

Road projects in the Townships

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Census time again

Page 3

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MONDAY, MARCH 7, 2011

Fire at Shefford pig farm

By Doug McCooey

Two of three buildings at a pig farm in Shefford were completely destroyed in a fire on Friday, resulting in the loss of more than 300 pigs and over \$200,000 in estimated damages.

The Shefford Fire Department received the call at around 3:10 p.m. on Friday afternoon and was at the Lequin Road property in a matter of minutes. By the time they arrived, one of the buildings was already destroyed and the second one was quite far along. The firefighters went into defensive mode, protecting the third building with jet streams of water.

"The two buildings are a total loss," said Shefford Fire Chief André Cadorette in an interview with The Record on Sunday. "Three hundred of the pigs died and (the other) 300 managed to be evacuated."

The blaze was difficult to extinguish, as firefighters only managed to get the fire under control by around 9 p.m.

Some 50 firefighters from Bromont, Eastman, Lac Brome, Waterloo, and Shefford combated the flames on Friday.

According to the pig farm's owner, René Landry in a recent report, the situation could have been a lot worse. It seems that the majority of the livestock had already been sent to the abattoir for processing, and the new pigs are not scheduled to arrive for another two weeks. Had the two buildings been filled to capacity, as they normally are, the losses could have been upwards of 1,000 pigs.

While the cause of the fire remains unknown, officials do not suspect a criminal hand was behind the blaze.

"It will be difficult to determine what caused the fire because the buildings are a total loss," explained Cadorette. "We are certain that it is not suspicious."

Busy spring break at Sherbrooke Science Museum



MATTHEW FARFAN

Anyone want to hold a scorpion? Kids could actually handle live creepy-crawlers at Sherbrooke's Museum of Science and Nature last week.

By Matthew Farfan

Last week was spring break in Quebec. As one would expect, parents were scrambling all week to find activities for their kids. One place that was popular for an outing was Sherbrooke's Museum of Science and Nature.

According to Director Marie-Claude Bibeau, the museum was busy most

days, particularly on days that the weather was bad.

"When it's sunny out," Bibeau said, "people like to be outside, at the ski hills or doing other outdoor activities. But this place gets busy when the weather is not so nice."

As always, the Museum of Science and Nature had a number of exhibitions to occupy the kids. The main permanent exhibition, called "The Cycle of

the Seasons," is an educational, interactive exploration of the natural environment of southern Quebec and the animals that inhabit it. Here kids learn about the habits — and habitats — of moose, wolves, deer and other species.

A temporary exhibition, called "Let's Go! Animals in Motion," allows children to discover how animals around

CONT'D ON PAGE 4

Rabbits lost

Page 3

Something's fishy

The Link — Page 7

Art exhibition at Beaulne

"Shields" is an exhibition of round paintings that integrate sacred geometry, mandala and the colour symbolism of Tibetan prayer flags.

The rich primary colours of the paintings are connected to Tibetan Buddhist colour symbolism and its associations with earth, air, fire, water and space. The imagery is mandala like or draws from observations of nature and the cosmos or, as with "Cell Tower Shield" and "Oil Spill Shield," our technological influences on these environments."

The paintings begin with an equilateral triangle within a circle - the triangle as a metaphor for body, mind and spirit and the circle representing wholeness. These forms also suggest landscape, horizon, and depths of space and sky. They create a centre and, from the centre, an unfolding of interconnected flow.

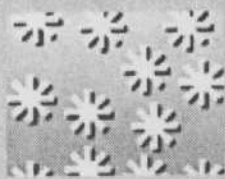
The "Shields" project is also influenced by concepts of healing, wholeness and the sacredness of the natural world.

Allyna Harris works as a visual artist, musician and composer in the Eastern Townships and Montreal.

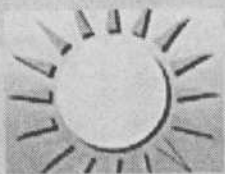
The vernissage was Sunday, March 6. The display will continue until June 5. Opening hours are Tuesday to Sunday 1 - 6 p.m.

Information: 819-849-6560

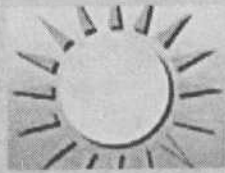
Weather



TODAY:
SNOW
HIGH OF -3
LOW OF -11



TUESDAY:
SUNNY
HIGH OF -3
LOW OF -14



WEDNESDAY:
SUNNY
HIGH OF 2
LOW OF -13



THURSDAY:
CLOUDY
HIGH OF 1
LOW OF -4



FRIDAY:
LIGHT SNOW
HIGH OF 3
LOW OF -2

THE SCOOP

Pump up the fun

The Ken Jones Respite Group Celebrates Festive Hearts Month

By Mable Hastings

On Thursday, February 24 as part of the activities held during Potton's Festive Hearts month (an initiative of the Municipality of Potton), the Ken Jones Respite group for persons with intellectual disabilities, held a special activity day. Ten participants took part in the games, dancing, singing and fun. Participants and animators were also treated to a half hour yoga session animated by Laura Farley (Katimavik participant).

The Ken Jones Respite group, a program of the Missisquoi North Volunteer Centre, meets every Thursday from 8:30 a.m. to 3 p.m. in the Missisquoi North Youth Centre building at 282 Main Street in Mansonville. The group is animated by a variety of staff and volunteers including: Lois Turcotte, Christine Ruiz, Lois Anderson, Eszter Fergusson (staff), Lisa Steinbach (volunteer), Laura Farley and Josephine Ravel (Katimavik participants).

A heart healthy initiative, the day included nutritious refreshments; granola



MABLE HASTINGS

Ken Jones Respite Group and Staff pumping up the Fun on Festive Hearts Day!

bars, vegetables and dips, galettes, and juices. Participants were eager to share these treats with guests who came to watch the entertaining fun.

This is just one of the many activities made possible through the Ken Jones Respite group. The group has also enjoyed regular outings on their newly purchased snowshoes and winter walks through Potton's picturesque park. When the weather is good, the group tries to get out and enjoy the fresh air and sunshine. When it is too cold, they stay inside and make crafts, dance, use their Wii fit and play games. Twice a month the group participates in a church service animated by the Reverend Deacon Judith Ball who has been volunteering her time for over two years.

The arrival of the Katimavik program volunteers means that even more activities can now be planned as they have already begun to organize outings and special projects with a youthful flair. Their presence since January has brought much joy to the group.

For Christine Ruiz, her time with the Ken Jones Respite Group is far more than a place of work.

"Everyday I feel blessed to come to work and see their smiling faces," she said. "The participants have been together for so long that we all feel like family to each other."

For more information about the Ken Jones Respite program or any of the other Missisquoi North Volunteer Centre programs, please visit www.cabmn.org or call the Centre at 450-292-4886.

LOTO
QUEBEC

Draw results: 2011-03-05

6/49

19 21 27
33 36 38

03

Bonus

**Quebec
4/9**

19 23 37
41 46 49

14

Bonus

Next grand prize (approx.):
\$3,000,000

Extra

5193691

Complete prize structure on lotoquebec.com

Lotto

MAX

03 18 27 29 32 33 35

BONUS (B):

47

Next grand prize: + **MAXMILLIONS**
\$50,000,000

31 prizes of \$1 million (approx.)

Extra

2344557

MAXMILLIONS

22 prizes of \$1 million

NON DECOMPOSABLE SELECTIONS

04 10 25 36 37 41 42

01 09 13 14 18 20 24

01 02 08 10 13 18 44*

05 06 12 20 32 35 36

02 08 17 26 35 38 48

06 07 09 16 18 26 28*

01 12 13 15 17 27 29

02 16 31 39 42 46 48

07 12 19 21 24 26 38*

07 16 25 28 30 32 48

02 10 11 12 19 20 37

05 10 18 25 32 38 40

12 14 17 24 25 32 47

09 12 24 37 40 45 47

04 09 14 32 34 37 48

02 20 26 38 42 43 46

17 21 24 26 30 43 49

01 07 08 25 26 28 31

03 07 18 25 28 36 46

01 04 08 14 19 45 48

08 25 40 41 42 45 46

12 13 15 20 22 34 47

* There is more than one winner for this selection, so the prize will be divided.

In the event of discrepancy between this list and the official winning list of Loto-Quebec the latter shall prevail.

lotoquebec.com/video

lotoquebec.com/video

* There is more than one winner for this selection, so the prize will be divided.
In the event of discrepancy between this list and the official winning list of Loto-Québec the latter shall prevail.

Ben by Daniel Shelton



LOCAL NEWS

"It can be full-time, but it can also be part-time as long as they can commit to a minimum of 20 hours a week and that can be weekends, evenings and holidays because we want to catch people when they are home."

Stats Can counting on Townshippers

Nearly 500 jobs open

By Corrinna Pole
SHERBROOKE

Census time is here again and as Statistics Canada prepares to take stock of households across the country, it has launched a recruiting campaign for those who are willing to do the leg-work of collecting all that data.

Guy Oddo, director of Statistics Canada's eastern region, says more than 8,000 temporary supervisor and enumerator positions will be created in the province, 300 in the Townships and 150 in the City of Sherbrooke to collect the completed 2011 census.

Supervisors train, lead and manage a team of enumerators while the enumerators distribute questionnaires and conduct personal and follow-up phone interviews.

No experience is necessary for either position that could start as early as this month and end around August. Applicants merely need to be 18 years of age and up, computer literate, eligible to work in Canada and of course be bilingual.

