help create a better world, and who risk their lives to keep you in it. Nurses, doctors, firefighters, teachers. These are the people who make a difference, and they do it without having shoes named after them.

Just last year, Kobe Bryant earned 25 million dollars for playing with the Los Angeles Lakers. Surely, they came in first place, you say? Or at least qualified for the championships? How else would one earn such a ridiculous number on his/her pay cheque. No. For 25 million dollars, Kobe Bryant carried his team all the way to 15th place, with only 17 wins and 65 losses. For 25 million dollars. Just one percent of that could fund the construction of 30 wells in any developing country, each well providing clean water for an entire community. It could help educate over 135 children through World Vision.

With access to that kind of money, Kobe Bryant could literally save lives. Instead, he spends it on cars, and multi million dollar homes. Kobe once walked into a Ferrari dealership and wrote a \$329,000 cheque for a 458 Italia. I guess he was getting tired of clunking around in a Lamborghini, a Bentley, a Range

Rover, and a helicopter. Not to mention how hard it must be driving from house to house. You heard me, house to house. As in he owns three houses. All of which are in sunny California, with an estimated total value of \$18.8 million. Scratch that - earlier this year he sold his third house for \$6.1 million. Poor Kobe must've been low on cash.

Needless to say, the lengths we are willing to go for the sake of our own entertainment is pathetic. We are spending millions of dollars each year paying athletes to play sports. Not only that, they are demanding higher pay. In 2008 a contract was signed guaranteeing Joe Mauer, of the Minnesota Twins, \$140 million over the span of 8 years. The worst part is, we let them get away with it. We are so desperate for something to pass the time, that we are letting so-called celebrities walk all over us. How did they manage to get so much power? To obtain such an influence on the population? Are these really the people we want our children looking up to? Cocky athletes, who spend their billions on fancy cars and helicopters, rather than donating it to a worthy cause? If nothing else, these athletes could at least be positive role models for future generations, and yet here they are, demanding higher pay when they are already being paid too much, and throwing it all away. They have no idea what kind of effects they could have on people, the dramatic changes that they could help make.

According to recent studies, athletic endorsements pump up a brand's sales by approximately \$10 million a year. Simply getting a professional athlete to pose with a product significantly increases the recognition of a brand, has a direct economic influence on the brand's sales, and creates positive associations with the brand. Imagine what could happen if instead of advertising clothing and sportswear, athletes helped raise awareness concerning world events and charities? Endangered species, poverty, hunger, anything! I'm willing to bet that if Tom Brady or Wayne Gretzky went on National television and told the audience to tap their heads and rub their bellies while jumping on one foot, half of them would look ridiculous, and the other half would be greatly disappointed that they couldn't do it.

We idolize these athletes, treat them like superstars, to the point where they seem almost super-human. Ask any 15-year old boy who Stephen Curry is, and they'll tell you. Ask the same question about Mahatma Gandhi, Malala Yousafzai, or Mother

Teresa, and I'm sure you'll be disappointed. I mean, who cares about them, right?

They're not the ones making millions of dollars. No, it's true, they don't make much of an income, but I'll tell you what they do make: a difference.

Hope for Dylan and Austin

faced with illness and hardships.

Meet eleven year old Dylan and one year old Austin; two brothers from the Cowansville area who have been diagnosed with D.M.D (Duchenne Muscular Dystrophy) for which there is no cure!

The symptoms of DMD normally start between the ages of 3 and 6 years old. By age 12 the boys will likely become wheelchair bound. By the time Dylan and Austin reach their early 20's they may die of respiratory failure.

Family and friends would love for them to have a more comfortable life with a home that is wheelchair accessible and also an adapted van so they can travel as a family. They are working to

gether to hold fundraisers in hopes of achieving some of these things. Any gift or donation will go to benefit the boys in the best way possible and any show of kindness is much appreciated.

A spaghetti supper and silent auction fundraiser will take place at the Knights of Columbus hall in Cowansville (224 Rue Christophe Coulombe), on Friday, November 11 at 5:00pm and will feature Scotyz's famous spaghetti sauce! Organizers are asking local businesses and artists to support the cause by donating items to the silent auction. Names of all who donate will be posted at the event in recognition of their generosity. Following the supper, attendees will enjoy the music of "Moon Jam."

They say that it takes a village to raise a child. In this case, all involved hope that Dylan and Austin will know that they are supported by many villages and some really kindhearted family, friends and neighbors both near and far as they face this disease.

If you would like to donate to this cause you may do so by contacting:

Cyndi Norris @ 450-243-5123 or Shannon McGovern @ 450-243-1933 or by sending a donation: cheques payable to "Hope for Dylan and Austin"

43 Ch. Montagne, Knowlton, QC J0E 1V0

Organizers are sending out a big thank you to everyone for their help and support.



THE SCOOP

MABLE HASTINGS

As most of us watch our children at play, it is hard to imagine what some families go through when

THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7
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PRINT SUBSCRIPTIONS

QUEBEC:	1 YEAR	135.60	GST 6.78	PST 13.53	TOTAL \$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and for other services available on request.

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COURTESY

Local Sports

Carter Fillion (Men's Rugby) – scored two tries on Sunday in the Gaiters 10-10 tie with Sherbrooke.

Osmond and Handley named Provigo Robert Lafond athletes of the week

By Clare Webb
Sports Information Assistant

The Bishop's University Department of Athletics and Recreation is pleased to announce that Emily Osmond of the women's soccer team and Rhett Handley of the lacrosse team have been named the Provigo Robert Lafond Athletes of the Week.

Osmond, from Trenton, Ont. was a strong defensive force for the Gaiters (0-9-1) in their 1-0 loss to UQAM (5-4-1) and in their 5-0 loss to No. 6 Montreal.

"This weekend Emily played the best she has all year," said bench boss Paul Ballard. "She was a great leader and battled hard."

