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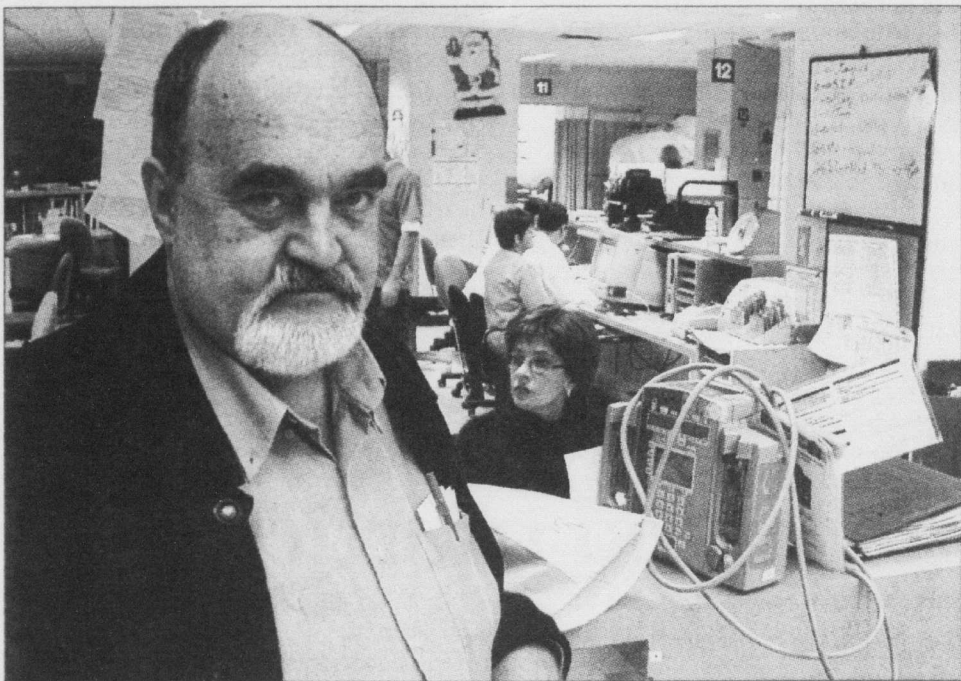
Galt teacher is tops in the fitness world... See Page 13

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MONDAY, DECEMBER 6, 2004

CHUS emergency room doc heads to France to share knowledge



PERRY BEATON/SPECIAL

Dr. Marcel Martin is in France this week to help French hospitals improve their morbidity and mortality meetings. Those meetings, held at the CHUS on a weekly basis, discuss cases where a patient has died because of complications — surgical, medical, or otherwise

By Leah Fitzgerald
FLEURIMONT

If you want to know how well a hospital is working, check out the emergency room.

That, Dr. Marcel Martin, chief of trauma and critical care at the Centre hospitalier universitaire Sherbrooke (CHUS), said is especially true of his own hospital.

Martin has been working in Sherbrooke for the past six years, working to

improve the front line of the hospital.

"If it's working properly, your priorities are patient care," he said. "Just like anywhere else in the hospital."

Martin is in France this week to help French hospitals improve their morbidity and mortality meetings.

Those meetings, held at the CHUS on a weekly basis, discuss cases where a patient has died because of complications — surgical, medical, or otherwise.

SEE ER, PAGE 7

SQ investigating possible power pylon bombing

Staff

Sûreté du Québec explosives experts have sent debris from a damaged hydro pylon to Montreal for testing.

A spokesperson for the SQ, Jason Gauthier, said Sunday that SQ explosives experts are studying the damaged materials. Gauthier couldn't say how many investigators are working on the case.