"It's a good position for students or seniors. It can be full-time, but it can also

be part-time as long as they can commit to a minimum of 20 hours a week and that can be weekends, evenings and holidays because we want to catch people when they are home."

Rural enumerators will be working from home so they will require Internet access via home computer, a driver's licences and vehicle access in order to deliver questionnaires to residences without a civic address.

All census workers are required to respect confidentiality.

"The information we gather is strictly confidential and all of our staff is sworn to secrecy and they must keep that even after they no longer work for us," said Oddo.

The rate of pay ranges from \$14.72 to \$18.04 an hour, depending on the position.

Taken every five years the Census collects data, which is used by various government departments, community groups and researchers, to track demographic trends and determine the social and economic conditions by region.

"On May 3, 80 per cent of dwellings with a civic address will be sent letter with an access code to an online ques-

Accused child abuser fit to stand trial

The 24-year-old Sherbrooke man facing sexual abuse and incest charges for acts committed against members of his family has been deemed fit to stand trial. Presiding Quebec Court Judge Michel Beauchemin made the ruling Friday at the Raynald-Fr  chette courthouse in Sherbrooke.

Detained since his late January arrest, the 24-year-old father of two is facing charges of incest, sexual assault in the presence of another person, inciting sexual contact, possession of child pornography, sexual assault, and assault against a minor - all stemming from acts police say he committed against his 18-month-old daughter between October 2010 and January 2011. An additional charge of incest for acts

purportedly committed against his own sister has also been filed against the accused. Those acts were allegedly committed in December 2010.

It was the man's defence lawyer, St  phanie C  t   who requested the psychiatric evaluation.

The 24-year-old will be back in court on March 24 for the next step in the judicial proceedings.

The 20-year-old mother of the victimized child, who was also arrested on similar charges, is out on conditional release and will be back in court on April 18.

The court has ordered that the names of the accused not be revealed so that the identity of the victim remains confidential.

tionnaire," said Oddo. "The public is invited to go online and fill it out, it's easier for them and easier for us to get the data much faster."

Those without Internet access will have the option of calling the phone number listed in the letter to request a paper copy.

The Census, which Canadians are obligated to accurately complete under the Statistics Act, contains ten basic questions on topics such as relationship, age, sex, marital status and language.

"Three of the questions focus on language and ask about the mother tongue, what language is spoken at home and the knowledge of official languages," said Oddo.

More detailed information will be collected from some households using a long-form questionnaire.

"In the previous Census we'd distribute a longer questionnaire to one in five residents. This year every residence will get a short survey and one in three will get the longer National Household Survey (NHS)," Oddo stated.

The NHS, which is voluntary for the first time, will come as a paper copy but Oddo says an online option will be offered to the roughly 4.5 million house-

holds that will receive the form.

Questions covered will include employment activity, ethnicity, religion, housing and income levels.

Those who haven't filled out the mandatory Census will be sent a reminder in the mail on May 10 and if they do not submit a completed questionnaire they will receive a personal visit from Census workers.

"Around June 1 our field staff will knock on doors where (the form) hasn't been answered," said Oddo. "If needed they will provide translations, answer questions or assist residents in filling out their form."

With the growing concern of scam artists, those who have reservations with handing over their information, Census workers can always request the form and an envelope, be left for them to fill out and mail.

Once the information has all been gathered and recorded, the data will be published and made public starting in February 2012.

Applications are currently being accepted for the 2011 Census. To apply visit online at www.census2011.gc.ca or call 1-866-773-2011. For jobs in the Sherbrooke call centre contact 819-564-5500.

Police searching for 500 missing rabbits

Investigators from the Surete du Quebec are still looking into a theft case involving 500 missing rabbits that transpired late Thursday night in Saint-Germain-de-Grantham.

The rabbits in question, belonging to the Lapin de Stanstead company, were inside cages and had been placed in the back of a transport truck on Thursday. The rabbits were to be taken to an abattoir in Knowlton for processing early Friday morning.

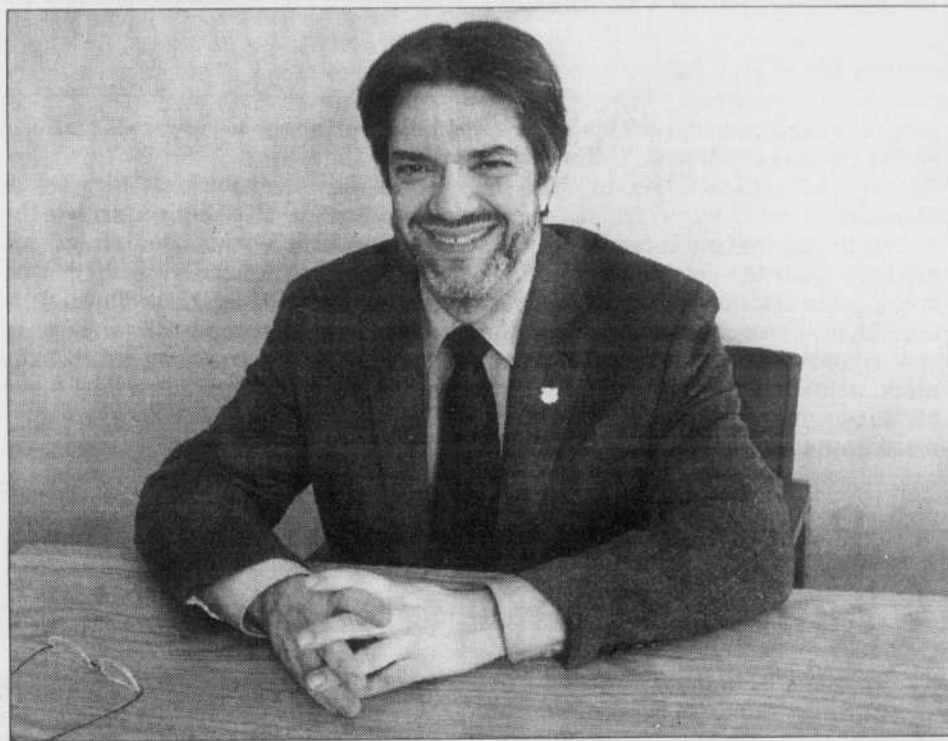
According to the company's owner, Ghislain Boisclair, in a recent report, a worker last saw the rabbits in the back

of the truck at 11 p.m. Some five hours later, at around 4 a.m., the person in charge of transporting the cargo to Knowlton noticed that the rabbits were missing.

Lapin de Stanstead officials say that the culprit had to have knowledge of the rabbit network in Quebec and suspect that a competing company may be behind the crime.

The loss is evaluated at around \$10,000.

The SQ investigation, opened up on Friday, is still ongoing.



CORRINNA POLE

Director of Statistics Canada's eastern region Guy Oddo is looking to fill nearly 500 temporary positions in the Townships in advance of the May 2011 national Census launch.

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Touring the bowels of the Science and Nature Museum



MATTHEW FARFAN

Conservator Serge Gauthier shows off a passenger pigeon in the reserves.

By Matthew Farfan

The Record was invited recently on a behind-the-scenes, "VIP tour" of the bowels of Sherbrooke's Museum of Science and Nature. Museum Director Marie-Claude Bibeau was anxious to show off the new exhibition that is currently in the works, as well as the "reserves," that area deep in the heart of the museum where all of the artefacts are kept that are not presently on display.

Down in the reserves, Bibeau introduced us to Serge Gauthier, who is the conservator in charge of the museum's collections.

Gauthier was pleased to show off some of the items in the collection. "We've got about 65,000 specimens down here," he said. "All of them are carefully stored in special, protective

drawers or shelves, in a completely climate-controlled environment." Which means that they don't get too much humidity, they don't dry out, and they don't get over-exposed to light.

Gauthier showed us some of his rarer specimens, including examples of the long-extinct passenger pigeon and a rare cougar, a species that once inhabited the Eastern Townships.

Many of the earliest specimens, Gauthier explained, including a moose dating to 1850, were originally part of the collection of Sherbrooke's Musée du Séminaire, which was absorbed by the Museum of Science and Nature some years ago.

In the museum's sprawling workshop, where new exhibitions are put together from scratch by a team of carpenters and craftsmen, Bibeau presented us to Marie-Claude Letarte, the

Busy spring break

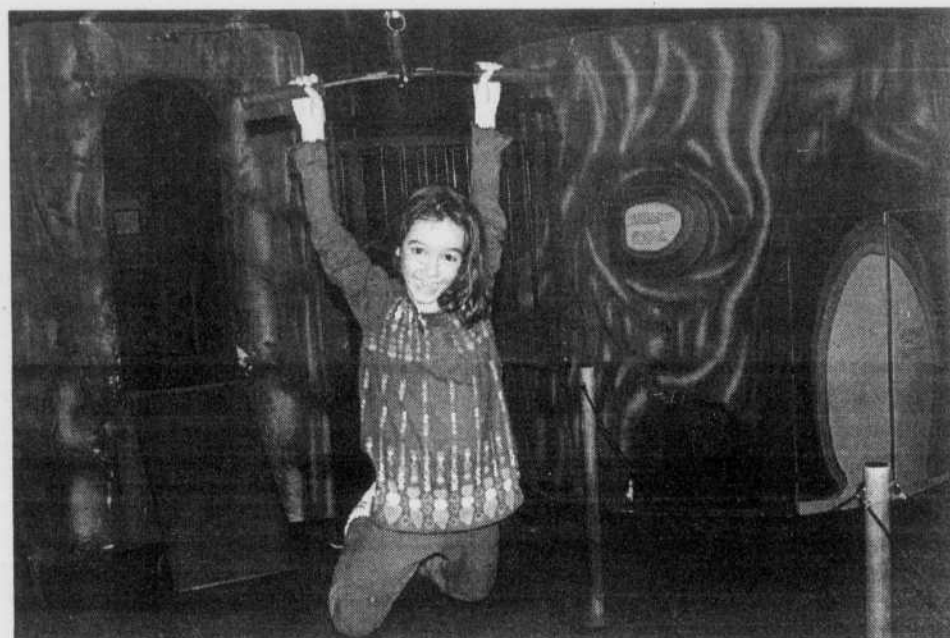
CONT'D FROM PAGE 1

us propel themselves. Different animals, kids learn, move in different ways. Some jump, while others crawl; some climb; others fly or swim. This fun, interactive exhibition, complete with a zip-line, tunnel, bear cave and more, was up just long enough for the kids on spring break to enjoy. It will now be replaced by "A River Runs Through It," scheduled to open on March 16.

