

The Wales Home Foundation celebrates 25 years of support

By Gordon Lambie

Saturday was a big day at the Wales Home as the community came together to mark not just the launch of the Wales home foundation's annual fundraising campaign but also the 25th anniversary of the foundation's creation. The celebration, which also included a ground breaking ceremony for the home's newest expansion project, brought out a large group of past foundation members and long-time friends of the home in a great show of the community support that the facility has come to depend on.

Rod McIver, who was serving as executive director of the home in 1991 when the foundation was officially granted its charter, reflected on the creation of the group as having come at a pivotal moment in the home's history.

"We were not in a very great financial position," McIver said, explaining that when he took on the responsibilities of executive director in 1987, the facility was in a position where community donations and support could no longer cover the operational budget of the not-for-profit home. Faced with that reality, the then-executive director suggested two course of action; a renewed focus on attracting community support, and to petition the provincial government for financial support.

"We tried the government first and got absolutely nowhere," McIver said, sharing that the failure to make headway at the national assembly only re-

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Empty bowls serve up soup for the soul



PHOTOS BY MATTHEW MCCULLY

Soup was served on Saturday for Lennoxville's fourth empty bowls fundraiser. According to organizer and local potter Lucy Doheny, close to half of the 300 bowls prepared had already been claimed within the first hour of the event, which ran from 11:30-1:30. According to attendees, the soup was great, and the bowls were beautiful. Many community members were happy to add to their collection from previous years. Funds raised at the empty bowls fundraiser will be split between the Lennoxville Elementary School Breakfast Program, the Cornerstone Food Bank and the BU/CRC Fund for students in need.

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A Street for Clara Lloyd (1809-1880): promoter of Mount Notre-Dame in Sherbrooke

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Coté Members of the Comité de toponymie of City of Sherbrooke

Clara-Lloyd Street was opened in 2016 by builder Éric Fréchette in the section of Rock Forest. Sherbrooke town council had chosen the name at its December 21, 2015 meeting in order to feature Clara's role in the education of young girls in the Eastern Townships, mostly in Sherbrooke.

Clara Lloyd was born in Quebec City, January 30, 1809. She was the daughter of Thomas Lloyd, a British army surgeon. On August 6, 1835, in Quebec's Holy Trinity Cathedral, she married William Locker Pickmore Felton (1812-1877), lawyer and bar chairman. He was the son of Anna Maria Valls (1787-1875) who hailed from Spain, and of William Bowman Felton (1782-1837), a very important Ascot landowner, in particular of Belvidere Farm, located between Felton Street, Dunant Street and North Hatley Road. They had a son, William Hughes, who would, one day, become a lawyer in Arthabaska. The family settled on

Belvidere Farm, with Clara's in-laws, since William Locker would belong to the St. Francis Judiciary District until 1875.

As Clara had at heart the Catholic education of French and English young girls, on May 14, 1850, she petitioned His Grace Joseph Signay, archbishop of Quebec, to which Sherbrooke belonged, to be allowed to organize a collection of funds in order to establish here a first convent. Clara managed to collect 100 British pounds (between \$400 and \$500). Then Saint-Michel parish was detached in 1852 from the diocese of Quebec when it became part of the diocese of Saint-Hyacinthe, and a delay occurred. In 1853, the Society for the Propagation of the Faith of Quebec donated \$240. Clara's husband, William Locker Felton, at the time Crown Attorney (1853-1864) and Sherbrooke-Wolfe representative (1854-1857), was surely instrumental in missionary pastor Alfred-Élie Dufresne's obtaining a grant of \$600 from the government of United Canada. Under Rev. Father Dufresne's guidance, construction of the future Mont Notre-Dame got



COURTESY OF COLLÈGE DU MONT NOTRE-DAME, SHERBROOKE

underway in 1855 and was finished in 1857, at the cost of \$5 070. The debt was to be paid off in the coming years. Rev. Father Dufresne's sister Luce started teaching in the spring of 1856 or of 1857. The sisters of the Congregation Notre-Dame took over in November. Clara Lloyd died in St-Jean-de-Dieu hospital on January 27, 1880.

Sherbrooke among top ten cities in Canada for women

Record Staff SHERBROOKE

The City of Sherbrooke has found itself in the top 10 cities in Canada for women.

In Quebec, the Queen of the Eastern Townships ranks fourth, behind Quebec City (4th in Canada), Gatineau (5th nationally) and Montreal (6th). Sherbrooke ranked seventh in Canada in the survey, compiled by, Kate McInturff, principal investigator for the Canadian Centre for Policy Alternatives, which ranked the largest metropolitan areas of the country.

McInturff says she examined the gap

between men and women in terms of access to economic security, personal security, education, health, and leadership positions in major Canadian cities.

The most women-friendly city in Canada, according to McInturff is Victoria is largely attributable to the representation of women in politics. The city has a woman at its head and is the only municipality in the study to have more women than men on its municipal council. Victoria finished first in the 2015 survey also.

Windsor, Ontario, came in 25th and last place, because of the few women in leadership roles, a larger gap than aver-

age in terms of access to employment and the percentage women living in poverty compared to men.

Top Ten Cities for Women in Canada:

1. Victoria
2. Kingston, Ontario
3. London, Ontario
4. Quebec
5. Gatineau
6. Montreal
7. Sherbrooke
8. St. John's, Newfoundland and Labrador
9. Vancouver
10. Halifax

Weather



TODAY: SUNNY

HIGH OF 14 LOW OF 9



TUESDAY: SHOWERS

HIGH OF 20 LOW OF 14



WEDNESDAY: SHOWERS

HIGH OF 17 LOW OF 9



THURSDAY: SUNNY

HIGH OF 17 LOW OF 7



FRIDAY: 60% CHANCE OF SHOWERS

HIGH OF 14 LOW OF 6

Ben by Daniel Shelton



LOCAL NEWS

Families from the community were invited to enjoy an afternoon of activities, games, a bake sale, and prizes.