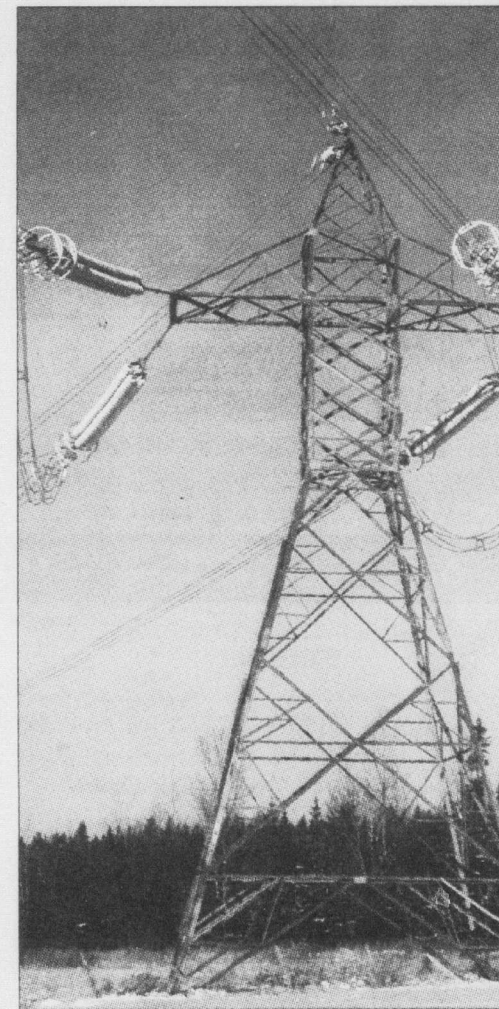
Friday, Louis-Phillippe Ruel, a spokesperson for the SQ in Sherbrooke, said the case was being examined by the SQ's Regional Investigation Bureau.

He would not confirm reports from the U.S. Cable News Network that Canada's anti-terrorist investigators were taking part.

"For now we have no suspects and the RIB is treating it like a typical crime," he said. Ruel said if there is evidence of a terrorist link, the appropriate authorities will be contacted.

Police started their investigation Friday after a hunter from the Coaticook region contacted Hydro-Québec to report damage to a tower on the Radisson-Nicolet-Des Cantons power transmission line. The line transports electricity from James Bay to the U.S., serving mainly the Boston region.

Wednesday, the power company called the SQ, reporting that it looked like someone had tried to blow up the power pylon. The effort failed and power was not disrupted, a Hydro spokesperson said.



PERRY BEATON/SPECIAL

A hunter from the Coaticook region contacted Hydro-Québec to report damage to a tower on the Radisson-Nicolet-Des Cantons power transmission line.

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Fight is on for access to more satellite signals

By Stephen McDougall
SPECIAL TO THE RECORD

Jacques D'Argy, a Drummondville resident who has spent the past five years fighting the federal government over access to more satellite TV signals, said last week he is prepared to continue the fight.

This after learning Ottawa has opted to appeal an October court ruling that ruled limiting access to such signals for Canadians was counter to the freedom of expression provisions of the Canadian Charter of Rights and Freedoms.

"I expected the federal government would appeal this ruling," a disappointed D'Argy said on Thursday evening. "I had hoped the government would have been more open to changing their laws

and letting Canadians get more exposure to the world outside their borders."

The ruling by provincial court judge Danielle Coté gave the federal government's broadcast governing body, the Canadian Radio and Television Commission (CRTC), one year to change the law and allow more than two signal providers the license to beam satellite TV signals into Canadian homes.

D'Argy and fellow advocate Richard Thériault had argued the present law blocked many channels from the United States and Europe. They claimed such restrictions meant less access for viewers to more points of view and broader cultural messages from around the world.

The opponents to this argument, mainly the present satellite providers Bell ExpressVue and Star Choice, plus the Canadian Association of Broadcasters, have maintained the ruling threatens a Made-in-Canada broadcasting system.

"This decision, if allowed to stand, will ultimately af-

fect tens of thousands of Canadians working in our domestic broadcasting industry," said Chris Frank, a member of the Coalition Against Satellite Signal Theft, which backed the government appeal.

Another Coalition member, Julien Lavoie, argued the ruling means more legal problems because many Canadians presently receive the illegal signals through a so-called "grey market."

The Canadians give an American address to an American provider near the U.S.-Canadian border and get the signals for a modest fee.