A favourite at the museum with kids of all ages is the new permanent multimedia, multisensory show, "Terra Mutantès." This show, a kind of sound and light show complete with sensory effects (remember "Sensaround?") is a 20-minute documentary on the birth of the Appalachian mountain range. Here, visi-

tors sit in a darkened room with their hands on a large, irregularly shaped table. Projection screens fill the walls or all asides with images of an evolving planet, while the table transforms into a lava field, a fish-filled river, a sandy beach... Visitors actually feel the shifting of the continents and the glaciers melting. The earth shakes, temperatures fluctuate, the wind blows, it even snows.

Finally, as a special spring break activity, animators at the museum were on hand last week with some exotic live insects. Those kids and adults who were brave enough to do so could hold a scorpion or caress a tarantula. Needless to say, there were many who preferred just to watch.



MATTHEW FARFAN

Learning how to fly!

project manager in charge of putting together the new exhibition, "A River Runs Through It," which is set to open on March 16.

Letarte showed us how exhibitions are built from the ground up, and how technicians assemble interpretive panels, display cases, and other exhibition components with tools and raw materials on hand in the museum workshop.

"Sometimes we're able to recycle material from previous exhibitions," Letarte

said, pointing out some panels that were about to be reused.

The new exhibition, Letarte explained, will be all about the secrets that are concealed within our rivers, and about the richness and fragility of our waterways. "A River Runs Through It" will run until September 5, after which it will become a traveling exhibit that will be on display in museums across Canada.

Provincial Masters Curling Championships come to a close

Louise Fortier and her Jacques-Cartier Curling Club team claimed the gold medal and earning the right to represent Quebec at the 2011 Canadian masters championships in Winnipeg.

They defeated Lois Baines and her team from the Glenmore and Pointe-Claire curling clubs. Team Prevost from Laval/Boucherville was awarded the bronze medal on Saturday night.

Team Paul Gagnon and his team from the Riverbend Curling Club in Alma, Quebec repeated their performance from a year ago claiming the gold medal in the man's championships.

The Estrie team made the playoffs, as did Glenmore/St. Lambert curling club team.

See tomorrow's Record for a full report on the tournaments.



MATTHEW FARFAN

Museum director Marie-Claude Bibeau (left) and project manager Marie-Claude Letarte in the museum workshop.

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Feds approve BU sports centre financing

By Doug McCooye

The provincial and Federal governments have come to an agreement on the financing of the \$29.5 million expansion and renovation project on the John H. Price Sports and Recreation Centre at Bishop's University.

In an online report on Friday, Liberal MNA Monique Gagnon-Tremblay, the minister responsible for the Eastern Townships, confirmed that an announcement would be made in this regard in the near future.

The project's target completion deadline of September 2012 appeared to be in jeopardy in mid-January when Gagnon-Tremblay said that the dossier had been delayed due to a technicality with the federal government. The timeline of the project is important, as Bishop's University will be the location of the basketball event and the athletes' village for the 2013 Canada Summer Games, hosted by Sherbrooke in just over two years time.

When the story first surfaced in January, many observers were critical of the federal delays. In an interview with The Record, Liberal candidate for Compton-Stanstead William Hogg said that, "The Conservatives have major problems with deadlines," noting that project delays for

federally funded projects have been rampant in recent years.

Infrastructure Canada painted a very different picture of the situation, writing in an e-mail correspondence with The Record that, "The Canada-Québec contribution agreement for the multi-sport project is following the usual approval process."

With the target deadline fast approaching, construction on the large-scale project is expected to begin this summer. Bishop's University officials are hoping the official confirmation comes soon.

"We are anxious for this dossier to be resolved so we can move forward on this transformational project for the Bishop's and Sherbrooke communities," said David McBride, director of University Advancement at BU, in an e-mail correspondence with The Record. "Without official approval from the federal government we are in a holding pattern."

Unveiled in September 2009 in a press conference at the Mitchell Gymnasium, the Canadian and Quebec governments each committed \$13.25 million to the project while the City of Sherbrooke agreed to chip in another \$3 million. The new facility is expected to be more than double the size of the current



DOUG MCCOONEY

The John H. Price Sports and Recreation Centre

sports centre; moving from about 7,500 sq-m to over 16,000 sq-m. Additions include an 800-seat arena, a double-gymnasium, new locker and conference rooms, and a restaurant and reception

space. Renovations to the current sports structure will see much-needed improvement to its strength and fitness facility.

MTQ announces \$141 million in Townships roadwork projects

By Doug McCooye

On Friday, Liberal MNA Monique Gagnon-Tremblay (Saint-François) announced the Quebec Transport Ministry's (MTQ) 2011-2012 roadwork plans for the Eastern Townships.

Over the next year, Townships roads will see \$140.7 million in total investments - over \$13 million more than last year's record high.

The last few years have seen the condition of Quebec roads steadily improve. According to MTQ statistics, just over 72 percent of roadways in the province are considered to be in good condition, up three per cent from a year ago and nearly ten per cent from 2006.

The proportion of road structures in good condition has also improved, moving from 53 percent in 2006, to

61 percent last year, to 66 percent this year.

For Gagnon-Tremblay, minister responsible for the Eastern Townships, the numbers show that the investments are worthwhile.

"It is the best report since 1999, a tangible measure of the government's engagement in the improvement of the road network and road users," she said in a statement.

"This season will be no exception; we are maintaining the pace (...) We foresee continuing, beginning, or finishing more than 96 roadway projects that will translate into the creation or maintenance of 1,865 jobs. These major investments will improve the network, assure the security of the users and will consolidate the economic re-launch."

A large portion of the investment - just under \$52 million - will be devoted to the ongoing Highway 410 extension project. Other projects include the reorganization of Route 147-Wera Farm intersection, the construction of a new ramp on Highway 55 near the Stanstead border crossing, the reorganization of the Route 112-Galipeau Road intersection in Ascot Corner, and the repaving of Route 263 in Saint-Cécile-de-Whitton.

The \$141 million will be broken down into four project categories: road conservation (\$52.3 million), structure conservation (\$23.1 million), improvement to road networks (\$8.1 million), and development of new roads (\$57.2 million).

During a similar press conference at this time last year, Gagnon-Tremblay pointed out that it was the MTQ, not the MNAs, who decided what areas got money. The comment came in response to Parti Québécois MNA Etienne-Alexis Boucher (Johnson) criticism of the roadwork breakdown. Boucher claimed that Liberal-run regions were being given preferential treatment of roadwork investments.

"What we get, we accept," said Gagnon-Tremblay last year. "I don't intervene and neither do my colleagues. We leave that up to people who are better fit to make those decisions than us."

Quebec roads will benefit from \$4 billion in total government investments this year, with the province taking on \$3.9 billion of those costs.



DOUG MCCOONEY

PQ MNA Etienne-Alexis Boucher (left) and Liberal MNA Monique Gagnon-Tremblay at a 2010 press conference announcing roadwork projects in the Eastern Townships. At the time, Boucher was critical of the monetary breakdown of the roadwork projects, saying that Liberal-run areas seemed to be getting preferential treatment.

Singles auction raises money for CCS



COURTESY

The Canadian Cancer Society received a boost of about \$3,500 thanks to a Singles Auction organized by Nathalie Loiselle of Pub Central in East Angus.

Last February, Loiselle presented Annie Bélanger of the Canadian Cancer Society with a cheque of close to \$3,500 raised from the event.

The Society praised Loiselle for her efforts, noting that the gesture would "help us greatly to collect funds devoted to carry out research work" as well as improve the quality of life for those affected by the disease.

Cancer is the leading cause of death in Quebec. Each day 124 Quebecers are told they have cancer and 56 succumb to the disease daily.

Advances in research have increased the odds for cancer patients with 62 per cent, or about six in every 10, surviving five years after diagnosis. Fifty years ago only 30 per cent of those diagnosed survived.

The Society reminds Quebecers to adopt healthy habits, take care of themselves and reduce their risks to help make cancer history.

To learn more about the Canadian Cancer Society or to contribute or volunteer, visit the website, cancer.ca or call 1-888-939-3333.

EDITORIAL

Without strong representation from the parts of the country the whole will sour...