Malawi fundraiser attracts little party people



MATTHEW MCCULLY

The age of the partiers at The Gait on Saturday afternoon was well below average, as the Transformative Praxis: Malawi team hosted its second Children's Fair. Organizers Kassandra Norrie and Kristen Dobler were ready at the front door to welcome children and give them a passport with a list of activities to check off during their visit to the action packed fair. Norrie said that last year the event raised \$1,500, and the TPM members hoped match or even surpass last year's total. Families from the community were invited to enjoy an afternoon of activities, games, a bake sale, and prizes. The event included guest appearances from the Bishop's Cheerleading Team, Bishop's Dance Team, and Rainbow Country Cloggers. All funds raised will directly towards the construction of an elementary school on the TPM Campus in Kasungu, Malawi. TPM's next fundraiser will be a live art show on Nov.18 at The Gait.

Firehouse Productions Fundraiser



LINDA HOY

During The Hut's 16th annual Country Music Awards, members of Firehouse Productions took the opportunity to present a cheque for funds raised at the recent Terri Clark concert held at Centennial Theatre. Seen here are Firehouse reps Scott Passmore, Francois Gilbert, and Chris Fowlis presenting Hut President Kevin MacIver with a cheque for \$2785.00, raised through Clark's concert.



UNITED STATES ELECTION 2016 MAUREEN DOWD WITH CARL HULSE



Maureen Dowd is a Pulitzer Prize-winning *New York Times* columnist who has covered seven presidential elections. In September 2016, she released her latest book, *The Year of Voting Dangerously: The Derangement of American Politics*. Ms Dowd will share her wry humour and acerbic insights into the most controversial presidential race in modern history.

Carl Hulse, Chief Washington Correspondent of *The New York Times*, will lead the conversation. Mr. Hulse is one of the U.S.'s leading political journalists and has reported on events in Washington for 30 years.

Thursday, October 20th
7:00 pm, Centennial Theatre, Bishop's University

Free admission — this is a non-ticketed event
See www.ubishops.ca/donald for details

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser

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

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

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

L.E.S
1 Academy St.
Lennoxville

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

The Hut honours Country musicians

The Hut was hopping with Old Time Country on Saturday, leading up to the presentation of the 16th annual Country Music Awards. This year's recipients were Dave McBurney, Gordie Smith and Terry Sutton.



LINDA HOY

Gordie Smith and Dave McBurney



NINA STUBBART

Terry Sutton receives lifetime achievement award

6th edition of Barter and Trade is fast approaching

Record Staff
SHERBROOKE

The 6th edition of Kingsey Falls' Barter and Trade event is back once more to give brand new life to old goods.

From October 21 to 23, Cascades and the town of Kingsey Falls are inviting the region's citizens to come to the town hall (at 7 Tardif St) to barter and trade

their goods in an event that celebrates sharing and reusing.

Barter and Trade has been gaining popularity every year, owing to its win-win philosophy. For every item you bring, another great find can be yours. No financial transactions are necessary.

The list of accepted items is long and includes clothing, dishes, toys, CDs and DVDs, sports equipment and accessories, electronic devices, small appliances, fur-

niture, books and more. There's just one requirement: All items must be in good condition or they will be rejected. Participants can bring their items and trade any time from 9 a.m. to 8 p.m. on Friday, and from 10 a.m. to 4 p.m. on Saturday and Sunday. A team of volunteers will be on hand at all times to keep the event running smoothly.

At a time when the sharing economy and second-hand economy are high-

lighted, Barter and Trade is in its full glory. Since it was first started, some 30,000 items have been brought to the event, while 22,000 have been brought home. Last year alone, 8,500 articles were received, of which 6,700 found new owners. Over 800 people participated over the three days—a record attendance. What's more, all remaining items at the end of the activity are donated to regional organizations.

Harvest lunch for Potton's children



THE SCOOP

MABLE HASTINGS

On October 5, the Missisquoi North Volunteer Centre "Nutri Sante" program held its annual fall Harvest Lunch at the Baluchon French elementary school with the students from Mansonville Elementary English school as invited guests. The children were treated to a delicious fall meal with produce from the children's garden which is organized by Karen Tinker.

The members of the Nutri Sante committee are: Christian Donaldson, Hether Fankhauser, Denise Sansoucy, Madeleine Soucy and Janine Sourdif. This group strives to bring healthy cooking, food choices and an opportunity for young children to have the experience of not only eating the food but growing and preparing it as well.

Janine Leclerc is a precious volunteer who is always present and lending a

hand at the various Nutri Sante workshops and events. The Harvest Lunch also benefitted from the help of Fiona Campbell, a member of the CAB Board of Directors and this was appreciated by the committee. Organizers also noted the help of the parents and staff from both schools.

Prior to the lunch, the students gathered in the Baluchon school gymnasium where the Director, Stephane Gevry welcomed and thanked all who made the lunch possible. His words were echoed

by MES Principal, Catherine Canzani and teacher, Dan Aucoin. Chairperson of the Nutri Sante committee, Madeleine Soucy praised the children for their interest and enthusiasm and the school personnel for working in collaboration with the Nutri Sante and CAB on this and other projects.

The food was colorful, nutritious and delicious and while some opted not to eat it all, many enjoyed tasting the fruits of their labour. While the soup seemed to be a favorite of the younger children,

the older students preferred the pesto bread and dessert!

To find out more about Nutri Sante or any of the other Missisquoi North Volunteer Centre groups and programs, visit: www.cabmn.org



PHOTOS BY MABLE HASTINGS

Comité Nutri Santé



Malcolm McNeil

The Wales Home Foundation

CONT'D FROM PAGE 1

doubled the need to create some kind of charitable foundation, and by the early 1990s, the Wales Home's executive committee had approved the plan.

"Although I think we all realize that the purpose of foundations are to raise money, there is more to it than that," the former executive director said, explaining that the foundation also allowed the home to protect donations from the possibility of government appropriation and ensure that the money went towards the betterment of the home as a whole.

The foundation was eventually established in 1991.

"I don't know how the smiles on our faces didn't break the side windows of the car" McIver recalled, thinking back on the return trip from getting approval for a charter in Ottawa.

Looking at the years since, current foundation President Burton McConnell outlined a long list of accomplishments

that have been made as a result of the foundation's existence. Foremost among these was the gathering of close to \$25 million in funds raised through donations, bequests, and investment income.