Lavoie argued Canadians pay no copyright fees to American and European producers and could face future legal action by them.

"Because American providers such as Direct TV do not want to apply for Canadian licenses, the ruling gives Canadians the permission to steal the signals and pay no fees to the programs' original producers," he argued. "They just want a way to get the channels free of charge."

D'Argy and Thériault originally fought the government's Radiocommunication Act after their homes were raided by the RCMP in 1998 and illegal satellite signals were discovered on their TV receiving dish.

The two Drummondville residents

have argued the Act and the CRTC licensing system discourages and blocks satellite signal providers from outside Canada from bringing in programs that convey values and opinions that counter present Canadian government viewpoints.

They also argue the Act gives virtual monopoly to Star Choice and ExpressVue in providing domestic satellite programs.

"The government did not intend for that to happen, but it happened anyway," said Thériault. "There are so many restrictions, that no other satellite provider wants to even try applying for a Canadian license."

D'Argy blames present Canadian Heritage minister Liza Frulla for advocating the government appeal.

"Here she is, a MP who is of Italian origin representing an Italian part of Montreal, and she wants to continue blocking programs that come from Italy and could benefit her ethnic community," he said. "It makes me that much more determined to fight this law."

D'Argy said the appeal could be heard within the next six months at the Drummondville Superior Court.

Officials for the CRTC and Frulla's office could not be reached for comment at press time.

LOTO QUÉBEC		Results	
TVA, the network of draws			
SUPER 7			
Draw 2004-12-03		WINNERS	PRIZES
05 20 35 36 39 43 45	7/7	0	\$7,500,000.00
Bonus: (37)	6/7+	0	\$275,433.20
	6/7	83	\$2,903.60
	5/7	5,324	\$161.60
	4/7	117,619	\$10.00
	3/7+	109,573	\$10.00
	3/7	987,490	Free play
Total sales:	\$14,674,614		
Next grand prize:	\$10,000,000		
LOTTO 649			
Draw 2004-12-04		WINNERS	PRIZES
16 24 26 30 39 42	6/6	0	\$9,457,126.00
Bonus: (06)	5/6+	1	\$381,819.60
	5/6	137	\$2,302.30
	4/6	7,597	\$78.60
	3/6	146,085	\$10.00
	2/6+	120,052	\$5.00
Total sales:	\$18,513,728		
Next grand prize (approx.):	\$16,000,000		
LOTTO 649 NEXT DRAW DECEMBER 8TH JACKPOT \$16,000,000			
Québec 49			
Draw 2004-12-04		WINNERS	PRIZES
11 29 30 33 42 45	6/6	0	\$1,000,000.00
Bonus: (09)	5/6+	0	\$50,000.00
	5/6	15	\$500.00
	4/6	820	\$50.00
	3/6	15,997	\$5.00
Total sales:	\$518,885.00		
Extra Draw 2004-12-03		Extra Draw 2004-12-04	
NUMBER	PRIZE	NUMBER	PRIZE
018149	\$ 100,000	945357	\$ 100,000
Claims: See back of tickets. In the event of discrepancy between this list and the official winning list of L-Q, the latter shall prevail.			

Montreal man arrested for attempted murder

Woman was left for dead in St-Alphonse

By Maurice Crossfield

A bail hearing will be held in Granby Monday for a man accused of beating a woman and leaving her for dead in the woods last month.

Marc-André Legault, 20, was pulled over by Montreal Police at about 2:20 a.m. Friday morning for driving as though he was drunk. Closer verification showed he was wanted for the attempted

murder of the woman.

Legault was then transferred to Sherbrooke, and then taken to the Granby courthouse to be formally charged with seven crimes, including attempted murder, armed assault and assault causing bodily harm.

Sûreté du Québec spokesperson Cst. Louis-Philippe Ruel said another four charges were also laid, mainly in connection with a witness to the beating who went on to press charges of her own against Legault. He will also be charged with armed assault, uttering death threats and illegal confinement.