The fourth year psychology student will lead the Gaiters against UQTR (1-8-1) on Thursday at 7 p.m. in Montreal and on Sunday at 1 p.m. against Sherbrooke (7-3-0) at Sherbrooke.

Handley, the Estevan, Sask. native

had two goals and four assists in the Gaiters 17-13 win over Ottawa on Saturday and had one goal in Bishop's 12-8 victory over Carleton on Sunday.

"Rhett provided great veteran leadership in a tight contest with Ottawa on Saturday," said Gaiters GM Drew Pollock.

The fifth year biology student will play a large role for the Gaiters this coming weekend as they host Nipissing (4-6) on Saturday at 5 p.m. and on Sunday at 12 p.m.

Honorable Mentions

Carter Fillion (Men's Rugby) – scored two tries on Sunday in the Gaiters 10-10 tie with Sherbrooke.

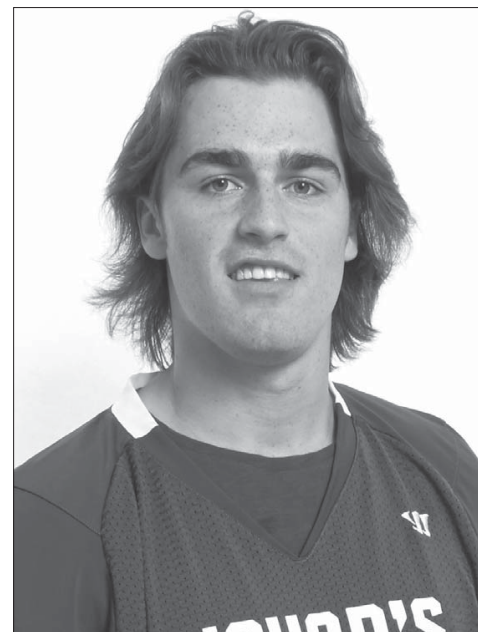
Arnaud Dandin (Football) – returned a fumble for 104-yards and a touchdown in the Gaiters 37-14 loss to McGill.

Stay up-to-date anytime with the Bishop's Gaiters at www.gaiters.ca, or follow them on social media using @BishopGaiters.



BISHOP'S UNIVERSITY

Emily Osmond of the women's soccer team



BISHOP'S UNIVERSITY

Rhett Handley of the lacrosse team

Phoenix starting to get hot

By Dylan Konecny

The Sherbrooke Phoenix offence has been lighting up the goal lamp often this past week of QMJHL action. Julien Pelletier has recorded 7 points in his last three games. The Columbus Blue Jackets draft pick also recorded a hat-trick in two of his last three games. Pelletier had a hat-trick against the Val-d'Or Foreurs in a 5-2 win last Tuesday and then repeated the feat again in an 8-4 win against the Baie-Comeau Drakkar on Sunday afternoon. Team captain Carl Neill was equally impressive recording five assists against Baie-Comeau, a Phoenix team record. No other QMJHL defenceman has been able to accomplish that feat since 2011-2012. Neill was named the league's second star of the week (October 10-16) for his performance the past three games on Monday.

The Phoenix were able to come away with five of a possible six points going 2-0-1 last week. The lone loss came in overtime to the Chicoutimi Saguenéens on Saturday afternoon in a tight 2-1 game. Evan Fitzpatrick made 25 saves in the OT loss, earning the 3rd Star of the game.

Against the Drakkar the team got strong efforts from the entire team, on top of outstanding efforts from Pelletier

(3G) Thomas Grégoire (4A) and Neill (5A). The 8-4 victory meant rookie goalie Justin Blanchette got his second career win with the Birds.

Also contributing to the effort were a pair of newcomers to the team. Félix Robert scored his first career goal and recorded an assist in his second game with the team, also contributing was Dany Coulombe who recorded an assist for his first QMJHL point.

Up next for Sherbrooke is a tilt with West Division rival Blainville-Boisbriand followed by a match against the Quebec Remparts the next day in the teams' first meeting of the season. The game against the Armada Friday night will mark the return of former star Phoenix defenceman Jérémy Roy to the Palais des Sports in Sherbrooke. Roy scored a total of 121 points as a member of the Phoenix in 155 career games over three seasons.

The Phoenix will be without star rookie Anderson MacDonald for the next little bit. MacDonald was selected to be a member of one of the three team Canada's participating at the U17 World Hockey Challenge. MacDonald has taken the QMJHL by storm scoring eight goals and two assists in his first eight games, including a hat-trick against the Acadie-Bathurst Titans. The tournament in Sault Ste. Marie takes the 66 best U17

Canadian players to compete against the World as members of either Team Canada: Red, Black and White. The tournament takes place from October 27th -

November 5th. Previous stars of the tournament have included 13 of the last 16 first overall NHL Draft picks.



VINCENT LEVESQUE ROUSSEAU

Grégoire (2), Pelletier (27), Neill (32), MacDonald (91) and Alexeyev (23) lead all Phoenix players in points so far this season.



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Datebook

TUESDAY, OCTOBER 18, 2016

Today is the 292nd day of 2016 and the 27th day of autumn.

TODAY'S HISTORY: In 1767, the boundary between Delaware, Maryland and Pennsylvania (the Mason-Dixon Line) was established.

In 1851, Herman Melville's "Moby-Dick" was first published as a three-volume edition titled "The Whale."

In 1962, Drs. James Watson, Francis Crick and Maurice Wilkins won the Nobel Prize in medicine/physiology for uncovering the double-helix structure of

DNA.

In 2001, four al-Qaida members were sentenced to life in prison for bombing the U.S. embassies in Kenya and Tanzania in 1998.

TODAY'S BIRTHDAYS: Pierre Trudeau (1919-2000), Canadian prime minister; Jesse Helms (1921-2008), U.S. senator; Chuck Berry (1926-), singer-songwriter; George C. Scott (1927-1999), actor; Peter Boyle (1935-2006), actor; Mike Ditka (1939-), football coach/player; Wendy Wasserstein (1950-2006), playwright; Martina Navratilova (1956-), tennis player; Jean-Claude Van Damme (1960-),

actor; Wynton Marsalis (1961-), jazz musician; Josh Gracin (1980-), singer; Zac Efron (1987-), actor.