"As a result, while the Wales Home is approaching its 100th year, it is not 100 years old inside," McConnell said, explaining that close to \$17 million of that total has been spent offsetting operational costs over the years as well as on renovations and new equipment. "It is a very modern operation."

For the next step of that modernization, present-day executive Director Brendalee Piironen outlined the broad strokes of a three stage plan to expand and modernize the Wales home between now and 2021.

Beginning in just a few weeks, excavation will begin for a 13,000 square foot expansion on the front of the main building that will eventually include a day centre for the wider community, centralized administrative offices, expanded and improved recreation and training spaces as well as a therapeutic swimming pool. The first phase of the project will also include a relocation of the home's shipping and receiving doors and a modernization of its waste disposal services with an eye to safety. According to Piironen, the second and third phases of the work will involve an expansion of the long term care facilities and the construction of new, two bedroom apartments with an eye to the expected influx of baby boomers over the coming decade.

In order to help fund this work, as

well as the usual operational costs that the foundation usually covers, the 2016 fundraising campaign for the home has set its goal at \$300,000, one sixth of which was already raised by the annual

golf tournament.

More information about the Wales Home and the Wales Home Foundation is available at www.waleshome.ca



GORDON LAMBIE

Glenn Brock, President of the Wales Home executive committee; Brendalee Piironen, Executive Director; and Burton McConnell, President of the Wales Home Foundation, breaking ground on the 13,000 square foot expansion planned for the front of the Wales Home on Saturday morning. According to Piironen, the construction work is set to start in the coming weeks and should be completed by June of 2017.



GORDON LAMBIE

Wales Home Executive Director Brendalee Piironen was presented with the medal of the National Assembly on Saturday in recognition of her commitment to the local community.

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THE RECORD

in saying thank you to our veterans

PHOTO OF YOUNG CANADIAN SOLDIER

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

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 10 on Townshippers' contribution to the war effort.

Send photos before November 4 to classad@sherbrookerecord.com

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

EDITORIAL

He is a master con man who is demonstrating before our eyes the famous 'Peter Principle,' which describes how people generally rise to a level just above their competence.

The Great Divides



MIKE McDEVITT

The long, horrible – and at times hysterical – 2016 United States presidential election is finally coming down to its inevitable dénouement and, in 22 days, Americans will have elected either a highly unpopular woman or a slavering lunatic to the “highest elected office in the free world.” That should be the end of it, as the people will have spoken, but this election has been like no other in terms of its divisiveness, nastiness, and jaw-dropping personal attacks and there is every indication that neither side will go down without a fight if the voters turn against them.

A key factor in the success of any democratic form of government is its ability to maintain the trust of the electorate. In most western democracies, the losing sides of an elections gracefully accept the will of the people' and concede their defeat. In multi-party elections, most often a government is formed from a coalition of those elected through compromise and negotiations. In both cases, the assumption is that the public will accept the results.

Recently, unhinged Republican Party nominee Donald “the Donald” Trump has begun to deliberately undermine this confidence by insisting that a vast conspiracy is afoot to steal the election from him. It's the same conspiracy that sabotaged his microphone during the first candidates' debate, making him sound unprepared, ignorant, crude, and petulant. It is also the same conspiracy that tricked him into behaving like a complete boor for most of his life and having the nerve to believe the recorded evidence as opposed to his sacred Word. He has also dispatched hordes of his 'deplorables' to 'be vigilant' on Election Day, as nothing ensures democracy like well-armed man-boys intimidating people at the voting booth.

With the support of virtually every

white nationalist hate group, militia, and evangelical fanatic, Trump has fanned the insecurities of the dying middle class and the anger of the white working poor, and presented himself as some sort of white messiah who alone can solve the nation's ills. Rather than combating the ignorance of the masses, he has embraced it and given it room to grow and a place to coalesce.

Although the Donald has managed, in spite of himself, to corral the manufactured hatred of Hillary Clinton and keep the race close. The fact is that there has rarely been a more qualified candidate. Trump, on the other hand, has proven beyond all doubt – and several times over – that it would be difficult to imagine a person who has less knowledge, experience, common sense, common decency, loyalty, or self-awareness. As his fortunes plummet, he cannot fathom that he is his own worst enemy. His campaign has been sabotaged, to be sure, but not by anything the Hillary camp has done. It has been undermined by the leader's own unbelievable crassness, determined ignorance, and his utter contempt for the people he's hustling. He is a master con man who is demonstrating before our eyes the famous 'Peter Principle,' which describes how people generally rise to a level just above their competence.

Although it's beginning to look like Trump's campaign will go down in flames, the impact it will have on the American political conversation will likely be felt for many years to come. Trump is the inevitable product of the Republican Party's half-century strategy of pandering to the fears of conservative Middle America, allied with repressively fundamentalist Christian organizations, and much of the billionaire class. It has sold its soul to the NRA and dedicated itself solely to partisan politics and an unregulated 'free' market. It has nursed the hatred and fear that runs through American society and vigorously promoted the idea that if it weren't for Democrats, minorities, women, gay people, hippies, tree huggers, and Obama, the US could regain the divinely granted perfection the national myth describes.

Things are not much better on the Democrat side, given that their own candidate is one of the most unpopular (and, ironically respected) people in the coun-



try. So disliked is she, that she almost had the nomination snatched away from her once again, this time by an aging, angry socialist who came from nowhere to challenge the heir-apparent. While many of his – mostly young - supporters will dejectedly hold their noses and support her out of fear of an Orange deluge, they will do so unwillingly and with little enthusiasm. Hillary is seen as the 'lesser of two evils, but evil just the same.'

With this in mind, it is fairly clear that regardless of who wins the upcoming vote count – and the potential drama in the Electoral College – the next American president will be sworn in with a majority of the population unhappy with the result. What happens next remains to be seen.

If current trends hold, it is extremely likely that Donald Trump will be soundly defeated come November 8. If he is, then the Republican Party will be faced with an existential crisis. There will be those who believe that Trump will have been robbed, that the system is irrevocably broken, and, as many have suggested, a revolution of sorts might be necessary to keep the awful Hillary from forever corrupting the Supreme Court. This gang will also be bitterly angry at the Republican Party itself for the failure of many of its most prominent figures to provide the Donald the kind of support he needs, with many coming out vigorously against him. Feeling betrayed and abandoned on all fronts, some of Trump's most ardent supporters will opt to put their well-known inclination to violence into action with

'patriotic' acts of violence and intimidation. Believing that they represent the 'true will of the people,' these people are not very likely to fade away.