How to use and store coconut oil



ANNA MAY KINNEY

Watching Global news last week, I was surprised to see a long segment explaining how coconut oil may be the next fad food, and telling how people who have never frequented a health food before are now venturing in, looking for this tropical oil. As it nearly flies off the shelves, stores are having a hard time keeping shelves stocked, so what is going on? And is coconut oil the next health craze? Global just announced that they are having another piece about coconut oil on tonight's news.

Let's just look at one part of this scenario in deciding which oil/fat is best for us when preparing our meals, like frying food, or in baking our breads and pastries. Most oils are extracted from either seeds or grains, some as small as flax, others as large as corn and soy, and while most organic oils use a process called 'cold pressed,' 90 per cent of the oil in our grocery stores is hot pressed. This process just reduces the nutritional content of the oil greatly, and speeds up the time it takes to go rancid. ALL liquid fat becomes rancid at a quicker speed than solid fat, and once an oil is rancid, eating it is bad for your entire body, how much damage it can cause varies from what type of oil it is, and just how old the oil is, it's recommended to avoid even mildly rancid oils.

After extracting, the oil is bottled and then shipped to large warehouses often stored before being trucked out to your local store, where it can sit on shelves for weeks or even months before being brought home to use immediately or be stored for future use. The problem here is that many of these oils, especially those imported from warm countries are already rancid or near being rancid by the time you buy them. There needs to

be more government monitoring of food products entering Canada. When they know and can't even stop bogus varieties of different oils coming into the country labeled more expensive virgin olive oil, how can we expect them to monitor how old various shipments are? While oil that has gone rancid can affect health in a strong negative way, substituting oils made from nuts for healthy vegetable oil can cause deadly results when someone allergic to nuts eats this.

Coconut oil is very marketable, it stores in a solid form at temperatures below 75 F. When kept sealed and stored in a cool room its shelf life is measured in years not months. So right there you have a big plus, a real health benefit, not to forget it has antifungus, anti bacterial and some claim antiviral qualities.

Nutrition and cooking

Two weeks ago I talked about the health advantages of eating this tropical 'saturated' fat, if you missed that article feel free to

e-mail me at aradece@gmail.com and I'll be happy to send you this article. If you have a computer and know how to search, go to one of your search engines and look up coconut oil, there are hundreds of articles as well as research papers that explain the new knowledge we have on how our bodies break down the different fats we eat.

Yes, I'm trying to get you all use to doing a bit of research on your own and not taking anyone's word for anything. Don't believe me or anyone and especially do not believe what big business tells you is the best oil of the day, as most of the time they are trying to sell the oil that costs the least to grow, process, ship and store and it may not be the healthiest for you.

As for cooking it's about the easiest to convert into any recipe as it's not only interchangeable with solid fats like lard or hydrogenated fats (Crisco), things we use to use to make things like pie crust, cookies and even some cake frostings. Those old recipes work great with the solid coconut oil. Now let coconut oil warm up a bit and it's perfectly inter-

LETTERS

Look at all candidates

DEAR EDITOR:

I suppose that having read William Hogg's commentary "Achieving Responsible Government" in Thursday's Record, one could be cynical and suggest that he is distancing himself from his leader, Mr. Ignatieff, in his plea for electors to vote for the candidate and not the party leader. It didn't really work last time (remember Stephane Dion?) and I doubt that it will in a future election. I am sure that the voters of Compton-Stanstead have the good sense to look at all candidates and consider which one truly represents the riding as well as the party which can "deliver the goods."

STEPHEN TRIBBLE
Sherbrooke

Keep up the good work

DEAR EDITOR:

I was tremendously pleased to read Mr. Hogg's commentary, "Achieving responsible government." In plain language he describes an important dimension of our Canadian political culture. Without strong representation from the parts of the country the whole will sour; the rancorous and bitter political process of the times is testimony. Centralization of power and top-down governance as opposed to Canada's more traditional grassroots governance anchored in the subsidiarity principle is a mode of operating that PM Trudeau regrettably began and PM Harper has cunningly intensified. This trend of governance that leaves the population more servile, waiting for the government to "deliver the goods" must be reversed if we are to restore some dignity to the political process.

Mr. Hogg's article is especially refreshing when we consider how most academics are completely disengaged from politics. Most are satisfied with filling library shelves with ever-increasing esotericism. Mr. Hogg should be commended for informing the public, the very public who foots a large part of his salary. So, perhaps it would be more appropriate to suggest that Mr. Hogg is fulfilling his professional responsibility. And so thanks, keep up the good work.

ROD LEGGETT
East Angus

changeable with anything calling for olive or another liquid oil. Right now the International cookbook I wrote in the '90s is being totally redone. While most of my recipes call for olive oil, with the problem going on around the world right now, and with many manufacturers even starting to sell cheaper blends of olive oil with canola oil, they are now being rewritten using healthier coconut oil.

In the United States you can now get an ice cream, which is totally made from coconut fat, coconut mayonnaise, and even coconut butter to spread on your home made bread in which you only used coconut oil.

Yes, coconut oil is a new health fad and a good one that I got on board with about ten years ago and I'm hoping to turn on many to this wonderful healthy food source.

Another plus for coconut oil is its ability to maintain its healthy structure when used in high-heat cooking and not changing into a cancer-causing agent as some oils do. So next time you go to the store, ask your grocery manager if he can add some coconut oil to the organic section of the store, with the growing interest in organic foods, most stores are now willing to buy new items to see if they'll sell. Then get a small jar to try out; once you do I'm sure you will be back in no time picking up a liter or two. Do let me know what you think of this fat. And to answer one other concern, no, the coconut oil I use does not give things a coconut flavor and there is no odor at all.

THE RECORD

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THE LINK

Linking Lennoxville and the surrounding communities

"More than sixteen thousand trout are stocked in fishing sites around the Sherbrooke region..."

Something fishy is going on

By Sylvia Bullard

Summer is just around the corner and 'Fete de la Pêche' Sherbrooke is inviting the public to its third annual fish dinner to be held April 16, 2011 at Hotel Le Seigneurs in front of Galaxy Cinema. The sumptuous supper and fun-filled evening of live entertainment is held to give support to the special fishing festival event, which is to take place June 10, 11 and 12.

Every summer a unique opportunity to fish without a license in a few places designated in the territory of Sherbrooke is being offered for individuals, groups or families; however the daily quota

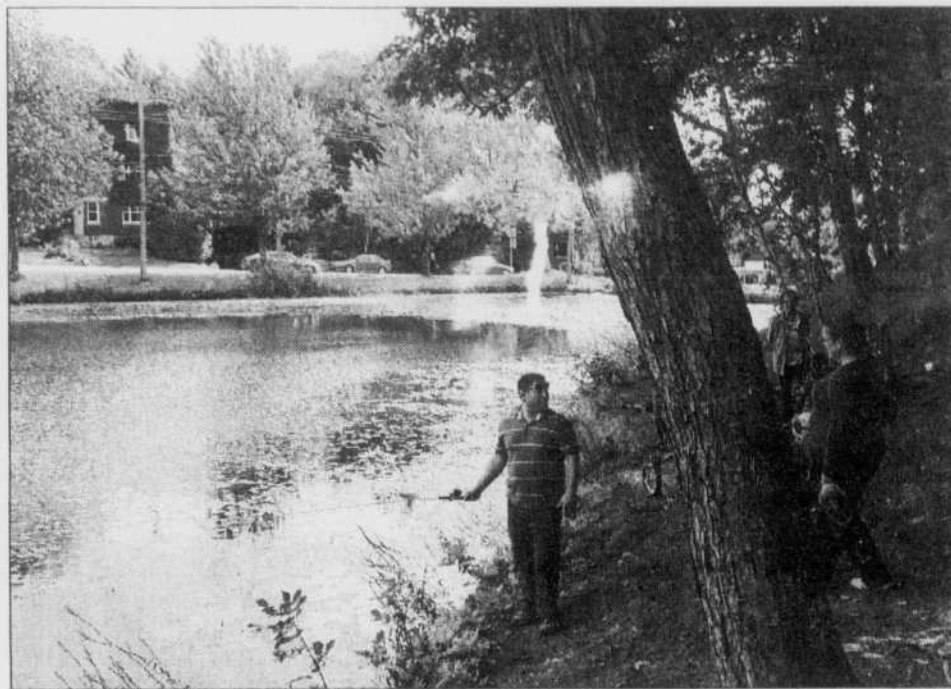
must be respected. Fish will be stocked in the pond across from the school in Howard Park on Ontario St. as well as the St-Francois pond at 'Camping de l'île Marie' close to Lennoxville. Other places include Parc Lucien-Blanchard (Cabana St.) Parc du Barrage (Paré St.) Halte du passant (Université Blvd.)

Whether a beginner or experienced in the field, everyone can have the opportunity to discover or rediscover the joys of fishing by means of the fishing contest. Patrick Daloze, vice-president of the association, reveals, "More than sixteen thousand trout are stocked in fishing sites around the Sherbrooke region. A specified number of trout are tagged

and when caught are connected to prizes, which have the possibility of being between a hundred to ten thousand dollar prizes. Free fishing courses will be offered to youths and upon completion a free beginner's fishing pole will be awarded to all students."



AL BARBER



AL BARBER

Activities organized Friday, June 10 are specifically targeted to the youth and their teachers in elementary schools to encourage the young ones to get close to nature and understand the importance of taking care of our environment. Sherbrooke Elementary is to be participating in the fishing festival.

More than four thousand people are expected to participate.