TODAY'S FACT: The Mason-Dixon Line surveyed by Charles Mason and Jeremiah Dixon in 1767 left a "wedge" of land in dispute between Delaware and Pennsylvania until 1921.

TODAY'S SPORTS: In 1977, New York Yankees outfielder Reggie Jackson hit three home runs on three consecutive swings against three different Los Angeles Dodgers pitchers, leading his team to an 8-4 win (and the series win) in Game

6 of the World Series.

TODAY'S QUOTE: "There is no such thing as a model or ideal Canadian. What could be more absurd than the concept of an 'all Canadian' boy or girl? A society which emphasizes uniformity is one which creates intolerance and hate." — Pierre Elliott Trudeau

TODAY'S NUMBER: 41 — record number of Grand Slam doubles (including mixed doubles) titles won by Martina Navratilova.

TODAY'S MOON: Between full moon (Oct. 15) and last quarter moon (Oct. 22).

Lennoxville Golden Age Club

October 11, Members gathered in the Lennoxville United Church hall for a fun afternoon of cards. Six tables of Military Whist and one table of Bridge were played, while Shirley Patton and Gwen Bayley took each other on in a game of Scrabble.

At 4 o'clock, the card tables were put away, and we gathered around the dinner tables for a cup of tea or coffee and some socializing, while Billy and Emily put the finishing touches on our meal.

With our President away, our Second-Vice, Louise Peasley, chaired the meeting. Louise welcomed everyone, and asked the Blessing, after which everyone

sat down to a mouth watering Thanksgiving dinner of roast turkey, stuffing, mashed potatoes and gravy, oven roasted butternut squash, peas, carrots, corn, cranberry sauce and rolls. Dessert consisted of pumpkin pie and whipped cream, tea or coffee. Our thanks to both Billy and Emily — this was truly a wonderful meal.

Winners of Military Whist were:

1st place with 30 flags — a tie game: Captain Jack Kimpton, Lise Provencher, Jean Rourke, and Fern Lapointe, as well as Captain Greta Nish, Pearl Custeau, Glenda Huff, and Isabel Nelson.

2nd place with 26 flags: Captain

Keith Vintinner, Joan Cruickshank, Shirley Nutbrown, and Harold Nutbrown.

3rd place with 25 flags — a 3-way tie: Captain Doris Coates, Mary Lou Burns, George Peasley, and Stan Brown, Captain Louise Peasley, Bev Sterling, Claudette Cyr, and Alberta Crawford, as well as Captain Robert Davis, Wayne Nutbrown, Monika Mosberger, and Caroline Marion.

Door prizes went home with Robert Gordon, Edith Wesbroom, and Robert Davis, while Louise's goodies were won by Monika Mosberger, Joyce Berwick, and Wayne Nutbrown.

Gordon Humphrey remains in hospital, and still has a bit of a road ahead of him. We send him our very best wishes, and we are keeping him, and his family in our daily prayers.

Once again, a reminder that all memberships not paid as yet are due.

Our thanks to the many hands who made the kitchen clean up easy, and to Louise Peasley for doing a great job at overseeing our afternoon.

Submitted by
Joan Cruickshank

Wales Home News September 2016



It was a busy month at the Wales Home as outside the leaves changed from green to shades of reds, yellows and oranges. Painting classes with Marie-Lyne Fontaine, Bible Study and Friday Teas resumed this month after a summer hiatus.

On the 1st residents and their drivers enjoyed an outing to the Deli Train Restaurant in Richmond.

On the afternoon of the 7th, residents enjoyed a chance to get together at door 6 and have a corn husking bee. The corn was enjoyed for dinner the next day. In celebration of National Literacy Day, a Storytelling / Reading Activity took place in the living room on the afternoon of the 8th. Thank you to the visitors who came from outside of the building that day to join in.

A Terry Fox Walk around the building took place on the afternoon of the 12th. Thank you to everyone who participated in this important event. On the evening of the 12th, residents had the opportunity to enjoying watching a few episodes

from the classic western Bonanza. On the afternoon of the 15th, our Therapy Department held a chat on arthritis in the main living room. On the afternoon of the 17th, Sue and Charlie Coburn's family held a 60th anniversary celebration for them in the main living room.

On the afternoon of the 22nd residents had the opportunity to taste test three different varieties of apples and a sweet treat. The history of the apples and some apple stories were shared during the course of the afternoon. This month's Birthday Tea was hosted by the Richmond Rebekah's on the 21st. Happy birthday to everyone who celebrated. A clothing sale (Collection Normandin) was held on the 21st. The Roxton Singers returned to the Wales Home living room on the evening of the 26th to give a musical performance. Residents and their drivers enjoyed a fall foliage drive and lunch outing to the Jasper Restaurant in Stoke on the 27th. There was zotherapy for the nursing care units on the morning of the 29th. This month several baby bunnies were among the furry visitors. On the afternoon of the 28th, Keith and Vicky Whittall entertained residents in the living room with their musical talents.

Welcome to Louise and Wyatt Savage

who became residents this month. Also welcome to Helen Armstrong and Eleanor Besmargian who is spending some time with us. Our sympathies are extended to the family and friends of Theresa Pugh, Carl Dillon and Margaret Kane. We would like to wish Margaret Picken well. She has returned home after spending a few days with us.

Currently we have 891 candles towards our 1100 candle goal for our 5th annual Candlelight Evening of Memories will take place at 7PM on October 14th. The funds raised from this event will be used to purchase a TV Tour system to be used by our residents throughout the home allowing them access to menus, notices and updates direct to their personal television sets. The cost per candle is \$10 (for every five candles purchased you receive a bonus candle for free) and you may make your purchase by contacting Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca. You can also mail a cheque to The Wales Home Foundation, 506 Route 243 North, Cleveland, QC J0B 2H0. Your support is much appreciated.