A similar conundrum faces the defeated followers of the Bernie Uprising, who hate Hillary almost as much as Republicans do – for entirely different reasons. Bernie Sanders represents the left-wing of the Democratic movement and his message succeeded in motivating a number of people who generally have rejected the policies and attitudes of both major parties. While many will probably hold their noses and vote for Clinton, if they vote at all, others will instead support a hopeless third party candidate. The question remains, however, as to what they'll do afterwards. Will they fall back into the stupor that has characterized the left in recent decades, or will they continue to fight for an entirely new approach? Having been enthused by the Bernie phenomenon, it remains to be seen whether that enthusiasm for change can survive in meaningful form until the next election.

In summary, regardless of who wins next month, the next president will face a brand new political landscape. The Republican Party is facing an all-out civil war, regardless of who wins. The Democrats face a less challenging future, but have nevertheless been given warning that they will have to adapt rapidly to hold on to their reluctant left wing. The two-party system that so characterizes the American republic is perhaps facing its greatest threat. This could be a very good thing, but it won't be a pleasant one.

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Local Sports

The 9-point differential would be the closest the Gaiters came to evening the game's score.

McGill Redmen best Gaiters 37-14 under the lights

By Dylan Konecny

McGill came into Lennoxville with the goal of moving to 0.500 on their season and they did just that, winning by a final score of 37-14 on Friday night for their third victory of the year. The Redmen offence was in full force under second year offensive coordinator Benoit Groulx, outgaining the Gaiters on offence by a margin of 575 yards to 108. The large gap in yardage was caused by the Redmen's ability to gain first downs, while the Gaiters struggled to muster any consistent offence. The Redmen were able to chew up the clock while continually wearing down the Purple and Silver defense.

The score was 23-0 for McGill by the time the whistle blew for the half. After heading back to the locker room the Gaiters were able to get some points and attempt a comeback shutting out the McGill offence in the third quarter and scoring two touchdowns of their own.

Alexandre Bouffard was able to get the Purple and Silver on the board with

an 11-yard touchdown reception from Mathieu Demers capping off a 65-yard, seven play touchdown drive.

McGill looking to respond to the lone Gaiters offensive score, marched down the field all the way to the Bishop's 1-yard line. Facing 3rd and goal, the Gaiters stuffed McGill quarterback Frédéric Paquette-Perrault at the point of attack, knocking the ball loose in the process. In the immediate scramble following the fumble rookie defensive back Arnaud Dandin scooped up the ball at Gaiters' 6-yard line and bee-lined to the end zone with a caravan of teammates ensuring a McGill free path for the 104-yard score, cutting the score to 23-14.

The 9-point differential would be the closest the Gaiters came to evening the game's score. McGill closed out the win with two more touchdowns in the fourth quarter while the Gaiters failed to strike again on offence for the remainder of the game.

The Gaiters will next take on the Laval Rouge et Or, at the hostile Telus Stadium in Quebec City this upcoming Sunday



ALAIN BELANGER

Alexandre Bouffard was able to get the Purple and Silver on the board with an 11-yard touchdown reception from Mathieu Demers capping off a 65-yard, seven play touchdown drive.

before returning home for their Senior 2016 football regular season on Coulter Game against the Concordia Stingers Field. Saturday October 29th, closing out the

Canada's Gillis, DuChene post 5th place finishes at Toronto Waterfront Marathon

By Lori Ewing
THE CANADIAN PRESS

The oldest record on Canada's track and field books - Jerome Drayton's 41-year-old marathon mark - is another day older.

Eight weeks after his 10th-place finish at the Rio Olympics, Eric Gillis believed he had a decent shot at Drayton's elusive mark. But the humidity, slick roads, and nagging knee pain played havoc with his morning, and the Canadian finished fifth at the Scotiabank Toronto Waterfront Marathon, more than two minutes off record pace.

The 36-year-old from Antigonish, N.S., knew by the 25-kilometre mark it wouldn't be a record-breaking day.

"I couldn't open up my stride after I got a sore knee," Gillis. "I was focused on getting that sorted out, then it was more just a comfort thing, I wanted my knee to feel better. It never did.

"Then the last 10K, was thinking 'I'm not on pace for barely anything. And my knee hurts. I just want to get home.'

"But I'm glad I did this, it was a good learning experience," he added. "It's disappointing. Disappointing, but no regrets."

The 36-year-old from Antigonish, N.S., crossed in two hours 13 minutes 44 seconds to win the Canadian men's title. Drayton's record is 2:10.09. There was a bonus of \$41,000 - \$1,000 for every year the record has stood - for a record run.

Kenya's Philemon Rono was first in 2:08:27.

Krista DuChene of Brantford, Ont., who made her Olympic debut in Rio nine weeks ago, won the women's Canadian title, and finished fifth overall in 2:34.02. Rachel Hannah of Toronto was right behind her in sixth, while Dayna Pidhoresky of Tecumseh, Ont., was seventh.

"I really wanted this win, this was my year, with Rio and then deciding to do this," DuChene said. "I wanted a national championship again. I knew with the conditions, that there's no way fast times were going to happen, so it was all about being patient and using my marathon experience."

Shure Demise of Ethiopia won the gold in 2:25.18.

Gillis and DuChene took a risk running two marathons just two months apart. But Gillis, whose 10th in Rio was Canada's best Olympic finish since Drayton was sixth in 1976 in Montreal, said he'd do it again. Now, the two plan to take a well-earned rest. DuChene spoke dreamily about looking forward to eating pecan tarts and chocolate chip cookies.

The 39-year-old mother of three joined the chorus of angry voices about Athletics Canada's tough marathon standards for the 2017 world championships announced a few days earlier. The women must run 2:29.50, prompting frustration among Canada's best.

Sunday's conditions, DuChene said, just weren't conducive to fast times.

"I think this is a wakeup call for the

harsh standards that were set. I was in easily 2:30 shape or faster," said DuChene. "Whether they'll reconsider I don't know, but it's a little bit ridiculous that I was the first person and I didn't even make the standard. I didn't even make the B let alone the A, so that speaks for itself. Humidity is a silent killer."

