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## Doug Vandor talks about his post-athletic career **ROWING TO NEW HEIGHTS**



Despite moments of doubt, Doug Vandor is happy in his post-athletic career. (Photo - RBC)

**ERIC TREMBLAY**  
TRANSLATED BY CATHLEEN JOHNSTON  
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**TRANSITION:** Ever since childhood, Doug Vandor dreamt about an Olympic gold medal. When he retired from the national rowing team, this athlete from Dewittville experienced a difficult transition into a post-athletic career. Three years later, he says he has found an exciting new passion.

«I have met a number of amateur and professional athletes who have experienced the same situation,» remarked Vandor. We're not ready to

stop.» Employed by the Royal Bank of Canada and living in Vancouver, Vandor recently spoke to the CBC about the situation. He agreed to talk again with the Saint-François about the break between his life as an athlete and that of an employee.

«Rowing was my passion. I was excited every morning to get up and spend the day at the lake,» he said. «I was used to being one of the best in my sport. I was afraid of not finding a new passion that would allow me to be as accomplished.»

He retired in 2013 a year after participating in the London Olympics, where he placed 14th in the men's lightweight double sculls event. He thought he was ready to hang up his oars. But retiring at 39 is easy to say but harder to accept.

Luckily for Vandor, he has a master's degree from McGill. But even with a good degree on his curriculum vitae, he felt nervous about the job market. «Even with my master's degree, I felt hopeless,» he admitted. «I was entering the job market at 40 instead of 22-23 like other graduates. It was scary.»

«I don't need global objectives or to be in the spotlight. I'm quite content to get up, go to work and feel like I am contributing.»

Doug Vandor

He lived in Victoria, British Columbia for 13 years where the national rowing team is based. He still lives

### Who is Doug Vandor?

- He ranked 14th at the 2012 London Olympics with Morgan Jarvis in the men's lightweight double sculls event;
- 6th in the 2008 Beijing Olympics with Cameron Sylvester in the men's lightweight double sculls event;
- Alternate for the team of lightweight four at the 2004 Olympic Games in Athens;
- Two-time world championship bronze medalist (2005 – lightweight quad sculls event and 2002 – lightweight four event);
- First international competition at the World Championships in 2001 in Switzerland.

in the province but in Vancouver where he has not found a rowing club. Vandor does take advantage of the beautiful countryside to go hiking with his family.

### SEE THE POSITIVE

He has managed to bounce back thanks to the small pleasures of daily life, his spouse and a new addition to the family, a baby girl.

Vandor has also made sure to remain active. He believed that everything he was doing would eventually open a door. He has been working for RBC for two years. First he was at their head office whereas now he is taking a course in financial security.

«My aim is to be happy where I am in life,» emphasized Vandor. «I wanted to win gold when I was rowing. I am very happy with the choices I made to be an athlete. I expect the same for all my choices now.»

He is still close to sport in his new life. He did publicity for the national rowing and boxing teams for the Sochi Olympics and the Pan American Games in Toronto. He still does not know if he will be involved this summer in Rio, Brazil.

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# Bed Rest Blues



**STÉPHANIE MCBRIDE**  
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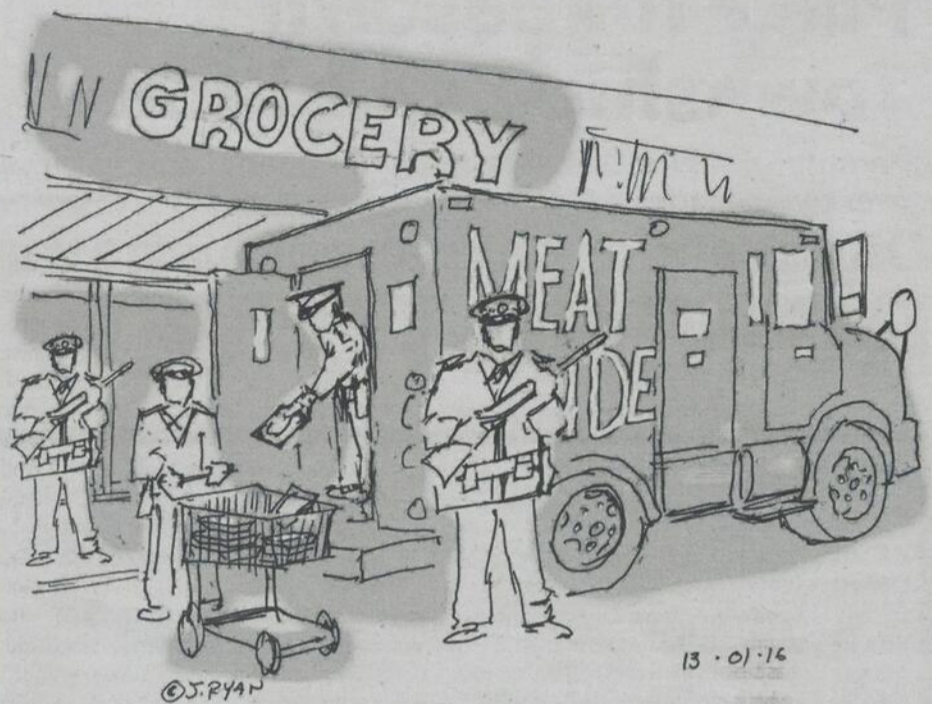
**OPINION.** According to the good doctor, I'm supposed to be taking it easy (in case you haven't been following, I am very pregnant).