Copies of "Memories Everlasting," are still available for sale exclusively at the Wales Home. They are \$20 and can be

purchased by contacting Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca. Mailing is available for an additional cost. All proceeds from the sale go to the Wales Home Foundation. We are currently working on the sequel which will be titled "Timeless Memories" and if you have a story which they would like to share for this book, please send me an e-mail or a note and I will consider including it.

For more information, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/pages/R%C3%A9sidence-Wales-Home-CHSLD-Wales-Inc/359173890897086> for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, pricing etc., or if you'd like to become a volunteer.

To everyone who volunteered and provided support to the Wales Home during the month of September, your caring and assistance is much appreciated by everyone at the Home. Until next month!

Submitted by
Rebecca Taylor

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

Mental Health Estrie in partnership with Bishop's University, Université de Sherbrooke and Townshippers' Association, invites you to join them for a Mental Health Information Session Friday, October 21, at 7 p.m. at the Amédée Beaudoin Community Centre in Lennoxville (10 Samuel-Gratham). Registered Social Worker, Amanda Rocheleau, "Who Cares for Caregivers." Admission is free, and all are welcome. For more information, call 819-565-3777.

LENNOXVILLE/WATERVILLE/NORTH HATLEY

BLOOD PRESSURE CLINIC - Lennoxville & District Community Aid will be offering free blood pressure clinics at the following dates and locations: **LENNOXVILLE:** At Community Aid's office 1:30-2:30 pm, 164 Queen, suite 104 Tuesday, November 8, 2016. **WATERVILLE:** At the Town Hall 10:00-11:00 am Tuesday, November 8, 2016. **NORTH HATLEY:** At the Library 10:00-11:30 am Friday, November 4, 2016. Please watch for our monthly advertisement in the local newspapers.

NORTH HATLEY

Saturday, October 22 at 3 p.m. at St. Elizabeth's Church (3115 Capelton Road): **ESTRIA** presents Eastern Townships musicians Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Christiane Lampron (viola) and Tristan Longval-Gagné (piano), in a program of duos and trios by Mozart, Weber, Schumann and Klughardt. Admission charged. Tickets can be reserved by contacting Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec. More information at www.sainteelisabeth.ca

SHERBROOKE

Sunday, October 23 at 3 p.m. at the Uplands Cultural and Heritage Centre (9 Speid St.): **ESTRIA** presents Eastern Townships musicians Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Christiane Lampron (viola) and Tristan Longval-Gagné (piano), in a program of duos and trios by Mozart, Weber, Schumann and Klughardt. Admission charged. Traditional tea following concert (small charge for tea). Reservations are mandatory as space is limited. Contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca to book your tickets. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec. More information at http://uplands.ca

LENNOXVILLE

There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, October 19 at 1:30 p.m. Everyone welcome.

SOUTH DURHAM

Talent Show at South Durham United Church on Friday, October 21 at 7 p.m. Admission charged. Light refreshments served after the show. Everyone Welcome.

AYER'S CLIFF

Fall Roast Beef Supper on Saturday, October 22, to benefit Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5:00 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy and horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 846-7180 or Dean Young 838-5815. Admission charged

and everyone is welcome!!

RICHMOND

Wednesday, October 19, 2016, 10 a.m. - 12 p.m., join Townshippers' Association for a free DVD workshop "Take the pressure off - High blood pressure," on Wed. Oct 19, 10 a.m. - 12 p.m. hosted at the Richmond & Region Community Learning Centre (CLC), Richmond Regional High School, 375 Armstrong. Info: Townshippers', Debbie Bishop, db@townshippers.org, 819-566-5717, or, Richmond & Region CLC richmond-clc@etsb.qc.ca, 819-826-3702 ext. 24026. A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

LENNOXVILLE

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser on Thursday, October 20, 4:30 p.m. to 7 p.m., in the school cafeteria (1 Academy St., Lennoxville). A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert. Admission charged, family price. A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes and support L.E.S. student's activities!

SHERBROOKE

The Church of the Advent, 473 Bowen St. S., Sherbrooke will hold their annual Autumn Dinner on Saturday, October 22 from 4 p.m. to 6 p.m. Ham, scalloped potatoes, baked beans, salads, rolls, cakes, squares, tea and coffee, also a food sales table. We hope you can support this event.

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, October 23 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

LENNOXVILLE

Bingo on Wednesday, October 19 at 7:30 p.m. sharp at the A.N.A.F. Unit 318, 300 St. Francis Street, Lennoxville. Everyone is welcome! Info: 819-346-9122.

RICHMOND

St. Anne's Church, 171 Principale South, Friday, October 21 from 4 p.m. to 6 p.m. - our annual Soup Supper with many varieties of soup and pies galore! You don't want to miss this treat. There's even a table of attic treasures to check out, opening at 3:30 p.m.

BULWER

Military Whist and Turkey Supper, sponsored by the Bulwer Community Centre, at the Centre on Thursday, October 27 with card playing at 1:30 p.m. followed by prize giving and supper. Please reserve for Military Whist, yourself or table of 4, and/or supper by calling Serena W. at 819-875-5210; or Peggy Roy (evenings) 819-875-3571 preferably by Sunday, October 23. Prices will be Whist and Supper, Whist only, or Supper only.

LENNOXVILLE

The Bishop's/Champlain Refugee Student Sponsorship Committee are holding a large Used Book Sale at the Lennoxville United Church, 6 Church Street, on Thursday, October 20 from 4 p.m. to 8 p.m., Friday, October 21 from 11 a.m. to 8 p.m., and Saturday, October 22 from 9 a.m. to noon. At noon on Saturday, October 22, there will be a Bag Sale. If you have books in good condition to donate, please bring them to the church on Wednesday, October 19 between 1 p.m. to 6 p.m. or Thursday, October 20 between 9 a.m. to noon.