There were a couple of world records on the day. Ed Whitlock of Milton, Ont., shattered the world mark in the 85-90 category, running 3:56.38. The previous record was 4:34.55.

The 85-year-old holder of numerous world marks joked at the post-race news conference about the pressure to break

another.

"I don't want to disgrace myself, I suppose," said Whitlock.

When asked the age of his teal running singlet and scuffed running shoes Whitlock said he couldn't remember.

"They're well-aged," he said, prompting laughter.

Canadian Calum Neff broke the world record for running with a stroller, pushing his four-year-old daughter Alessandra to a time of 2:31.26 - the fifth fastest Canadian man on the day.

He recently broke the half-marathon stroller mark running with a younger daughter.

ETIAC Soccer schedule Oct. 17 to Oct. 23

Bantam Girls

Mon., Oct.17 Galt at Salesien 4:15
Tues., Oct.18 RRHS at Stanstead 4:15
Tues., Oct.18 Salesien at MVR 4:15
Thurs., Oct.20 RRHS at Galt 4:15
Fri., Oct.21 Stanstead at Salesien 4:15

Bantam Boys

Mon., Oct 17 RRHS at Stanstead 4:15
Tues., Oct 18 Salesien at MVR 4:15
Wed., Oct 19 RRHS at Galt 4:15
Wed., Oct 19 Stanstead at Salesien 4:15
Fri., Oct 21 BCS at SC 4:00

Junior Girls

Tues., Oct.18 RRHS at Stanstead 4:15
Thurs., Oct.20 RRHS at Galt 4:15
Sat., Oct.22 BCS at Galt 11:00

Junior Boys

Mon., Oct 17 RRHS at SC 4:15
Wed., Oct 19 SC at BCS 4:00
Wed., Oct 19 RRHS at Galt 4:15
Sat., Oct 22 BCS at Galt 11:00

Senior Girls

Thurs., Oct.20 Galt at MVR 2:30
Fri., Oct.21 BCS at Stanstead 4:00
Sat., Oct.22 MVR at BCS 10:30

Senior Boys

Wed., Oct 19 SC at BCS 4:00
Thurs., Oct 20 Galt at MVR 4:15
Sat., Oct 22 MVR at BCS 10:30

In Memoriam



MASON - A tribute to our Mom, Marjorie Mason, who died October 16, 2006.

MOM

Thank you Mom for all that you have done,
 You took great care of your daughter and sons.
 You loved us all from the very start,
 With your warm kind and loving heart.
 Thank you Mom for being strong
 While trying to teach us right from wrong.
 If anytime we had a problem
 You were there to help us solve them.
 You'd lift us up when we were feeling blue
 Thank you Mom for we could always count on you.
 You were such an awesome mother
 The love you showed us was like no other.
 Thank you Mom for your dear, sweet love
 Now you'll watch over us from heaven above.
 (By Nicole J. Heath)

Think of you every day Mom.

All our love,
**WESLEY, BRIAN and BARB
 AND FAMILIES**



DO JUST ONE THING
 By Danny Seo

Instead of poisons or glue traps to keep field mice out of your home, try prevention to live in harmony with them. Use a flashlight outside your home at night to try to find small holes or cracks mice may find to enter. Plug those holes with steel wool or insulation; doing this not only prevents entry for mice, it also helps insulate your home! Field mice also hate the smell of ammonia, so you can soak cotton balls and leave them at points of entry, too, as a repellent.

In Memoriam

PREMONT - In memory of Dorothy Premont who passed away October 17, 2015. In life, she was a "true" and "loyal" friend. In death, she is sadly missed and will forever remain in my heart.

LAURA



Need a reason to run or walk a marathon?

We'll give you 4 million.

More than four million Canadians have arthritis. Find out how you can help by participating in marathons around the world. Train. Travel. Triumph.



For more information, call **1-800-321-1433** or visit us at www.arthritis.ca/jointsinmotion

Datebook

MONDAY, OCTOBER 17, 2016

Today is the 291st day of 2016 and the 26th day of autumn.

TODAY'S HISTORY: In 1931, Al Capone was convicted of income tax evasion and sentenced to 11 years in prison.

In 1933, German refugee Albert Einstein immigrated to the United States, where he would live and work for the rest of his life.

In 1989, a 7.1-magnitude earthquake struck Northern California, killing more than 60 people.

In 2006, the U.S. population topped 300 million for the first time.

TODAY'S BIRTHDAYS: Jean Arthur (1900-1991), actress; Jerry Siegel (1914-1996), writer/illustrator; Arthur Miller (1915-2005), playwright/novelist; Rita Hayworth (1918-1987), actress; Beverly Garland (1926-2008), actress; Evel Knievel (1938-2007), stunt performer; Michael McKean (1947-), actor; Mae Jemison (1956-), scientist/astronaut; Mike Judge (1962-), animator/writer/

director; Ziggy Marley (1968-), singer-songwriter; Ernie Els (1969-), golfer; Wyclef Jean (1969-), rapper/producer; Eminem (1972-), rapper; Felicity Jones (1983-), actress.

TODAY'S FACT: In 1952, Albert Einstein was offered the post of Israeli president, which he politely declined.

TODAY'S SPORTS: In 1968, American Olympic sprinters Tommie Smith and John Carlos were forced to return their medals for raising their fists in protest against racial discrimination during the victory ceremony.

TODAY'S QUOTE: "Movies were much better in the days when I was doing them." — Rita Hayworth

TODAY'S NUMBER: 4 — performances in 1944 of Arthur Miller's first play, "The Man Who Had All the Luck," before it closed to poor reviews.

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

Home blood pressure monitor gives more complete control



ASK DOCTOR K
 By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: My doctor told me to check my blood pressure at home, but he didn't give me many details. Could you provide some guidance?

DEAR READER: Keeping your blood pressure in check is vital to maintaining heart health and preventing stroke. But the way most of us monitor our pressure — by trekking to the doctor's office for occasional blood pressure checks — is far from ideal.