If you want to learn more about the dinner and the special planned fishing contest, check out www.FeteDeLaPêche.org.

Sylvia.recordlink.com

Bat houses and more

By Sylvia Bullard

"The Magog Community Learning Center (CLC) has an intergenerational, entrepreneurial and environmental project called 'The Bats for All Project' on the go that benefits not only the participants, but also our community and environment as a whole," says Coordinator for CLC, Pervana Mladen.

She explains, "Seniors and the grade five and six classes have been researching the benefits that bats have on the environment, and other facts, such as habitat, predators and ideal environmental conditions."

It seems there are many fears and misconceptions when it comes to bats. However, bats are the primary predator of night-flying insects such as moths, beetles, and mosquitoes. A lot of people may think bats are a nuisance, but in fact a single bat can catch hundreds of insects in just one hour. In recent years, the survival of bats is being threatened by the lack of roosting sites. Putting up bat houses is a great way to help bat populations.



AL BARBER

Pervana Mladen.

"The younger along with older participants meet together once a week for 2 hours to research, market, build and sell bat houses," Mladen says. "With only two months left to go, as they enter the assembly phase there is still much to be

done. Seniors and or parents, who have time to volunteer, are needed badly."

The Community Learning Center (CLC) in the Magog area is one of the 23 community learning centres in Quebec that are an English-minority language initiative. The goal is to offer programs, courses and information to the English-speaking population that are made possible with a grant funded through the Canada-Québec agreement between the Secteur des Services à la Communauté Anglophone et des Affaires Autochtones (SSAAA) and the Ministère de l'Éducation du Loisir et du Sport (MELS). Not to be confused is the Memphremagog Community Learning School that is an offshoot from the CLC and also offers some informative courses at the very low price of \$10 per course that run for six weeks.

This CLC in the Magog area – that anyone in the Townships can make use of – offers other activities such as parent-child get-togethers, homework tutoring, Friday evening movie presentations, Saturday morning sports and health and parenting video-conferencing sessions. The CEDEC (Community

Economic Development and Employability Committee) works with the CLC committee in conjunction with community volunteers, Princess Elizabeth Elementary School, The CSSS Memphremagog, Literacy-in-Action, Townshippers' Association, Comité d'Action Local (CAL), Québec-Enfants and la Ville de Magog.

In the next few weeks the following video conferences at Princess Elizabeth Elementary School are to be held: Tuesday, March 8, from 1 to 3 p.m. – lung health part two (asthma, pneumonia, flu, COPD)

Wednesday, March 16, from 7 to 9 p.m. – anger management: tools and tactics – presentation by Tom Caplan, M.S., M.A., M.S.W., P.S.W., I.C.A.D.C., A.A.M.F.T. the director of the McGill Domestic Violence Clinic and the Montreal Management Center with more than 20 years of practice and an extensive experience working with individuals, families, groups and communities.

March 30, 1 to 3 p.m. – either hearing

CONT'D ON PAGE 8

Luce Couture honoured for her contribution to arts and culture in the Borough of Lennoxville

On Thursday, February 17 the Borough of Lennoxville held its 20th Annual Awards Ceremony highlighting the outstanding achievements of its citizens. Centennial Theatre director Luce Couture was recognized for her contribution to the cultural enrichment of the population of the Borough of Lennoxville and by extension that of the City of Sherbrooke.

Director of the third largest concert hall in the region, Luce Couture has been leading the Centennial Theatre team for the past 25 years. Considered as one of the most respected presenters in the industry, Couture has made her mark by offering multidisciplinary programming featuring professional artists while taking care of serving both linguistic communities of the region.

The Outstanding Achievement Awards are designed to recognize the outstanding involvement of the Borough of Lennoxville residents within their community. Awards are handed out for nine categories

throughout the evening, including volunteering, education, commercial development as well as sports. In 2006, in recognition of her excellent and audacious 2004-2005 program, she was awarded an Opus Prize by the Quebec Council of Music. Lennoxville residents are fortunate to have the opportunity to enjoy such a wide range of amazing performers other world citizens would surely envy.

Luce Couture, the director of the Centennial Theatre, was honoured by the Borough of Lennoxville for her contribution to the enrichment of the lives of Lennoxville residents.



COURTESY PHOTO

A little something for those winter blues

By Clarinetist Pauline Farrugia
Uplands Chamber Players

As these unrelenting cold temperatures continue on into March, we are all beginning to yearn for spring. For those willing to brave the elements and venture outdoors, some of our own local artists will be serving up an earful of the spring that is inevitably soon to come. The Uplands Chamber Players will be bringing the music of Mozart, Beethoven, Debussy, Barber, Bruch and Lutoslawski to St. Andrew's Presbyterian Church (256 Queen Street in Lennoxville) on Saturday March 19 at 8 p.m.

Made up of pianist Cheryl Stroud, clarinetist Pauline Farrugia and cellist Erich Kory, the Uplands Chamber Players have recently begun a new classical chamber music series in the heart of the Eastern Townships. In concert with Uplands Cultural and Heritage Centre as well as St. Andrew's Presbyterian Church, the Uplands Chamber Players are passionate about bringing live classical music to our local audiences. Professors of their respective instruments at Bishop's University, all three musicians are seasoned professionals with decades of education and experience.

The music being presented on March 19 has been especially selected to offer the ear a variety of beautiful sounds, beginning with Wolfgang Amadeus Mozart's Kegelstatt Trio KV 498. This late work of Mozart's was one of the first to include the clarinet, a brand new instrument at the time. Mozart fell in love with the instrument after hearing a clarinetist by the name of Anton Stadler perform in a court orchestra. The composer later wrote a clarinet quintet (clarinet and string quartet) and concerto for the instrument, in addition to

of the viola, providing a deeper and richer blend of sounds.

In addition to the Mozart trio, the musicians will be featuring two other well-known composers on the program, Ludwig van Beethoven and Claude Debussy. Beethoven's Theme and Variations for cello and piano are light and charming while Claude Debussy's Petite Pièce for clarinet and piano is a short, rather introspective work.

The trio of musicians will also have a few special treats up their sleeves, beginning with a number of songs by the American composer Samuel Barber. Twentieth century composer Samuel Barber was often accused by his fellow composers of "selling out" because he chose to write music in a romantic style, which happened to be more pleasing to general audiences. In contrast, his colleagues were using extended twelve-tone technique and exploring new electronic sounds. Although also trained in these techniques, Barber chose instead to devote himself to his own form of musical expression rather than following popular trends. The result is a valuable oeuvre of beautiful music, which includes these songs. Originally written for male voice and piano, the cello will be the male voice on this occasion.

Witold Lutoslawski's Dance Preludes for clarinet and piano are another treat that the Uplands Chamber Players have in store. These five short dances are rhythmically brilliant examples of this Polish composer's witty sense of humour. The work also features some beautifully haunting melodies and offers the musicians a chance to display their virtuosic prowess.



TIM DOHERTY

Bat Houses

CONT'D FROM PAGE 7

loss or sleep disorders.

It is definitely worth your while to check out just what CLC as well as their learning school has to offer in the upcoming weeks. To register or if anyone is interested in purchasing a bat house, please contact Pervana Mladen at 819-238-1285 or mladenofp@etsb.qc.ca

Sylvia.recordlink@yahoo.ca

To end the evening, the trio will be playing a wonderfully expressive German work by Max Bruch. His eight songs opus 83 were originally written for clarinet, viola and piano. As in the Mozart trio, the cello will be taking the place of the viola. Four of the eight songs will be featured on the program and the depth of feeling that this work evokes will be sure to chase every ounce of those winter blues away.

Tickets for this event can be purchased by phoning Uplands Cultural Heritage Centre at 819-564-0409 (General Admission \$12 / Students and Seniors \$8). Reservations for this event are strongly recommended.



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"I think for the guys that chose to come to Bishop's, they do so to go to school and to play football and they have aspirations to play professional football."

Gaiter trio has pro aspirations

Turner, Exumé and Boulay show well at evaluation camp

By Mike Hickey
Special to the Record

A trio of Bishop's University football players were in Toronto this weekend trying to add to their perceived value as potential professionals. Junior Turner, Kyle Exumé and Mathieu Boulay represented the Lennoxville school at the 2011 Canadian Football League Evaluation Camp that concluded yesterday.

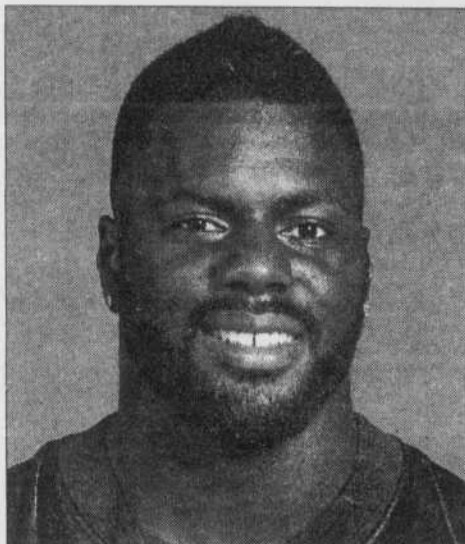
The three-day camp tested the players with a variety of drills included bench press, vertical jump, broad jump, 40-yard dash, three-cone drill and the short shuttle.

Every year, executives, coaches and scouts from all eight CFL teams gather in Toronto to interview and evaluate the top Canadian draft-eligible prospects in what is basically an intense three-day interview process. Players arrived Friday, were interviewed by interested personnel and then tested on Saturday and Sunday.