LENNOXVILLE

Please join us for the Third Thursday Soup lunch on October 20 from 11:30 a.m. to 1 p.m. at St George's Anglican Church Hall on Queen St., Lennoxville. The menu will include your choice of three delicious homemade soups and two desserts, rolls, juice, tea and coffee. There is no charge, but a donation towards the charitable work of the church would be gratefully accepted.

BULWER

Artisan Market on Saturday, October 29 at the Bulwer

Community Center (254 Jordan Hill, Cookshire-Eaton) from 10 a.m. to 4 p.m. We will have gourmet fare, gifts, farm products, jewelry, beauty products and much more, all in beautiful Bulwer! It is a wonderful way for people to get to know their local artisans and producers, to meet interesting people and to get some of their Christmas shopping done.

Information: mousselinecreations@gmail.com

RICHMOND

The Oktoberfest Celebration will be held on Thursday, October 20 at the Canadian Legion Branch #15, Richmond, 235 College St. N. Les Gars de Saucisse providing the sausages. Also 150th Celebration Garden tulip planting ceremony will take place on the afternoon of Friday, October 21. We're holding a HALLOWEEN DANCE with Sam Morrissey & MEMORIES on Saturday evening, October 29th from 7:30 p.m. until 11:30. There will be door prizes, & prizes for best costume. (\$8/person)

IVES HILL

The annual Halloween Party at Ives Hill Hall will be held on Friday, October 21 at 7 p.m. Everyone welcome. For info contact Jennifer Sylvester at 819-835-1212.

AYER'S CLIFF

Centre de santé de la Vallée Massawippi. Come play Bingo on October 19 at 7 p.m. at the Legion, 176 Rosedale Street, Ayer's Cliff. Cash prizes to be won! Everyone is welcome!

TRENHOLM UNITED CHURCH

Worship and song await you at our October Harvest Service which will take place on Sunday, October 23 at 11:00 a.m. Our usual "cookie hour" will follow. Everyone is welcome to join us.

COOKSHIRE

Jim Robinson in Concert 2:00 p.m. Sunday, October 23 Trinity United Church, 190 Principale, Ouest, Cookshire Admission charged. Light refreshments. Information 819-875-3796

WATERVILLE

St. John's Anglican Church will host a five hundred card party on Oct. 21 and planning one for Nov. 8 as well (weather permitting).

We'll be starting at 1:30 p.m. Everyone welcome.

SHERBROOKE

Sat. Oct. 29, 2:00 p.m., Church of the Advent, 473 Bowen St. S, Sherbrooke will host the play "Home Child" by Laura Teasdale. Our church has had many associations with the 'home children' since the former Gibbs' Home was located next to the church. There will be a social time to follow in the hall.

LENNOXVILLE

Lennoxville and District Community Aid will be holding its Annual General Meeting and a general information session, on Wednesday, November 2nd, 2016 at 1:30 p.m. at our location; 164 Queen Street, suite 104 Borough of Lennoxville, Sherbrooke, Quebec. All our volunteers, clients and the general public, interested in finding out more about our organisation, are welcome. An overview of the mandate and objectives of Community Aid will be presented at that time.

LENNOXVILLE

Fall Rummage Sale, St. George's Church Hall, 84 Queen St. Thursday and Friday, October 27 & 28 from 10:00 a.m. to 5:00 p.m. and a BAG SALE Saturday, October 29 from 8:30 a.m. to 12:00 noon. Articles for the sale may be left at the Church Hall during the week of October 23. Save your \$\$\$ and shop with us!

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



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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.

" CMEDONUI KMCU WUUL M KOA
WUJMXIU AKUT'NU XLBWAMOLMWYU,
ETIAUNOBXI, IULIXMY, FMLZUNBXI,
VOLF BG IUPT." — MIKYUT ZNUULU

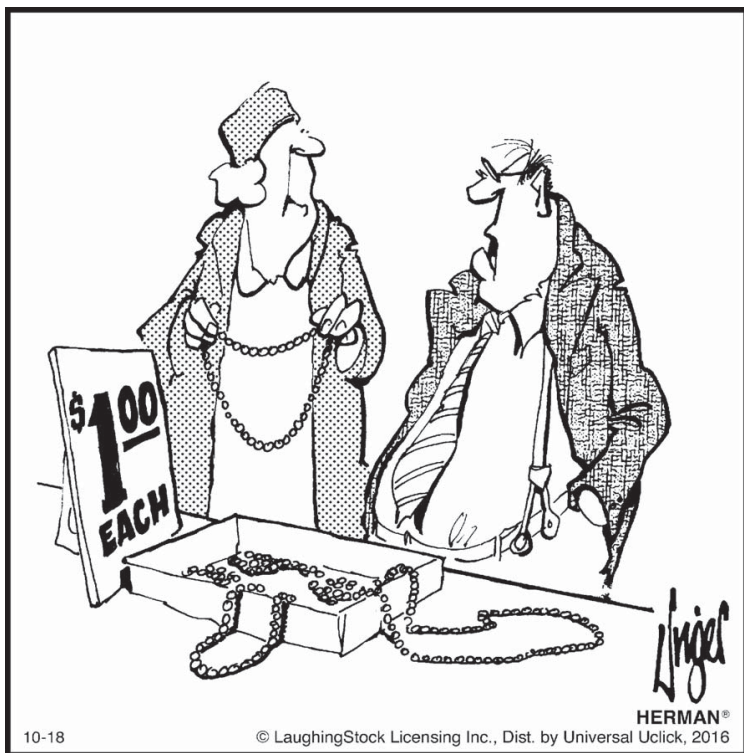
Previous Solution: "I'm in 'Twilight' and I go around to signings and there are people screaming and crying and it's so surreal." — Nikki Reed