For one thing, it provides isolated snapshots, rather than a complete picture. What's more, measurements at the doctor's office can be elevated. This phenomenon is known as "white-coat hypertension," and it may affect as many as 25 percent of people. Simply put, seeing their doctor — even me! — tends to raise the blood pressure of some people.

The flip side is "masked" high blood pressure. This is when your blood pressure looks fine in the doctor's office but is higher at other times. Maybe some people feel more relaxed when they're in the safety of their doctor's office. Or perhaps their time in the doctor's office is the only stress-free period of their day.

Several studies have shown that people who monitor their blood pressure at home have it under better control than people who do not. How does home monitoring help? More frequent, and possibly more accurate, information provides more opportunities to fine-tune your lifestyle and medications.

To measure your blood pressure at home, you'll need a blood pressure cuff. You can buy a good one at a pharmacy or online for between \$40 and \$100. Get a cuff that inflates automatically, not one you have to pump up yourself. And get one that fits around your upper arm and shows the results on a large, easy-to-read display. The cuffs that fit around your wrist are less accurate.

To measure your blood pressure:

- (1) Sit at a table with your arm resting comfortably on it and your feet flat on the floor. It's easier for most right-handers to take the pressure in the left arm, and vice versa.
- (2) Secure the blood pressure cuff snugly but not tightly around your bare upper arm.
- (3) Rest your arm on the table in a relaxed posture, with the cuff at about the same level as your heart.
- (4) Relax for a minute or two, taking slow deep breaths, and then take the first reading.
- (5) Wait for at least two minutes and take another reading.

Take two measurements in the morning and two more in the evening. Take your measurements at about the same time every day. Be consistent about taking them either before or after your coffee and medications. Avoid taking the measurements right after exercising.

I have high blood pressure — fortunately, well controlled by medicine — and I keep an automatic blood pressure monitor at home and at work. (Yes, I know I've got the real blood pressure machine at work, but the home monitor is easier.) These help me and my own doctor keep my blood pressure under control.

(This column ran originally in October 2014.)

Dr. Komaroff is a physician and professor at Harvard Medical School.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Your Birthday

MONDAY, OCTOBER 17, 2016

A peaceful, methodical approach when dealing with others will be necessary this year. Keep everything in perspective and observe matters before taking action. Certain changes will give you greater insight as time passes. You should identify and then head in the direction that suits you best. Time is on your side.

LIBRA (Sept. 23-Oct. 23) — Don't overspend or take on too much. Setting limits and being disciplined will bring the best results. Keep things simple and strive to maintain your good reputation.

SCORPIO (Oct. 24-Nov. 22) — Boost your confidence with a challenge or novel experience. A little physical adventure will spark your imagination and give you insight into your ultimate goals.

SAGITTARIUS (Nov. 23-Dec. 21) — Refrain from judging others in order to avoid being judged yourself. Share only what you feel is necessary to protect against misinterpretation. If you do your best, you will have no regrets or complaints.

CAPRICORN (Dec. 22-Jan. 19) — Keep your thoughts to yourself until you know where everyone stands. Make an effort to keep the peace and concentrate more on self-improvements, not on trying to change others.

AQUARIUS (Jan. 20-Feb. 19) — Refuse to let emotional issues take charge and ruin your plans. Stay focused on getting things done and negotiating your position in a calm, calculated and thoughtful manner.

PISCES (Feb. 20-March 20) — Trust in

your experience to help you make a good decision that will influence your personal life and reputation. Work on self-improvement instead of blaming others for your failures.

ARIES (March 21-April 19) — Change can be good, but only if you bring it about for the right reason. Don't let anger or frustration drive your actions. Work through problems with grace and aplomb.

TAURUS (April 20-May 20) — Traveling, engaging in physical activities and exploring new interests are favored. Don't rule out someone or something different. You'll learn from the things you experience. Romance will brighten your day.

GEMINI (May 21-June 20) — Keep personal matters a secret. Some of the information you are given will be invalid. Dig deep and get your facts straight before you share your opinion, or your credibility will be damaged.

CANCER (June 21-July 22) — Listen before you react. Situations will turn sour quickly. Confusion and excess will lead to unwanted change. Avoid indulgence, arguments and rash decisions. Offer love and understanding, and avoid conflict.

LEO (July 23-Aug. 22) — You'll have plenty of good ideas and the platform to implement them. Having someone influential in your corner will add to your success. Ask for or call in a favor.

VIRGO (Aug. 23-Sept. 22) — If you look inward, you'll find answers. Taking a retreat or sharing your feelings with someone you care about will help improve your life and encourage good decisions.

MONDAY, OCTOBER 17, 2016

Everyone bids lighter and lighter

By Phillip Alder

G.K. Chesterton, an English poet who died in 1936, said, "Nowadays a citizen can hardly distinguish between a tax and a fine, except that the fine is generally much lighter."

How is "lighter" relevant to bridge? Fine play at the money-bridge table will leave the opponents with lighter wallets. Also, the best players are opening and responding lighter and lighter these days.

Look at the North-South hands — which is the stronger? Do you agree with the auction, or would you prefer a different sequence?

Less experienced players, who like guidelines, may apply the rule of 20. You add your high-card points to the number of cards in your two longest suits. If the total equals at least 20, you are supposed to open at the one-level.

In this deal, South's hand qualifies, but North's does not. However, that South hand is not an opening bid, because it has a potentially useless two-honor doubleton in spades and a load of quacks (queens and jacks). A minimum opening should contain at least one ace or two kings. The North hand, in contrast, fails the rule but is definitely an opening bid. It has two aces, one king

North		10-17-16	
♠	A J 8		
♥	8 7 2		
♦	K 10 9 4		
♣	A 10 9		
West		East	
♠	10 6 5 3	♠ K 9 4	
♥	K 9 5 4	♥ A 10 6 3	
♦	A 8	♦ 7 5 3 2	
♣	7 4 2	♣ Q 3	
South			
♠	Q 7 2		
♥	Q J		
♦	Q J 6		
♣	K J 8 6 5		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♣	Pass	1♦	Pass
1NT	Pass	3NT	All Pass
Opening lead: ♥ 4			

and great intermediates.

The given auction reaches a hopeless spot. Even if North had 10-third of hearts, the contract might fail. I believe that the auction should proceed: pass - one diamond - two no-trump - pass.