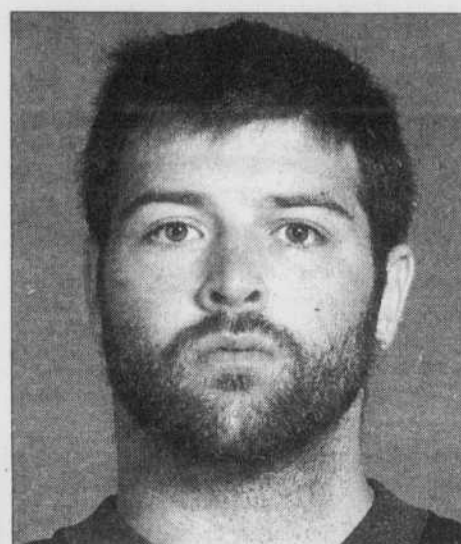
The weekend annually represents a time when prospective players can improve their status among CFL scouts and general managers and no one knows that better than BU grads, wide receiver Shawn Gore and running back Steven Turner. Both players had off-the-wall workouts in the 2010 camp that led to National Football League tryouts and eventually CFL contracts.

In a statement posted on the CFL website recently, Turner said it was no accident that Bishop's players do well at the e-camp and are making their way onto CFL rosters. He stated that Gaiters "are slowly making our way into the CFL because of the hard work ethic and determination we have developed at BU."

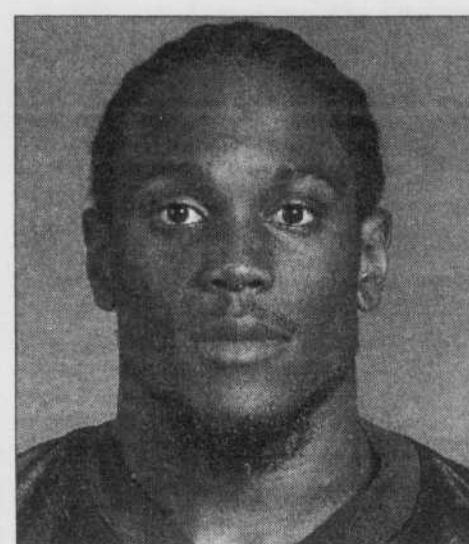
Participation statistics back up Turner's claim. This year marks the fifth consecutive season that the Gaiters have been represented at the evaluation camp, and the third straight year that



Kyle Exumé



Mathieu Boulay



Junior Turner

COURTESY PHOTOS

three Gaiters have attended. Last year it was Gore, Turner and Nick Poloniato while Jamall Lee, James Yurichuk and Kyle Jones attended in 2009. The other Gaiters to have attended the camp include Keith Godding (2008), Dan McCullough (2007), Andrew Carter (2001) and William Wright (2001).

Gaiter head coach Leroy Blugh, who enjoyed a stellar 11-year CFL career that included being named the CFL's Most Outstanding Canadian and is a member of the Edmonton Eskimos All-Century team, believes that Bishop's prepares its players for success after university.

"I think for the guys that chose to come to Bishop's, they do so to go to school and to play football and they have aspirations to play professional football," Blugh said in a phone interview from Ontario where he was visiting family. "When they come to Bishop's we put them in a position to go to the next level, they have to put in the work required. We attract blue chip athletes, but also good men. At Bishop's we realize that without the education there's no foot-

ball, you need to have both and Bishop's is about making sure we're prepared for the next level and the real world. We don't just study football there."

Boulay, a 6-foot-3, 250-pound defensive end, led the Gaiters last season with 39.5 tackles and was fourth in the QUFL with 11.5 tackles for loss and six sacks over nine regular-season games. The Magog native also led the Gaiters in their league semi-final loss to Laval with 5.5 tackles, two sacks and a forced fumble. Boulay has 56 career tackles, including 17 tackles for loss and 11 sacks, in 21 career regular season games.

Turner, a 6-foot-3, 230-pound defensive tackle who is Turner's cousin, started all nine games for the Gaiters last season. He made a career-high 27.5 tackles (19 solo, 17 assisted) last season. He collected five tackles for loss in 2010, including 1.5 sacks, and knocked down three passes. A two-year starter, Turner has 67.5 career tackles, including 13.5 tackles for loss, and has four knock-downs and an interception return for a touchdown in his four years at Bishop's.

Exumé, a 5-foot-10, 198-pound running back, has earned a reputation as an impact player on special teams where he blocked two kicks last season, and made 5.5 special teams tackles. For his career, he has 29.5 special teams tackles (26 solo, 7 assisted) and three career blocked kicks. His best season came in 2008 when he made 13.5 special teams tackles and forced a fumble.

Boulay, Turner and Exumé hope to join the seven Gaiters currently active in the CFL (Lee, Yurichuk, Gore, Jones, McCullough, Godding and Justin Conn) and the more than 25 Gaiters who have gone on to play in the CFL, including Larry Smith, Wally and Steve Zatylny, Tom Europe, Gary Chown and of course Blugh, who had a stellar CFL career before moving to the coaching ranks.

All three Gaiters performed well at different testing stations. To see a complete list of the weekend's results please go to <http://cfl.ca/page/ecamp-results>.

Champlain garners league team awards

By Mike Hickey
Special to the Record

All season long, and quite frankly since their inception in the 1970s, the Champlain College hockey team has always been focused on team accomplishments rather than individual honours and that fact was given more credence this past weekend at the Quebec Junior AAA Hockey League awards banquet.

The first-place Cougars received just one of 15 individual awards presented at Saturday's event, and did not receive a rookie all-star or first-team all-star selection. But the team did pick up six team-related honours including team of the year, coach of the year, general manager of the year, administration of the year, most disciplined team and was also cited for its divisional championship in the

MB30 division.

Champlain veteran forward Jerome Anctil was the only Cougar to be cited individually as he won the Jean-Guy Daigneault Award for outstanding leadership. Among the team honours the Cougars racked up were the Jean-Hébert trophy for the General Manager of the Year awarded to Martin Lapré while Judes Vallée was named Coach of the Year. Champlain de Sherbrooke was also honoured as the Administration of the Year. A reason for Champlain's success this year as they posted a sparkling 37-9-1-2 record was their discipline and they were selected as the league's Most Disciplined Team with just 694 penalty minutes in 49 games.

The QJAAHL and its sponsors handed out more than \$20,000 in bursaries to 33 players who distinguished themselves at the academic level during

this past season and not surprisingly the Cougars brought home nearly one-third of the awards.

Anctil, William Gendron, Nicolas Dube, Sebastien Carre, Alexandre Tardif, Vincent Fournier, Matthew Oakley, Pierre-Luc Rioux, Benjamin Martin, and Marc-Andre Drapeau all received stipends of either \$500 or \$1,000.

The Student-Player of the Year award was presented to goaltender Jean-Philippe Gagnon of the Joliette Traffic who also received a \$1,000 grant from the RBC Financial Group. The veteran 20-year-old goaltender maintained an academic average of 86 per cent in his nature sciences program at the CEGEP Régional de Lanaudière à Joliette while on the ice he was named the team's Most Valuable Player. This past season he compiled a record of 29-16-0-0 with three shutouts.

Among the other individual honours,

Spiro Goulakos of the Saint-Jérôme Panthers won the Dean Duggan trophy for the best defenseman while rookie sensation Alexandre Côté of the Joliette Traffic, won the title for the best offensive rookie player. Côté concluded his rookie season in the QJAAHL with a record of 37 goals, 62 assists and 99 points in 49 games. Benjamin Lagarde, also from Joliette, won the trophy for the most promising player. Victor Beaulac of Collège Français of Longueuil received the Patrick Tremblay Trophy for best defensive rookie player.

The Cougars' drive to add a league banner to the regular season championships began last night when they hosted Sainte-Agathe in the first game of a best-of-seven quarter-final series. The Record will have complete coverage of that game and the entire Champlain playoff run.

DR. GOTT



Hundreds of fatty tumors plague reader

By Peter H. Gott, M.D.

DEAR DR. GOTT: I am a 53-year-old female who is about 50 pounds overweight. I have saved, for years, the column you wrote on fatty tumors. I had a few of them, but my doctor said to leave them alone, even though they could be seen through my clothing. In the past two to three years, they have multiplied, and I know I probably have hundreds of them. I've had a few removed that are painful, and they were lipomas, as suspected. Some of the remaining ones are painful; some are not.

Should I continue to "let it go," or should I have more removed? In your column, you said it could be associated with Gardner's syndrome. Should I look into that area? Would losing weight help, or would they just become more pronounced?

DEAR READER: Most peripheral nerve tumors are benign. There are a number of types, including lipomas, ganglion cysts, schwannomas, dumbbell tumors and neurofibromas.

Lipomas present as soft lumps under the skin, commonly appearing on the back, neck, arms or shoulders, caused by slow-growing fat cells. As a general rule, they do not cause pain, but because they can compress nerves, you should have periodic exams.

Ganglion cysts can occur almost anywhere but commonly form near the wrist or at the base of a finger. If there's no pain, you can ignore them. If there's pain, restricted use of a joint and paresthesias, surgical removal may be appropriate.

A schwannoma is common, slow-grow-

ing, benign and can appear anywhere on the body. Vestibular schwannomas occur near the cerebellum and brainstem. They can press on the nerves that control balance and affect hearing.