Not exactly bed rest, but the step just before that, which means I can shower by myself, take short day trips (supervised, of course) and walk down my driveway, but can't pick up my toddler, do housework, or exercise. Thankfully, I can still write, but sitting on my rear end for hours on end is starting to lose its appeal. But who am I to complain? To the outsider, my doctor's orders probably sound like a blessing—housebound, surrounded by pillows and oversized dogs, all while sipping decaf coffee, with all the time in the world to pound away at a manuscript (that seems to be taking YEARS). I will admit that it was kind of fun for the first five days. But two weeks later, I am going a wee bit stir crazy. I even Googled "bed rest yoga", which is actually a thing, thank goodness.

So why all of the hullabaloo this time around? My first baby made his way into the

world without any problems. He hung in there the whole time, through a solid fall from a horse to day after day of mucking stalls and long walks (supervised, of course, by family members, one of whom has extremely long legs so it was pretty much like running anyway). But this little one has decided she's eager to meet the world, which has resulted in many sleepless nights consumed with worry, and an overprotective dog that literally follows me from room to room while breathing heavily with concern or old age, I'm not sure which one (she's very loyal—the dog, I mean) while I try not to think about contractions. These early complications have translated to me turning into a bed potato that fibs to her family about taking walks down the driveway and doing the laundry, while excessively apologizing to everyone while they try to make my life easier. (To my family, just kidding. I didn't take any walks or do laundry, I swear.)

But the truth is that even while I lie here complaining, I know that I'll miss these quiet moments when I have two little ones running around our home. There will be time enough to be a regular person, so I'd better enjoy this time while it lasts.



13-01-16

## THIS AND THAT IN TOWN

### ORMSTOWN SOCCER REGISTRATION

Registration for the Ormstown Soccer Club will take place on Thursday, January 21st from 7:00 P.M. to 9:00 P.M. at the Ormstown Recreation Centre. Girls and boys born before January 1st, 2012 may also register on Saturday, January 23rd at 9:00 A.M. until 12:00 P.M. Those registering are asked to bring their Medicare card.

Canadian Tire Program Accepted. For more information call 450-322-1123.

### MUSICAL PERFORMANCE

Bluegrass folk band Virginia's Folly will be performing in Ormstown at Gigzz Musique-Resto on Friday evening, January 15th at 7:00 P.M. For more information or to make a seat reservation, contact Adrian Doucette at 514-800-4244.

### MACDONALD COLLEGE LUNCHEON

The gathering of graduates for the 17th annual Macdonald College luncheon will take place on Tuesday, Jan. 26th at restaurant Qué Pasa in Ormstown. Come and meet Dr. Anja Geitmann, the new dean, and listen to Robyn Jackson from Urban Barns Food Inc. describe his innovative method of vegetable production. For reservations or further information, please call Peter Finlayson at 450-829-2402.

### NOTE:

If you or someone you know has an event that they would like to see promoted in the paper or in the This and That section, please contact Stephanie at info@stephmcbride.com or call 514-458-0450. Please note that all advertising inquiries must be directed to the Gleaner's head office.