Note that even two no-trump goes down if West shifts to a spade before declarer has driven out the diamond ace. The defenders can take one spade, four hearts and one diamond.

CROSSWORD

Across

- 1 Solidifies
- 5 Extends, as a building
- 11 Triple __: liqueur
- 14 Golfer Aoki
- 15 Unfortunate event
- 16 Thurman of "Kill Bill"
- 17 Noir film temptress
- 19 Writing implement
- 20 Therapeutic ointment
- 21 Tenants
- 23 Engineer Nikola
- 25 "___F!": pre-weekend cry
- 27 Homer Simpson's wife
- 28 Football-like sport played with a disc
- 31 Falsehood
- 32 __ Angeles
- 33 '50s prez
- 34 Kareem's former name
- 35 Dangerous current

37 Female pronoun

- 40 Cupid's mo.
- 41 Year, in Spain
- 42 Ate
- 43 Close kin
- 49 "___ Rae"
- 50 "___ who?!"
- 51 Execs, or outfits hanging in their closets
- 52 Goes on the offensive
- 54 Gentle
- 55 Life story, briefly
- 56 Ironic change in destiny ... and, literally, what happens in this puzzle's circles
- 61 Egg cells
- 62 Transition slowly
- 63 __ out a living
- 64 Crossed (out)
- 65 Same-as-above marks
- 66 Fender damage

24 Nobelist Wiesel

- 25 Sporty sunroof
- 26 Develop in the womb
- 29 "I was with my girlfriend all night," say
- 30 No longer encumbered by
- 35 Edited
- 36 "Mockingbird" singer Foxx
- 37 Asian mushroom with an odd spelling
- 38 "Freeze!"
- 39 Breyers competitor
- 40 Storm relief org.

43 Packed up for shipping

- 44 Whodunit reason
- 45 "The Wind in the Willows" croaker
- 46 Help out
- 47 Dating from
- 48 Bungled
- 53 "The Bridge on the River ___"
- 54 Daughters' brothers
- 57 Part of a tennis match
- 58 Padre's hermano
- 59 On a scale of one to __
- 60 Approx. figure

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

Down

- 1 Animated Internet file suffix
- 2 Suffix with Siam
- 3 Meaty dish that would make Mary sad?
- 4 Mogadishu native
- 5 Radio band-switching switch
- 6 Day, in Spain
- 7 Hrs. that begin when we "spring forward"
- 8 "Doctor Zhivago" actor Omar
- 9 "Tall" story
- 10 Amateur night at a comedy club, e.g.
- 11 Exquisite
- 12 Come into view
- 13 As far as the eye __
- 18 Jack of old Westerns
- 22 Stun with a gun
- 23 Rock's Jethro __

1	2	3	4		5	6	7	8	9	10		11	12	13	
14					15							16			
17				18	19	20	21	22							
				20				21			22				
23	24					25	26			27					
28					29	30	31	32		33					
31					32					33					
34					35					36		37	38	39	
					40					41				42	
43	44	45				46	47	48							
49						50				51					
52						53				54					
55						56				57	58			59	60
61						62						63			
64						65								66	

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.

"P'F PR 'MKPCPANM' YRS P AE
YZEJRS ME OPARPRO YRS MNIZI YZI
VIEVCI OBZIYFPRA YRS BZGPRA YRS
PM'O OE OZZIYC." — RPXXP ZIIS

Previous Solution: "Acting is like a sporting match; a tennis game, but no one should win or lose. The game's the thing!" — Jon Polito

TODAY'S CLUE: *λ equals g*

REALITY CHECK

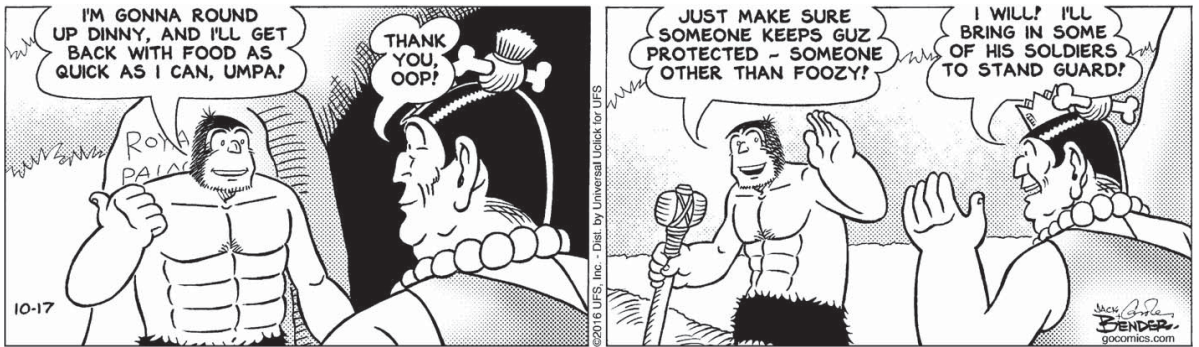


HERMAN



"I told you not to keep asking me to dance."