SEE ARREST, PAGE 3

Weather

Today: Sunny. Increasing cloudiness in the afternoon. Winds becoming east to 20 km/h in the afternoon. High minus 9.

Tuesday: Periods of snow. Low minus 12. High zero.

Wednesday: Snow or rain. Low minus 2. High zero.

Thursday: A mix of sun and cloud. Low minus 7. High zero.

Normals for the period: Low minus 12. High minus 2.

Ben by Daniel Shelton



CMHC withholding \$2.5 billion surplus — Bloc

By Leah Fitzgerald
SHERBROOKE

The ridings of Bloc MPs Serge Cardin and France Bonsant were the first stops on a tour to explore social housing needs across the province.

Christian Simard, Bloc spokesperson on housing and MP for Beauport-Limoilou, said the Canada Mortgage and Housing Corporation (CMHC) is withholding a \$2.5 billion surplus as safety funds, instead of investing that money in social programs.

"We're putting the poorest at odds with the poor," Simard said. "As funding for co-op and subsidized housing expires, we're putting the poor in a position where they cannot pay."

Most subsidized housing can only be run as long as the building has a mortgage. The provincial and federal governments' programs allow for subsidies to bring the rent down for qualified renters.

"In Ascot, a few years ago, the province built housing to meet a need," said Bonsant, the MP for Compton-Stanstead. "Now that the mortgages are finished, the rents are going from \$100, \$125 to \$400, \$500. For people making \$8 an hour, that's a lot of money."

"We're not just talking about homeless people anymore. We're talking about homeless families."

Simard said the CMHC is running such a large surplus for the very first time, despite charging only 3.75 per cent on loans given to home buyers towards down-

others from having homes.

"We need to think about social democracy. Do we want to favour the people lucky enough to afford houses, or have everyone have houses?"

Simard, Cardin, the MP for Sherbrooke, and Bonsant met on Friday morning with some of the grassroots social organizations, including co-operative housing organizations, and municipal housing organizations. The mayor of Stanstead was on hand, as well as representatives from Sherbrooke's municipal housing office.

Simard, who ran a co-operative housing corporation in the Chaudières-Appalaches region, said about 150 units of housing will lose their funding over the next year.

"We put in new units, but we lose the old ones," he said. "We're not getting any closer to solving the problem with the funding we have."

The Bloc is preparing a statement outlining the needs of each region, with Sherbrooke, which has a vacancy rate of 0.7 per cent, and Quebec, which has a rate of 0.5 per cent, at the top of the list. Simard said new constructions in Sherbrooke are not helping the situation because they're not low-cost.

Simard will be visiting other regions of Quebec before and after Christmas to prepare the statement before the next federal budget. He hopes to tap into the \$2.5 billion surplus, expected to rise \$2 billion a year for three years, reaching \$6 billion by 2008.

"That funding will help all of Canada, not just Quebec," he said. "The province of Quebec has done well in providing social housing. But just because the rest of Canada hasn't made use of the funds, it doesn't mean Quebec cannot use more."

Simard said the problems in the rest of Canada are different: A matter of affordability more than availability, which is the main problem in the province of Quebec.



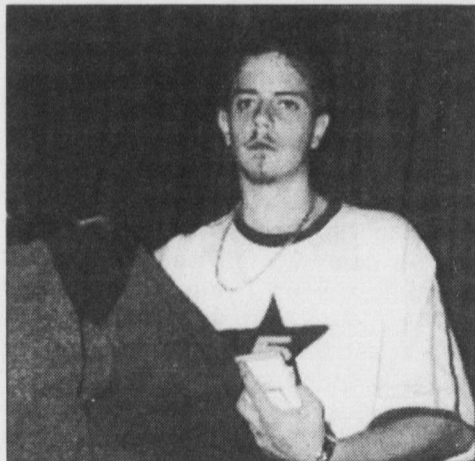
PERRY BEATON/SPECIAL

Beauport-Limoilou MP Christian Simard says there needs to be a good balance between affordability and availability.

"There needs to be a good balance between those two things," he said. "There are working couples building cardboard shacks on the side of the autoroute in Toronto. The cost of housing is too high."