Dumbbell tumors are so called because of their appearance. They may occur in the spine or lower abdomen by the hip. They can become intertwined with the sciatic nerve. If surgery is necessary, it should be accomplished at an extremely reputable facility.

Neurofibromas are common in people diagnosed with neurofibromatosis. Most patients have mild symptoms, but related conditions, such as bone enlargement or deformity, scoliosis and tumors affecting the eye, can occur.

Colon polyps, multiple osteoma and soft-tissue tumors characterize Gardner's syndrome. The average age of diagnosis is 22. A common symptom, other than lipomas, is dental anomalies, such as multiple impactions. Treatment depends on the location and appearance of the lesions. Surgical excision may be recommended.

Speak with your physician about a weight-loss program. I don't know whether losing 50 pounds would improve your situation. I do know that fat cells increase in volume and size with weight gain, and liposuction, for example, will reduce the number of fat cells in the body. If losing weight works, you will feel better and the number of slow-growing fat cells within your body may be reduced. This is a win-win situation.

With respect to "leaving them alone," I would buy that approach only if I were convinced all the lesions were benign and that removal, weight loss, liposuction and every other consideration has been ruled out. If you can't get that assurance or other management options from your doctor, request a referral for a second opinion.

To provide related information, I am sending you a copy of my Health Report "A Strategy for Losing Weight - Introduction to the No Flour, No Sugar Diet." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title or print an order form off my website at www.AskDrGottMD.com.

Dr. Peter H. Gott is a retired physician and the author of several books, including "Live Longer, Live Better," "Dr. Gott's No Flour, No Sugar Diet" and "Dr. Gott's No Flour, No Sugar Cookbook," which are available at most bookstores or online. His website is www.AskDrGottMD.com.

Death



Annie
(nee Burnside)
MORRISON
(1922-2011)

Peacefully, with dignity, as Annie did with all things in life, she passed away at the Ottawa General Hospital on Monday, February 28. Predeceased by her husband Donald N. Morrison and her two beloved siblings Ishbel MacKenzie and Robert Burnside of the Isle of Lewis, Scotland. Annie is survived by her children; Don (Jane), Ann, Mary (Bob), Bonnie (Dave), her grand-children, Robert, Kenneth, Reid, Jason, Jennifer, Julie, Mike and Paul, her great-grandchildren and nieces and nephews.

Annie grew up in Back, Isle of Lewis, Scotland and during the Second World War, went to London, England to work for the war effort. There, she met Donald Morrison, a Canadian soldier. She immigrated to Canada as a "War Bride" and they eventually settled in Scotstown, QC. During those years Annie was very active as a member of the church (Saint Paul's Presbyterian) as well as the community. She was a Sunday-School teacher for many years, a choir member and active in The Ladies Circle. Annie's pride in her Scottish culture and mother tongue were evident when she and Donald attended all the Scottish Games and she taught Gaelic to all who wished to learn.

Our Sincere thanks to The Glebe Center, Ottawa and the Palliative Care Unit, 5th Floor NW at the Ottawa General Hospital. Annie leaves a legacy of kindness—as one grandchild said "She was the sweetest, gentlest lady I've ever known" - a sentiment shared by her entire family.

A private family burial will take place. A memorial service and reception will be held Saturday, May 14 at 1 p.m. at the **St-Andrew's Presbyterian Church**, 256 Queen St. Sherbrooke, QC.

In lieu of flowers, for those who wish, memorial donations may be made to the **Lingwick Cemetery c/o Lena Morrison**, 444 Rte 161 N. Stornoway, QC G0Y 1N0

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
cass@casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Church Services

Anglican

LENNONXVILLE

St. George's Anglican Church, 84 Queen St. Lennoxville. We invite the public to attend this special service during the month of March: March 9; Wednesday, 7 p.m. Ash Wednesday Service.

MS lives here.

MS is the most common neurological disease affecting young adults in Canada.

MS Multiple Sclerosis Society of Canada

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 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: \$14.00 (includes taxes)

With photo: \$20.00 (\$22.79 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.22 taxes included) **WITH PHOTO:** \$29.50 (\$33.62 taxes included)

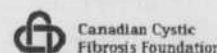
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Words of hope

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: classad@sherbrooke-record.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@sherbrooke-record.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.

I am a 24-year-old woman who has never had a date, never been kissed and never had a man show any interest in me

Dear Annie: My brother was scheduled for open-heart surgery involving three different procedures. I hadn't seen him for several months and wanted to visit before the operation, as I feared he might not make it through.

The day before his surgery, my wife and I were driving the two-hour trip to his home when we received a call from his wife. She said she didn't want us coming, that she was already stressed out and didn't want anyone else using up the time she and her children had with my brother. I told her how much it meant to me to see him, but she said, "Don't bother coming. My children and I don't want you here."

My sister-in-law has always been a strong-headed woman, but this was too much. Our conversation turned into a shouting match. I was so angry and upset that I could hardly drive the car back home. I told my wife that what she did was unforgivable and I would never speak to her again.

Fortunately, my brother's surgery was a success, and he is recovering. I will see him as soon as I can, but only when his wife is not around. I will never get over what she did. How would you handle this? — Angry in NYC

Dear Angry: Your sister-in-law may not have dealt with this very kindly, but try to see it from her perspective. She thought her husband might die and wanted his children to have every second of his remaining time. She was under a great deal of stress, and your needs didn't come into consideration. If you prefer to avoid her for the rest of your life, that's up to you, but we're sure your brother would appreciate it if you could somehow forgive her.

Dear Annie: My sister is almost 50 years old and still picks her nose in public. When I am with her, it is very embarrassing. She uses a tissue, but nonetheless shoves her fingers up her nose. It is not subtle.

I've told her to stop doing this and to blow her nose like a normal person, but she doesn't listen. I know she often is alienated from co-workers, and I suspect this bad habit may be causing her to miss job-related opportunities. Maybe if you print this, she will listen to you. — Picky's Sister

Dear Picky: Constant nose picking can be an obsessive-compulsive disorder triggered by stress. Or it could be that her nose itches a lot. Or she may have sinus problems, in which case using a saline spray might help. But some habits are so ingrained, they are done unconsciously. In order for your sister to stop sticking her fingers up her nose, she will have to be aware that she's doing it and want to stop. At the very least, she should do it in private. It is not an attractive process to watch.

Dear Annie: I read the letter from "Illinois," whose husband wants to keep their dog, "Buddy," even though he

doesn't get along with their other four dogs and they are expecting a baby soon. I am a dog trainer and am always amazed at people who have numerous dogs and expect all of them to get along. That notion is totally insane. It would be like having five people with five different personalities living together 24/7.

As much as the husband loves this dog, for everyone's sake, Buddy should be placed in a home where HIS needs are met. A multiple-dog home is simply not it. And in doing what is best for Buddy, it also is absolutely best for everyone involved. Otherwise, they are asking for some serious consequences for both the humans and the other dogs. — Dallas, Ore.

Dear Dallas: We appreciate the professional backup and agree that Buddy would be better off elsewhere — and so would the rest of the family.

Dear Annie: I've been dating "Trish" for almost two years. She's a few years younger than I am. I always saw myself as being single forever, but now I've learned the real meaning of love. I don't want to be apart from her.

Trish recently began a new job and quickly became good friends with some of her male co-workers. These guys have rather unsavory reputations when it comes to women. Trish, however, has grown quite fond of the friendships. I can accept that. However, when I asked her to introduce me to these guys so I could get to know them, she reacted by saying I should trust her.

I do trust her. I don't trust them. This started a few little arguments that resulted in her wanting to take a "break" from our relationship. What exactly does that mean? Are we still together in theory? What's the usual duration of a break — a few days, weeks, months? — Lost Love

Dear Lost: Wasn't this an episode of "Friends"? A break means you are taking a breather from each other. It could be temporary or permanent, depending on what happens in the interim. In many instances, the purpose of a "break" is for one or both parties to be able to date others. Trish is feeling a little suffocated and wants to spread her wings without saying so directly. She doesn't want to break up with you entirely because a new relationship might not work out and she'd like you to still be available. Whether or not you are is up to you.

Dear Annie: I am a 24-year-old woman who has never had a date, never been kissed and never had a man show any interest in me.

I work from home so I don't meet anyone that way. All of my friends are engaged, married or in a relationship. Online dating sites try to match me up with men I don't have anything in common with or find attractive.

I know I should embrace the fact that

Annie's Mailbox

I am single and don't have anyone to answer to. But it is getting lonelier every year, and I have yet to find someone to share my life with. How do I come to terms with the fact that I will be waiting for my guy while my friends keep passing me by? — Waiting to be Kissed

Dear Waiting: Men are not going to come to your home and ask you out. You have to go where they are. Let your friends and family know you are looking. Churches and synagogues often have singles groups. Join a political organization, or take a class that interests you. Audition for a community theater production. Sign up for a singles travel tour.

If you do things that interest you, not only will you be enjoying your life, but you will find like-minded people. Put on your friendliest smile and make conversation. You never know who is going to be worth your time. Even those who are not your type may introduce you to someone who is. The more you expand your social circle the greater the chance of meeting that special someone.

Dear Annie: I read with interest your response to "Concerned Daughter-in-Law" about how to handle a possible case of dementia in her elderly mother-in-law. The advice you gave was sound, but you missed one thing. Please suggest that her husband include all siblings when discussing Mom's future right from the start. The only ground rule should be that it is OK to agree to disagree.