TODAY'S CLUE: 0 sjanba r

REALITY CHECK



HERMAN

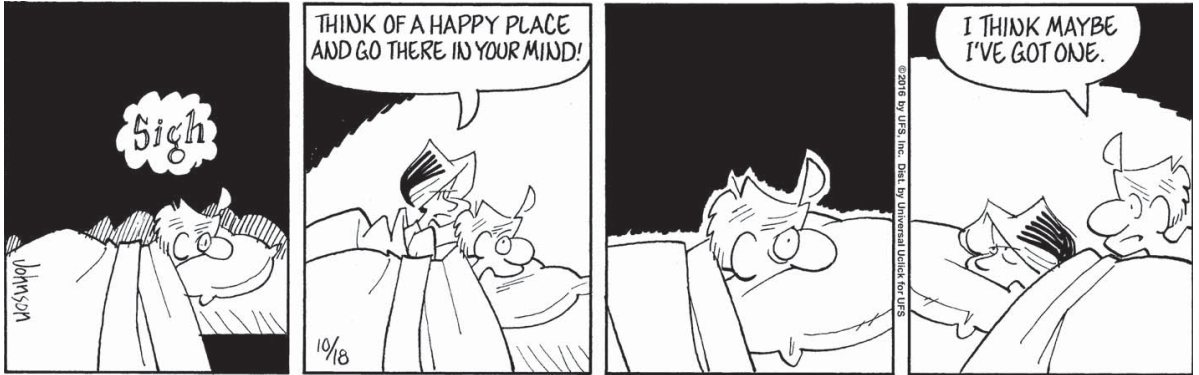


"I'll pay for them and we'll call it your birthday present."