"The government needs to deal with both those problems."

lfitzgerald@sherbrookerecord.com



COURTESY SQ

Marc-André Legault is accused of attempted murder and six other charges.

ARREST:

CONT'D FROM PAGE 2

A further drug trafficking charge is not connected to either of his alleged victims. Legault was not charged with impaired driving.

In the evening of Nov. 21 a group of hunters were in the woods in St-Alphonse-de-Granby when they found the woman. She had been badly beaten, and was in a coma, apparently left for dead. She suffered broken bones and numerous injuries from a blunt instrument. She also had several open wounds.

The hunters went for help, and she was taken to the Granby Hospital. Due to the gravity of her injuries she was then transferred to the Charles Lemoyne Hospital in Longueuil. Though near death at the time, she is now expected to make a full recovery



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TBL councillor says no to snowmobile trail

Residents of West Brome approached by snowmobile club

By Maurice Crossfield

Brome Lake councillor George Bristol said there won't be a snowmobile trail going through West Brome.

Bristol said several residents of West Brome have been approached by members of a snowmobile club, seeking a right of way to connect trails in Sutton with those in Cowansville. The landowners approached so far have turned down the offer.

"Obviously they are making a pretty heavy effort," Bristol said.

In early 2001 the Motoneigistes du Corridor Permanent signed a deal with the Southern Quebec railway to make a trail alongside the rail line between Sutton and Cowansville. The project became controversial because the rail line passes close to a number of private residences.

At the time the Brome Lake council was divided on the issue, with mayor Stanley Neil casting the deciding vote and allowing the trail project. But after that first winter the trail was not used again.

This time, Bristol is adamant that the trail will not be reopened.

"We've been through this before and they are not coming back into West Brome," Bristol said.

Bristol also made reference to a recent Superior Court decision in which people living along a snowmobile trail in the Laurentians were awarded \$1,200 each because of the noise, pollution and high speed of snowmobiles on the nearby trail. In all, some 600 residents along a 30-kilometre stretch of the trail are eligible for the compensation, which will be paid not by the snowmobile club, but by the MRC and the Quebec government.

Lawyers representing the disgruntled residents showed the noise level in a bedroom was higher than standards set by the World Health Organization. The decision awarded compensation to anyone living within 100 metres of the snowmobile trail.

Biker Berger behind bars for 15 months

Hells Angel found guilty of threatening judge

Staff
SHERBROOKE

Hells Angel Claude Berger has been sentenced to 15 months in jail for uttering death threats against a Quebec Court judge who was presiding over one of his cases.

In October, Berger, 55, was found guilty of issuing death threats and criminal harassment of Quebec City judge Jean-Pierre Dumais as well as violating a bail order.

The incident dates back to May 2002, when Berger crossed paths with Judge Dumais at a hardware store in Quebec City.

During trial the court was told that Berger came up to Dumais and said: "Mon hostie, m'a t'avoir." (I'm going to get you.) The court also learned that Berger asked a store employee for the judge's home address.

A week later, when his house and a car were vandalized, Dumais put two and two together and filed a complaint against Berger.

During sentencing arguments in Trois Rivières on Friday, the Crown recommended Berger serve more than two years in a federal penitentiary. Berger's defense lawyer cited jurisprudence that suggested a more lenient sentence of between six and 15 months behind bars in a provincial jail.

Judge François Beaudoin determined Berger should serve 15 months.

Berger was a founding member Sherbrooke Chapter of the Hells Angels on Dec. 4, 1984, when the former Gitans gang swore allegiance to the notorious bikers.

Once a high profile member of the gang, Berger recently declared he had retired from the Hells Angels and asked for his job back as a music teacher at the Collège de Sherbrooke. But while Berger said he had retired and that he's no Angel, an arbitrator ruled that he failed to prove he no longer had any ties to the criminal organization.