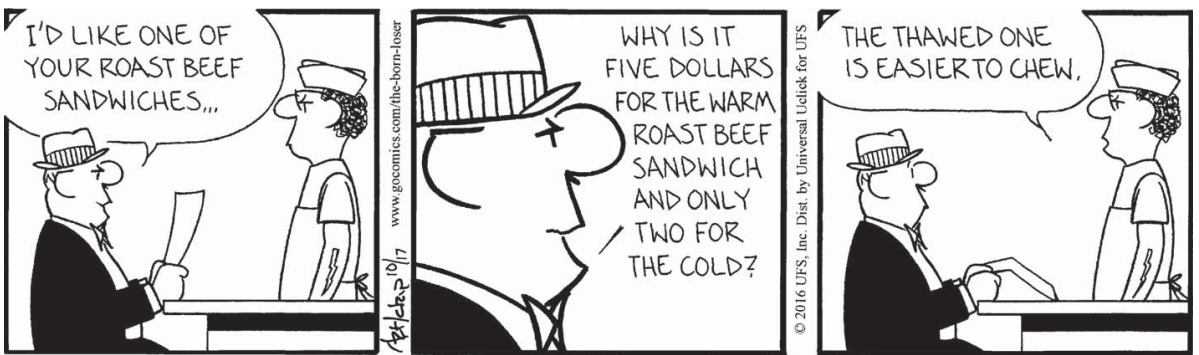
ALLEY OOP



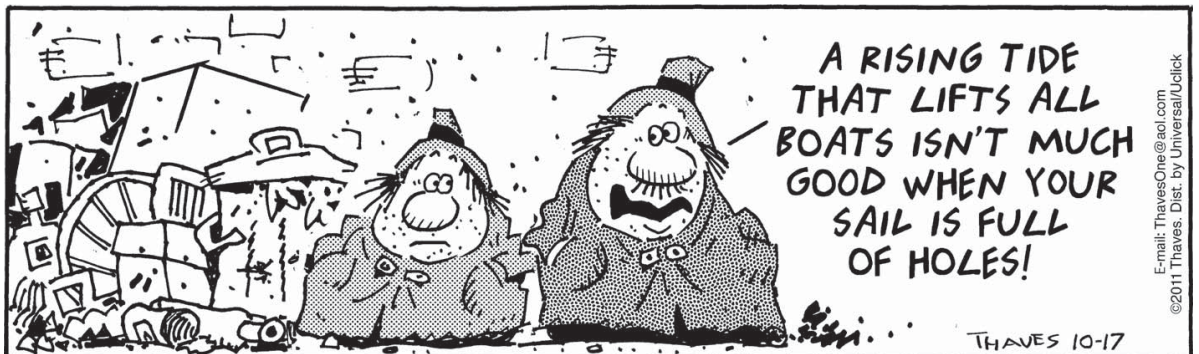
ARLO & JANIS



THE BORN LOSER



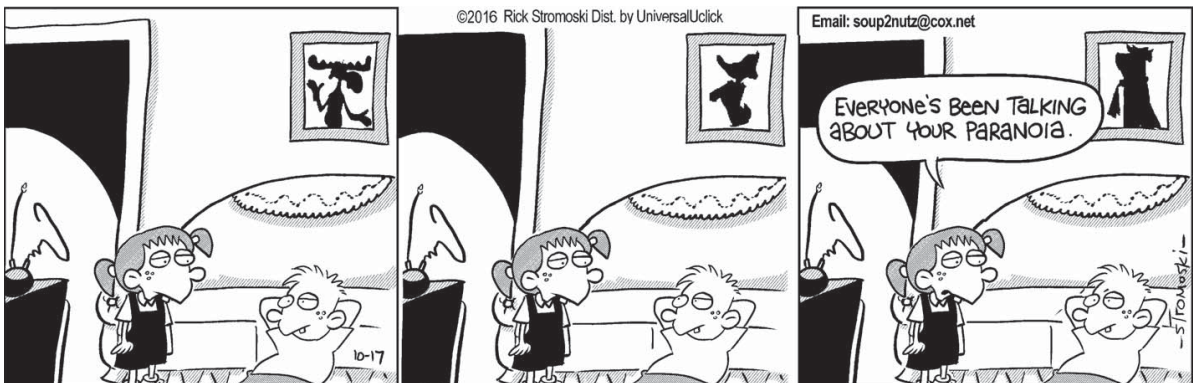
FRANK AND ERNEST



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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
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CLASSIFIED

Let the newbie take care of it

MONDAY, OCTOBER 17, 2016

Annie's Mailbox

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035 For Rent

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www.sherbrookerecord.com

100 Job Opportunities

SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont in private home. Keep records of daily activities, provide personal care; plan, prepare and serve meals; housekeeping and maintain. Room and board, vacation 1 day/month, first year 4% wages. English speaking. Completion of secondary school, first aid and CPR training. Min. one year experience as full time care giving home support, and related occupation. Temp employment contract of 2-4 years, 40 hrs/week, \$12.50 per hour. Please send cv to sdionp3@gmail.com

150 Computers



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PART-TIME COOK needed in Lennoxville. Starting salary \$12.50 per hour, increases with experience. Wednesday, Friday and Saturday nights, approx. 15 to 20 hours per week. Call 819-437-4822.

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Want to find the perfect buy? Look in the classifieds!



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485 Public Notices

485 Public Notices

485 Public Notices

COMMISSION SCOLAIRE Eastern Townships SCHOOL BOARD
 Moving ahead... Together... Aller de l'avant... Ensemble...

PUBLIC NOTICE

In conformity with Article 287 of the *Education Act*, the following is a summary of the audited Financial Statements for the Eastern Townships School Board for the school year ending June 30, 2016:

Summary of Financial Statements

Statement of Revenues and Expenditures

Revenues	77 355 928 \$
Expenditures	76 596 548 \$
Surplus for the year	759 380 \$

Statement of Financial Situation

Financial Assets	41 382 223 \$
Liabilities	96 927 994 \$
Net Financial Assets (Net Debt)	(55 545 766 \$)
Non-Financial Assets	51 750 765 \$
Accumulated Surplus (Deficit)	(3 795 001 \$)

These figures are subject to the external auditor's report

Given at Magog, Quebec, this 17th of October 2016

Christian Provencher
 Director General

SUDOKU

Difficulty: 2 (of 5)

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

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PREVIOUS SOLUTION

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

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

Louise Robinson Scholarship


The Ayer's Cliff Women's Institute has the Louise Robinson Scholarship which is given to a student who attended Ayer's Cliff Elementary School and is going on to continue their education beyond high school.

For further information write to Debbie Smith, 19 Pine Street, Stanstead, QC J0B3E5 or call 819-704-0809. Applications should be in by October 31, 2016.

Selling or buying?

Spread the WORD!

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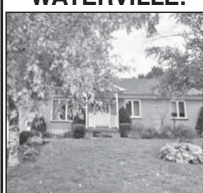
ASK THE EXPERTS

BUSINESS DIRECTORY

REAL ESTATE

HOUSE OF THE WEEK

WATERVILLE: 3 bed. bungalow, open concept, extra bedroom in basement & family room. Large deck. Extra lot incl. that could be sold as a building lot. Large storage/workshop in basement w/outside entrance. Call for details.



Helen Labrecque, Real Estate Broker
Cell: 819-572-1070 hlabrecque@sutton.com

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