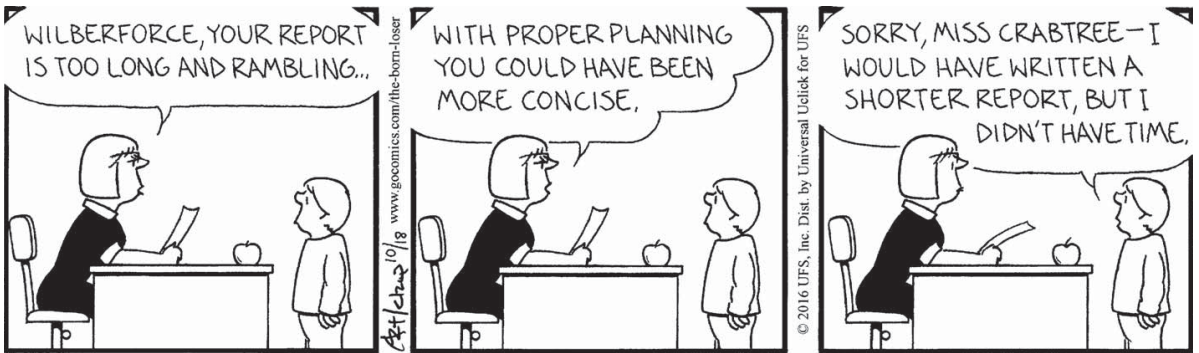
ALLEY OOP



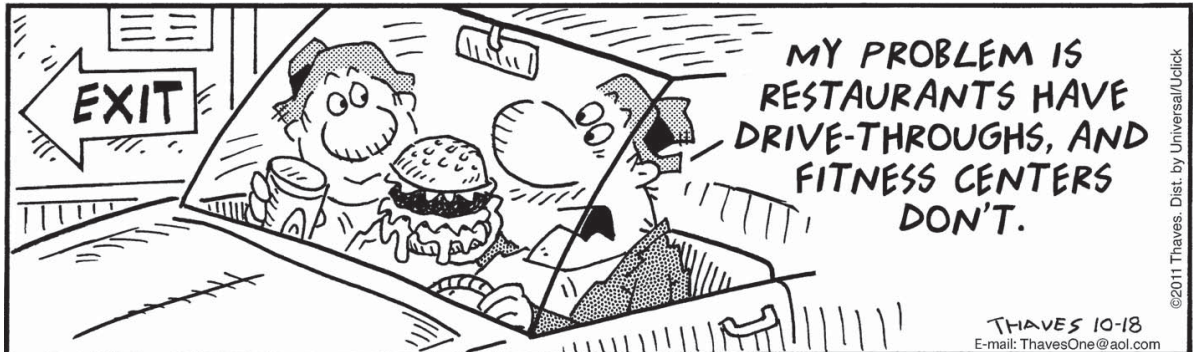
ARLO & JANIS



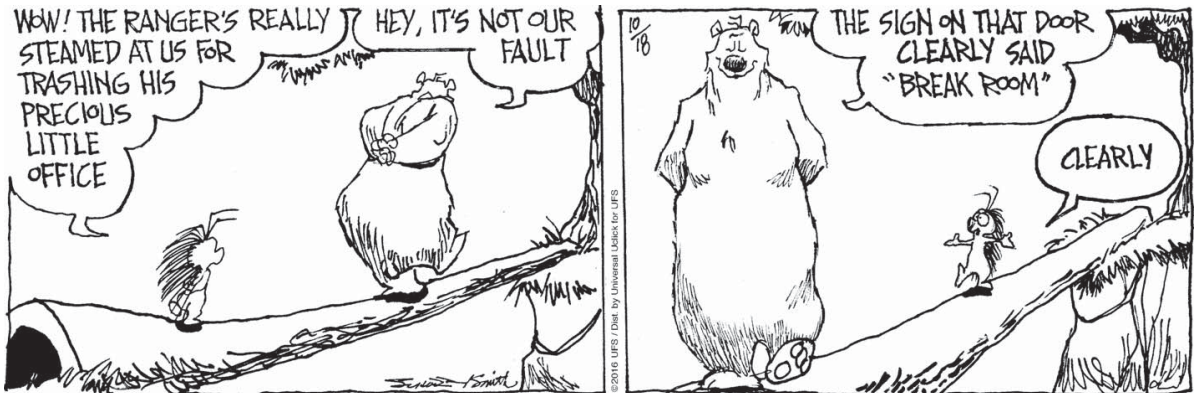
THE BORN LOSER



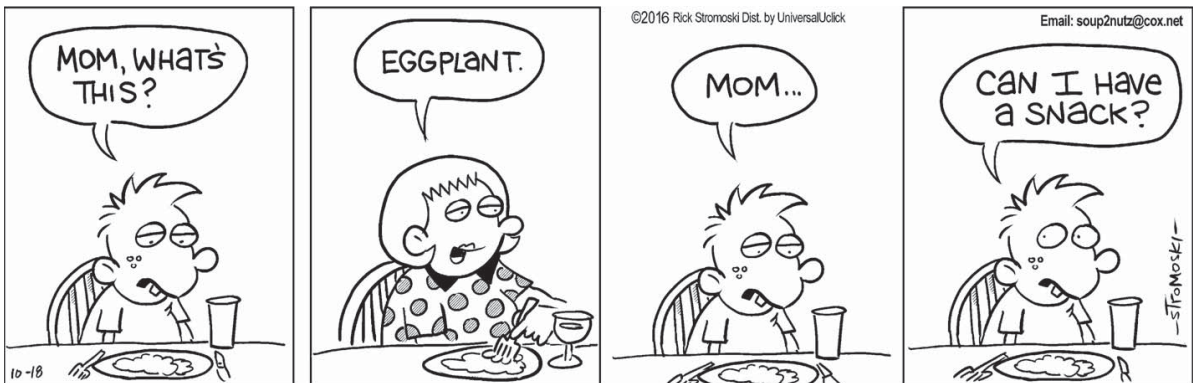
FRANK AND ERNEST



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CLASSIFIED

Trying to make amends with estranged daughter

TUESDAY, OCTOBER 18, 2016

Dear Annie

Dear Annie: My daughter and I have not spoken in over 12 years. I am now getting up in age (I am 82) and don't know what to do to even say hello to her. She has told me over and over again that she does not love me or want anything to do with me. She is still my daughter, and I do still love her.

My grandson got married last year, and I was not allowed to go to the wedding. My grandson and I keep in touch, but I don't want him to get in the middle of all this, nor do I want my other two children to get involved. My two sons don't really like their sister and do not see her that often or speak to her. My daughters-in-law have tried to be her friends, but she will not call them, either.

We were never really that close, even though I have tried in the past to be there for her. She is a very strong-willed person and feels she doesn't need anybody but her husband, her son and now her daughter-in-law in her life. This is a real shame. I don't know how many more years God has for me, and I just want to let her know that I've always loved her. Friends have told me to move on and know that I have done everything one can do. All these years, I have been deeply depressed because of this situation. What can I do? — Missing Her

Dear Missing: I am a firm believer in trying to mend family relationships whenever you can. Your friends hate seeing you get hurt by your daughter, and there is wisdom in their advice for you to move on. It certainly isn't your responsibility to keep trying or your fault if she never wants to reconcile. She seems quick to burn bridges rather than repair them.

But if you're just in this to have some contact with your daughter, I think

you should continue reaching out as much as you'd like. Just make sure you're wearing the proper emotional armor when you do — i.e., have realistic expectations and accept that she may never reciprocate.

Dear Annie: This is in response to the letter from "Crushed in California." Shame on you for giving her such bad advice. You should have told her to make a beeline to an attorney who specializes in family law.

After 24 years of marriage, her husband has decided he wants a divorce and ordered her to move out, as if she were a mere tenant, without making any financial arrangements. Most states apply more or less the same procedures and guidelines. What typically happens in a long-term marriage is the husband is ordered to leave the home (although in rare cases, a judge allows both of them to live in the same house but sleep in different rooms) and pay his wife about 50 percent of his income (according to established legal guidelines) for the support of the children and her. The children are typically allowed to live with their mother in the family home, and the husband is given reasonable visitation rights. At a later time, the support order is adjusted. The judge takes into account the earnings of the wife, outstanding financial obligations, the needs of the children, etc. No court in the world would ever allow the scenario described by Crushed in California. — Attorney

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

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Notice is hereby served of the Closure of Inventory for the **estate of Beverly James Armstrong**, who died in Sherbrooke on April 12, 2016.

The inventory can be consulted at CIBC Trust, 1155 Rene-Levesque Blvd. W., Suite 1100, Montreal, QC, H3B 4R2.

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SUDOKU

Difficulty: 3 (of 5)

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

10-18-16

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PREVIOUS SOLUTION

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

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

Honor & REMEMBER

Join

THE RECORD

in saying thank you to our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours. They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom. The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you. The Record will publish a special section November 10 on Townshippers' contribution to the war effort.

Send photos before November 4 to
classad@sherbrookerecord.com

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

PHOTO OF YOUNG CANADIAN SOLDIER

Name: _____

Hometown: _____

Age when enlisted: _____

Regiment: _____

Served: _____

A few words about him: _____

Your Birthday

TUESDAY, OCTOBER 18, 2016

You'll face plenty of obstacles this year if you don't learn to go with the flow. Organization and preparation will be helpful. Refuse to let surprises lead to disarray. Be smart and do things right the first time. Choose personal improvements over trying to change others.

LIBRA (Sept. 23-Oct. 23) — Your ideas are interesting, but may not hold water. Make sure you pay attention to every little detail to avoid a costly mistake. Rely on your experience and call in experts when in doubt.

SCORPIO (Oct. 24-Nov. 22) — Discuss important matters with discretion. Giving personal information to the wrong person will come back to haunt you. A romantic relationship will take an interesting turn.

SAGITTARIUS (Nov. 23-Dec. 21) — Lead the pack instead of standing in the background. Speak up, air your views and don't worry about being opposed by someone jealous of your charisma, confidence and skills.

CAPRICORN (Dec. 22-Jan. 19) — Live, learn and experience. It's important not to judge what others do, but to focus on the best way to improve your skills, knowledge and expertise.