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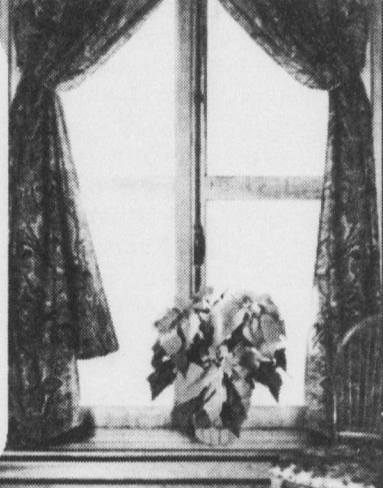
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† André Gaumond
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Leaders' friendship good for business — Parisella

By Patricia Burns Sakal
SPECIAL TO THE RECORD

Pointing to a post 9/11 mindset and comparing Bush's message, "Who makes you safer?" to Kerry's "Four more years of the same," John Parisella, political analyst and broadcaster, made the recent U.S. election outcome somewhat more understandable at the Quebec-New England Cross Border Forum last Thursday.

In an unscripted and refreshingly candid talk, Parisella offered his own views on America's move to the right. He began by answering the question that still confounds most Canadians, "How could George Bush possibly have won such a decisive electoral victory?"

With politics and cross-border trade so interlinked, Parisella described a bad news-good news scenario. In a nutshell, the bad news is the increasingly protectionist attitude south of the border.

The good news is that Canadians can expect an almost business-as-usual climate. One example, he noted, was that beef exports are expected to resume within a matter of months.

Parisella firmly believes in the old saying, "The business of America is business."

The Quebec-New England Cross Border Forum is a new organization founded by business people on both sides of the Quebec-Vermont border. Its mission is to keep Townshippers and northern Vermonters aware of diverse aspects of our relationship, particularly as it affects cross border trade.

The Forum kicked off an ambitious agenda with a conference hosted by Stanstead College followed by a luncheon for members of the Sherbrooke Chamber of Commerce then Parisella's talk on hot button issues.

The recent presidential visit to Canada coupled with the warm relationship between Bush and Paul

Martin bode well for the future of U.S.-Canada trade, which currently stands at approximately \$400 billion US.

"But regional trade conflicts, for example softwood lumber, will take time to resolve because in matters subject to the Free Trade Agreement, U.S. Congress plays a decisive role," Parisella said.

The broadcaster, author and academic told the audience that the time has come for Canada's voice to be heard loud and clear. If that means saying no to U.S. pressure, so be it, Parisella said.

On the other hand, he recommended a revamping of Canada's current international stance. Parisella used a new term, muscular multilateralism, meaning a redefinition of Canada's role in the world and the allocation of funds to talk the talk and also walk the walk.

He believes that stronger airline security and a stronger force of Canadian Peacekeepers around the world would heighten the decibel level of Canada's voice.

Lastly, reflecting America's creeping conservatism and the belief among many Canadians that we are worldlier, Parisella cautioned, "Before we scoff at Blue State values, let's remember that only a few decades ago, Quebec schools and hospitals were tightly controlled by the church.

"Furthermore, if we're pointing fingers at politicians opposed to same-sex marriage, we need look no further than Ralph Klein."

Although quick to acknowledge our differences, Parisella is convinced that Canadians and Americans agree on much more than they disagree upon.



COURTESY BCP

John Parisella believes that stronger airline security and a stronger force of Canadian Peacekeepers around the world would heighten the decibel level of Canada's voice.

Government grants \$300,000 to local firm

Staff

Premier Jean Charest recently announced a \$300,000 grant from Emploi-Québec for workers at FilSpec last Friday.

FilSpec (short for "fils spécialisés," the company's main product) started operating in August.

It was originally called Groupe Cavalier Textiles until it closed down and reopened as a co-operative enterprise, where employees own part of the business.

The \$1 million training plan is part of an ex-

pansion plan for the plant. The expansion will cost about \$9 million before it is completed.

The factory plans to buy equipment from the Cavalier Textiles factory in Sherbrooke.

FilSpec expects this training to increase production between 30 and 40 per cent in two years and to lead to more than 200 jobs and 90 new positions.