I wish my sister and brother had spoken with me when it came to decisions concerning my mom. If they had, maybe we would still be on speaking terms. — Left Out in Poughkeepsie

Dear Left Out: Absolutely, all siblings should be included in discussions about caring for aging parents.

Dear Annie: How do you deal with a husband who thinks the world revolves around him? "Donald" always has to be the center of attention and makes sure he is in the spotlight at all times. People have told me he is spoiled and self-centered, which I already knew from many years of marriage.

Several years ago, I tried to improve my life by eating healthier, losing weight and being more active. I tried, unsuccessfully, to encourage Donald to join me. So I cooked healthier meals and tried to make gradual changes that seemed to work.

Now, Donald has health issues. Everything centers around what he needs. Suddenly exercise is a top priority. He informs me almost daily of how his nutritionist wants him to eat. If food isn't prepared properly, seasoned just so and fresh each day, it will hurt his health. If it doesn't taste good, he won't be able to eat it and it will cause problems. He claims he never eats in excess, yet he

will grab candy bars and ice cream and think that's perfectly fine.

Donald talks about his condition constantly to anyone who asks how he is. He delights in recounting all the details and expounds on his "excellent" performance in therapy and how hard he "pushes" himself at each workout.

Frankly, I am tired of it. He doesn't care if I am sick as long as I still devote all my attention to him because he's the most important person. He never says "please" or "thank you." He just demands what he wants and loves being in total control.

I have no one to talk to in my small community. Where do I go from here? How do I continue to deal with Donald? — Why Is It Always About Him?

Dear Why: Someone as self-centered as Donald thinks he deserves to be treated like royalty and have his every move lauded. Many wives in your position would simply humor him and ignore the rest. If you cannot manage that, there are online counseling services available. Ask your doctor for a referral.

Dear Annie: I have a son in his late 20s who has bipolar disorder. He struggles because he cannot afford the medicine, which costs upward of \$350 a month. He was recently fired from his job since he couldn't maintain his meds and control himself.

Is there somewhere he can get assistance with this? He is such a wonderful person when he is on his medication. But now, he is close to losing everything. — A Family in Need of Assistance

Dear In Need: There are programs that offer medications at reduced rates for those with bipolar disease. First, your son should check with the drug company. They often supply their medications at a lower cost. Other suggestions are: prescription drug patient assistance programs (nami.org); Needy Meds (needymeds.org); Partnership for Prescription Assistance (pparx.org); Rx-Assist (rxassist.org); and The Medicine Program (themedicineprogram.com). We hope your son can find the help he needs soon.

Dear Annie: Let me add a different perspective for "Snubbed Co-Worker," who felt she was being ignored and treated rudely. I could be her co-worker.

I work with a woman who never stops talking. If you give her so much as a nod or a smile, she will corner you and go on indefinitely. I long ago gave up being polite in order to avoid her verbal clutches. We work in close proximity, so I have the "pleasure" of listening to her incessant conversations (often with herself).

I have no clue how she gets her job done, but she sure makes it difficult for me to do mine. I ignore her, so she may feel snubbed, but it helps keep me sane. — Snubbing for Sanity's Sake

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

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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.

Today's clue: S equals C

"P BJI JL JSZAD. P YPY LAZ BJLZ
ZA EJOJ JL PNJMG, TG IGGL JI ZE
TCKG-GVGY, MACYGL-EJPDGY
PLMGLKG." - IKIJLLJE VADR

PREVIOUS SOLUTION: "Writing is its own reward." - Henry Miller "Why do writers write? Because it isn't there." - Thomas Berger

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KIT N' CARLYLE

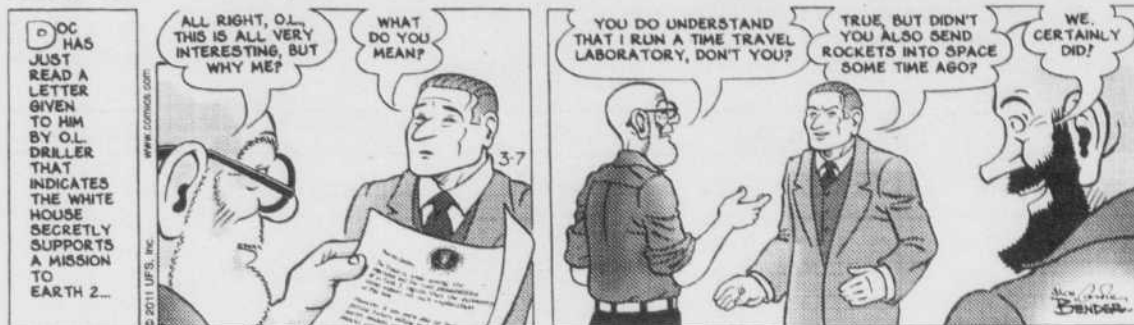


HERMAN



"Surely you realize the police force has basic size requirements?"

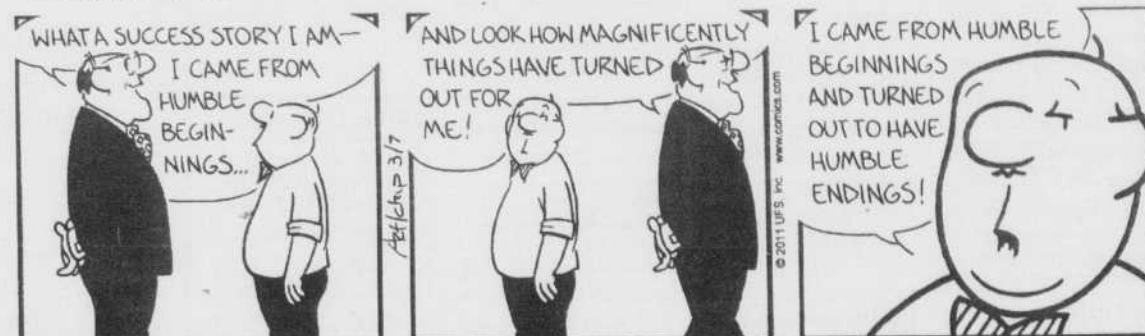
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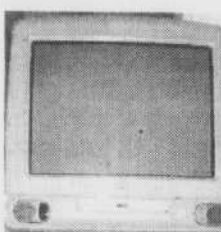
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PUBLIC NOTICE

CITY OF SHERBROOKE

Borough of Lennoxville

PUBLIC NOTICE

Borough of Lennoxville

Minor derogation

79 Academy Street - Residential Zone Ra-17

TO ALL CONCERNED,

TAKE NOTE that at a regular sitting of the Borough Lennoxville Council of the Ville de Sherbrooke, to be held on **March 28, 2011 at 5 p.m.** at the Borough Lennoxville Office located at 150, Queen Street, Sherbrooke, the Council will decide on the following request for minor derogation:

For lot 2445 332 of the Reform of the Québec cadastre, located at 79, Academy Street in Sherbrooke, in residential Zone Ra-17 of the zoning By-law number 648-97 of the former Ville de Lennoxville, to the effect to authorize:

- A distance margin of 0,93 meter added to the current minimal front distance of 6,0 meters to regularize the existing location of the main building.
- A distance of 0,80 meter added to the minimal distance of 0,90 meters to conform to the distance between the accessory building and the property line.

ALL concerned persons can be heard by the Council with regards to these requests.

GIVEN IN SHERBROOKE, this 7th day of March 2011.

André Blais
Secretary



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PUBLIC NOTICE

CITY OF SHERBROOKE

Borough of Lennoxville

PUBLIC NOTICE

Extraordinary and public consultation meeting

Project of By-law number 2-3 modifying By-law number 2 regarding minor derogations to Town Planning By-laws

TO ALL PERSONS INTERESTED,

TAKE NOTICE:

THAT following the adoption by resolution during the ordinary meeting of the Lennoxville Borough Council held on February 28, 2011 of the project of By-law number 2-3 modifying By-law number 2 of the borough of Lennoxville; regarding minor derogations to Town Planning By-laws, the Borough Council will hold an extraordinary and public consultation meeting on March 28, 2011, at 4:30 p.m., at the office of the Lennoxville Borough located at 150 Queen Street in Lennoxville, according to article 126 of an Act Respecting Land Use Planning & Development (R.S.Q., chapter A-19.1)

OBJECT OF THE PROJECT OF BY-LAW NUMBER 2-3

Article 1

THAT the article 6 of By-law number 2 regarding minor derogations to Town Planning By-laws is modified, as follow:

a) paragraph 16) is modified by adding, after the term "lot", of the following expression;

"(including cadastral operations relative to streets)"

b) by adding the following paragraph:

18) width of multipurpose entrances;

Article 2

THAT the By-law number 2 of the Borough of Lennoxville regarding minor derogations to Town Planning By-Laws is modified by abrogating paragraph 1) of the article 8 and replaced by the following paragraph:

1) The amount of \$350 to review the request, this sum is non-refundable regardless of the outcome of the request;

THAT during this extraordinary and public consultation meeting, the President of the Borough Council will explain the contents of the project of By-law number 2-3 as well as the consequences of its adoption, and that also, he will hear the persons who wish to speak on the subject;

THAT the dispositions of the project of By-law are exempt from referendum approval;

THAT the said project of By-law is available for consultation at the office of the Lennoxville Borough located at 150 Queen Street in Lennoxville, during regular office hours.

GIVEN IN SHERBROOKE, this 7th day of the month of March, 2011.

André Blais
Secretary



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Monday, March 7, 2011

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