AQUARIUS (Jan. 20-Feb. 19) — Money matters can be addressed and contracts can be negotiated. You stand to make gains if you stick to your principles and honor your promises. Romance is encouraged. Celebrate your success.

PISCES (Feb. 20-March 20) — Don't feel

pressured to make a decision you aren't equipped to make. Walk away from anyone using emotional blackmail to coerce you into something that doesn't feel right.

ARIES (March 21-April 19) — Be receptive to new ideas, but reluctant to follow someone who hasn't got a good track record. It's up to you to conduct your due diligence before entering into a partnership or negotiation.

TAURUS (April 20-May 20) — Money matters should be dealt with carefully and secretly if you want to avoid loss and disputes. A physical challenge will help clear your head enough for you to find a unique solution.

GEMINI (May 21-June 20) — Emotions will surface quickly, leaving you in an awkward position if you don't have an alternative plan in place. Nurture important partnerships before the situation spins out of control.

CANCER (June 21-July 22) — Gravitate toward the unusual and do things that allow you to use your creativity and imagination. Walk away from no-win situations and people who are spoiling for a fight.

LEO (July 23-Aug. 22) — Keep emotional matters in perspective and stay focused on what you can do to make things better. Home improvements or alterations to your living situation will lead to personal benefits.

VIRGO (Aug. 23-Sept. 22) — Test your skills before you go public with a project. You may want to do a little fine-tuning to avoid criticism. Problems with a loved one will surface if you aren't attentive.

TUESDAY, OCTOBER 18, 2016

At what level should you open?

By Phillip Alder

Henry Ford said, "Anyone who stops learning is old, whether 20 or 80. Anyone who keeps learning stays young. The greatest thing you can do is keep your mind young."

Yesterday, I mentioned the rule of 20, which some players, whatever their age, use to decide between an initial pass and a one-level opening bid. As I explained, I believe that that is a bad idea. However, if you have a long suit, it is a useful guideline for deciding whether to open one or to pre-empt.

Look at today's South hand. What would you open, and how would your auction proceed? Assuming South ends in four hearts, how should he plan the play after the defenders take two spade tricks, then shift to diamonds?

For the rule of 20, you add high-card points to the number of cards in your two longest suits. So, today's South hand is worth 20 (11 plus 9). It should be opened one heart, not three hearts. North should respond two no-trump, the Jacoby Forcing Raise, and South should jump to four hearts to indicate a minimum opening with no side-suit singleton or void. (If South did open three hearts, probably North would raise to four, more in hope than expectation, but that is beside the point!)

South is faced with four losers: two

North		10-18-16
♠	K 6	
♥	9 8 5 4	
♦	A J 7 2	
♣	K Q 4	
West		East
♠	Q J 10 9	♠ A 8 5 3 2
♥	A	♥ 7
♦	9 6 4 3	♦ K Q 10
♣	8 7 5 2	♣ 10 9 6 3
South		
♠	7 4	
♥	K Q J 10 6 3 2	
♦	8 5	
♣	A J	
Dealer: South		
Vulnerable: Both		
South	West	North
??		East
Opening lead: ♠ Q		

spades, one heart and one diamond. If he immediately starts on trumps, he should lose those tricks. As I am confident you noticed, declarer must win the third trick with dummy's diamond ace and play three rounds of clubs to discard his second diamond. Then he can table his trumps and claim.

CROSSWORD

Across

- 1 With 66-Across, crisp serving with pâté
- 6 Gush forth
- 10 Australian gem
- 14 Mountains between Europe and Asia
- 15 Singer Guthrie
- 16 Bring on board, workwise
- 17 Enjoy to the max
- 18 Mug for the camera
- 20 Govt. assistance program
- 21 "Holy smokes!"
- 22 Hot spot
- 23 Pitch in
- 27 Battery post
- 29 Aggressive poker words
- 30 Some iTunes downloads, briefly
- 32 Queen
- 33 Road problem needing patching
- 36 Catcher's protection
- 37 Do the slightest thing

39 Aware of

- 41 Voice of Carl Fredricksen in "Up"
- 42 "What's up, ___?"
- 43 iPhone, e.g., briefly
- 44 HOW THIS IS TYPED
- 48 Shoulder wrap
- 50 What the winning quarterback may do as time runs out
- 53 Contemptible sort
- 55 Prosecutors, for short
- 56 Seine season
- 57 Theatrical "Good luck!"
- 59 "Really, bro?!"
- 61 Was sorry for
- 62 Grand soirée
- 63 Super Bowl party bowlful
- 64 Chianti and cabernet
- 65 Paradise
- 66 See 1-Across

Down

- 1 Granola kin
- 2 Error remover
- 3 Rita Moreno or Gloria Estefan
- 4 ___-ray Disc
- 5 Snake that bit Cleopatra
- 6 South Pacific island nation
- 7 Shrimp kin
- 8 Fraternal club member
- 9 Misfortunes
- 10 "Terrific ... not!"
- 11 Lounge with keyboard music
- 12 Video game spots
- 13 Dixie general
- 19 Remote batteries
- 21 Stimulated, as one's appetite
- 24 Scoop up, as salsa

with a chip

- 25 Starting on
- 26 Meat markets
- 28 Cry of fright
- 31 Cents
- 34 Attacked
- 35 All ___ sudden
- 36 Pfizer rival
- 37 Plant that is poisonous to livestock
- 38 Rowlands of "The Notebook"
- 39 Crooks may have fake ones
- 40 "You lie!"
- 43 Company car, e.g.

45 Lack of vim and vigor

- 46 Colorful flower parts
- 47 "Caught that movie last week"
- 49 Detectives follow them
- 51 Singer with the albums "19," "21" and "25"
- 52 Sotomayor colleague
- 54 Senate aide
- 57 "I'm freezing!"
- 58 Young fellow
- 59 Fake it
- 60 "___ goes there?"

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

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