The factory makes specialized threads, including special anti-static fabrics, as well as canvas and other fabric products.

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Community Forum

Is the environment a priority for the Liberals?

A couple of weeks ago, Natural Resources Minister John Efford boldly told Canadians that his Liberal government "will meet our Kyoto targets."

A couple of days ago, it was confirmed that Efford, in true Liberal envi-fash-ion, was blowing smoke.

His own deputy minister, George Anderson, told a conference in Australia three months ago that it will be "a stretch" for Canada to reach even a portion of its targets to meet the Kyoto pact to reduce greenhouse gases contributing to global warming.

"The measures we have announced were presented as closing about two-

thirds of the gap, but that is a stretch," Anderson informed the 19th World Energy Conference in Sydney.

"There is even a question of how we are going to move forward on this plan."

So what was Efford talking about? Where is his evidence that the Liberals will meet their Kyoto targets? There is no evidence. Not one shred. Not even a dimpled chad.

Seven years after the Liberals signed the pact, two years after ratifying it, a year after Paul Martin took over the prime ministership complaining that his party didn't have a Kyoto plan . . .

they still don't have a plan!

But they have plenty of talk, and even more dither. Talk and dither, prattle and jabber, cough and ponder; that's what our business Liberal Martin has delivered instead of real action.

The green-talking PM leaves brown tracks back home as he jets around the globe on his world-statesman tour, says NDP leader Jack Layton. He'll introduce his party's "doable" plan next week to meet the Kyoto targets.

Layton reminded a Vancouver audience Thursday of this gem quote from Martin 14 years ago:

"If other nations have to build their economy on weapons, I don't know why we can't build our economy on what is the greatest war, cleaning up the environment."

No doubt it was said with the same level of bombast Martin uses today to defend his indefensible eco-record. And it was clearly just as hollow then as his 2004 bombast.

Layton recalled another Liberal "Red Book" promise from 1990, to cut Canada's greenhouse-gas emissions from fossil fuels by 20 per cent by 2005. The reality? Greenhouse-gas emissions have

risen 20 per cent in Canada since 1990. There are 25 days to 2005, Mr. Martin.

Great record there, given that 81 per cent of Canadians in a September CROP poll support Kyoto.

In a later Centre for Research and Information on Canada poll of 3,200 people, concern for the environment topped all other issues. The truth is that Martin the business Liberal is too busy bending over backwards for the oil, auto and power industries to bring in the tough measures required to reduce pollution.