The Howick 4-H club pose in front of their Christmas parade float. Photo Lyndsay MacKay

## Howick's 4-H Club Enjoys Local Christmas Parade

**STEPHANIE MCBRIDE**  
info@stephmcbride.com

**YOUTH.** On Saturday, December 5th, the Howick 4-H club participated in Howick's Eighth Annual Christmas Parade.

The weather held out for the parade, with blue skies making for a beautiful background—despite the lack of snow. Putting Santa hats and reindeer antlers in true Christmas spirit.

and members alike, much fun was had in the decorating process. Posters promoting the club's many activities plastered the float, with the garden project, calf project, craft project and square dancing project all being represented. The float also featured the newest edition to the 4-H club—the poultry project. Members along for the float ride donned merry shades of red and green, sporting Santa hats and reindeer antlers in true Christmas spirit.

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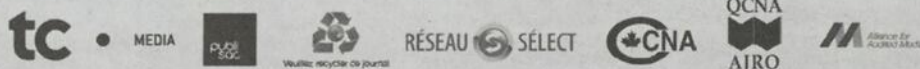
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# Local Painter Donates Piece for Eastern Township Exhibition

Hemmingford local Sharon Mark has been painting for over two decades



**STÉPHANIE MCBRIDE**  
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**CULTURE.** Greatly influenced by her grandmother's oil paintings, longtime Hemmingford resident Sharon (Somerville) Mark began painting in the eighties.

While she had always been interested in art, Mark only began to pursue a professional painting career following the birth of her children. "I just enjoy painting, and I always have. I started painting when my kids were born, because I wanted to work from home, and now it has been thirty years," said Mark when asked about what had originally fuelled her desire to paint. (Prior to her career as an artist, Mark worked as a secretary.) Self-taught, Mark turned a hobby into a full-fledged career, showing her pieces not only in the Chateaugay Valley, but across the country—not to mention the gallery owner who displays her work in his venue in Tel-Aviv, Israel. Most recently, Mark donated "October by the Lake" to Magog's Musée international d'art naïf de Magog, where the painting will be on display until March 12th. The same painting was also used in North Hatley's Galerie Jeannine Blais for their 2014 calendar.

Greatly influenced by her surroundings, Mark's work embraces a naïve style, as the artist prefers to paint tranquil visions of rural scenery, often featuring people and animals. Her close proximity to the Eastern Townships features prominently in her

work—apple orchards, ancient barns and depictions of the natural world are obvious sources of inspiration for the painter. Citing winter as her best painting time, the world she creates on canvas is an idyllic one, free of the worries of everyday life, often drawing inspiration from her favourite artists, American folk painter Grandma Moses and Nova Scotia's Maud Lewis. Chateaugay Valley Regional High School's Mr. Tilley was also a notable influence for Mark at a young age.

Mark prefers to create her own landscapes, as opposed to working from an actual point of origin. This technique doesn't take away from her attention to skill—every leaf and blade of grass is intricately represented. "Her art is notable for the delicacy of its brushstrokes. Mark achieves the serene effect of her work through a painstakingly methodical approach. Using fine brushes, not a leaf or a brick escapes meticulous representation. She favours the effect of a foreshortened perspective," reads an article written by Robert Lafontaine of *Magazin'Art* about the talented artist's work.

Represented by Saint-Lambert agency Multi-Art, Mark began exhibiting in galleries in 1992, after a short stint of showing her work locally (her works have been displayed at numerous galleries across Canada, from Nova Scotia to Alberta). Today, she produces close to a hundred paintings a year, which are eagerly received by a receptive clientele. The artist has also worked with Unicef in the past—the charity has used her paintings in their holiday cards, which are sold to raise money for their cause.

Mark's studio gallery is open by appointment. To view more for her work, visit her website [www.sharonmark.com](http://www.sharonmark.com).



Sharon Mark at home in her studio. Photo Sharon Mark

## Negotiations with the Government Teachers' unions will recommend approving agreement in principle

**VALÉRIE LESSARD**  
TRANSLATED BY CATHLEEN JOHNSTON  
valerie.lessard@tc.tc

**POLITICS.** The three teachers' unions for the Grandes-Seigneuries, Vallée-des-Tisserands and New Frontiers School Boards will recommend that their members accept the agreement in principle that was settled before Christmas between the Government and the 2015 Common Front.

Between now and the end of January, the syndicat de Champlain (Vallée des Tisserands), l'Association des professeurs de Lignery (Grandes-Seigneuries) and the Chateaugay Valley Teachers' Association will meet with their members to present the contents of the agreement. The three unions will recommend that their members accept. Members are nevertheless free to vote with their conscience.

The agreement provides, in particular, for salary increases which could amount to as much as 10.25 % over five years. Retirement age will go from 60 to 61 in 2019.

### McCarthy nee Collard, Patricia



Passed away in Hinchinbrooke on Friday, January 8, 2016 Mrs. Patricia McCarthy nee Collard aged 68 years. Beloved wife of the late Robert (Bob) McCarthy. She leaves to mourn her children Shawn (Angie) and Kelly (Danny), her grandchildren Tyler and

Tristan, her sister Noreen (late Donald) and her brother Gary (Sandra), nieces, nephews, relatives and friends. Visitations will be held at Rodrigue Montpetit & Fils Funeral Home 170 Chateaugay Street Huntingdon on Saturday January 16, 2016 from 2 to 5 pm. Donations to The Ladies' Auxiliary of the H.C.H. or the charity of your choice would be appreciated by the family. [www.rodriguemontpetitfils.com](http://www.rodriguemontpetitfils.com)

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### D'Aoust, Donalda «Donna» 1941-2016



Donna passed away peacefully on Thursday January 7th, 2016 with her family by her side. Loving sister to William (Judy Sargent) and David (Joan Harrison). She will be missed by her nephews and nieces and their spouses; Clifford (Nathalie Bourbonnais), Marc, Hollie (Doug Crevier), Nathalie and Josée (Mats Gruen). Donna also

leaves behind her grand nephews and nieces who loved her very much; Harrison, Émilie, Samuelle, Julien and Caleb. Donna enjoyed the company of her many friends from the Huntingdon Craft and Recreation Center and her roommates at the residence who were always compassionate and caring toward her. The family wishes to extend a heartfelt thank you to André and Johanne at the Maison de la Renaissance who took such wonderful care of her and always made her feel at home. A special thank you to all the volunteer drivers from SABEC who accompanied her for her many treatments as well as the caring staff of at the Barrie Memorial Hospital who cared for her and made her comfortable in her final days. Visitation will be held at the Rodrigue Montpetit & Fils Funeral Home, 170 Chateaugay, Huntingdon on Saturday January 23rd, 2016 from noon to 2 pm. A service will follow at the Funeral Home Chapel at 2 pm. A reception will be held after the Funeral at the Huntingdon Legion where Donna enjoyed much of her time doing crafts. In lieu of flowers, donations may be made in Donna's memory to the Huntingdon Craft and Recreation Center c/o Gloria MacIntyre, 20 Fairview, Huntingdon, Quebec, J0S 1H0.

Rodrigue Montpetit et Fils inc.

## Death notice Rennie Rhea nee Feeny

Passed away in Huntingdon on Friday, January 8, 2016 Mrs. Rhea Rennie nee Feeny aged 92 years. Beloved wife of the late Hugh Rennie in first marriage and late Stuart Ross in second marriage. She leaves to mourn her children Dorothy (Laurent), Ronald (Elaine), five grandchildren, eleven great grandchildren, also many relatives and friends. Visitations will be held at Rodrigue Montpetit & Fils Funeral Home 170 rue Chateaugay Huntingdon on Friday January, 15 2016 from 2 to 4 and 7 to 9 pm and on Saturday January 16, from 9:30 to 10:30 am. Funeral service will take place at Saint-Joseph Church on Saturday, January 16, at 11 am. Burial at Hillside Cemetery, Hinchinbrooke. In lieu of flowers donations to The Ladies' Auxiliary of the H.C.H. would be appreciated by the family. [www.rodriguemontpetitfils.com](http://www.rodriguemontpetitfils.com)

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## IN LOVING MEMORY OF



**David Brunette**  
January 18, 2015

It has been a year since your death and you remain in our hearts and daily thoughts. We miss your winning smile and vibrant energy. You always put your best foot forward, excited to greet a new day, meet a new friend, and expound on a new idea. You were our creative spirit and have left a lasting example to motivate us all.

Forever in our hearts and memories,

**Mom, Dad and family**

«Nothing is ever wholly lost. That which is excellent remains forever a part of this universe.»  
R.W. Emerson