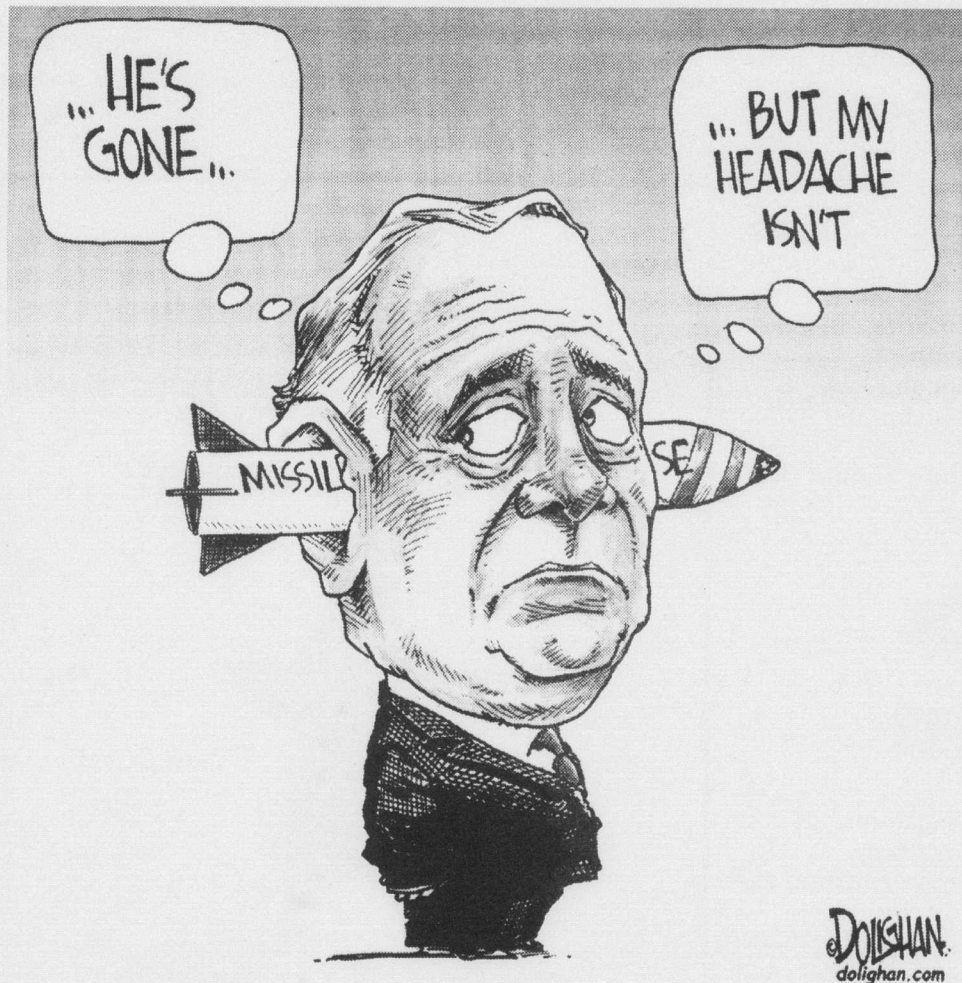
Rather than introduce mandatory fuel-emission standards for cars, the Liberals still rely on useless "voluntary measures" from auto-makers they're busy giving \$500-million in subsidies.

Even Republican Gov. Arnold Schwarzenegger's California has stronger fuel standards than Canada, Layton notes.

When Ottawa's environment commissioner attacked the Liberal record in October, Fisheries Minister Geoff Regan promised a wild-salmon policy in "a matter of weeks."

Where is it? Still being talked about, and dithered over.

The business Liberal way.



LETTERS TO THE EDITOR

Column travelled

DEAR EDITOR,

Re Ellen Goldfinch column

Ellen: You will be shocked that your article (of Nov 11, Remembrance-Day), made it to teeny, weeny Ocean City, Maryland, which I am sure you cannot find in your dictionary atlas.

Maybe the one great issue U.S. voters had to consider was between a Texan with endless malapropos, a doofy swagger, a solid C student at Yale, a librarian spouse who, I am sure, did her best, and two neat party-loving chicks, vs. a Bostonian Brahmin with French and Swiss proclivities, two smart daughters, a spouse who fled Mozambique with the Portuguese Army when the rebels showed up on their Colonial lawn, five knock-out homes, courtesy of generations of the Heinz family, and a tricky, funny, hard to explain tour in Vietnam. Both spent time in the Yale Skull and Crossbones fraternity, of which I seem to have no understanding of purpose.

As you know the Red and Blue states came out close to even in raw numbers of voters, but one has to look at the Red and Green counties that make up each of these states to get a better picture of how and why.

Ellen, I think it was a comfort fac-

tor that meant the most to voters, if there be any such thing! As to the intellectual giants and elite that governed the major colonial powers in the First and Second World Wars, who had no problem sending millions of GIs to do the dying, and the tens of millions of poor souls who were slaughtered, I think I lean towards a do-do bird, extinct as they are.

Whether the U.S. and its allies can pull off a change in the Middle East is very, very dicey: Preemptive war is never desirable although I do well remember how folks from Second World War have always argued "if only we had done something with Hitler!"

Nice article, Ellen, with some decent, OK, humour.

RAY SAWYER,
Ocean City, MD

PS: Oh, Ellen, by the way, my paternal parent came from Canuck parents who came to the U.S.A. in 1905 right there from giant East Angus, or whatever it is called today. I hate to think what the Parti Québécois have in store for renaming Sawyerville!

Why don't you toss a few of your real-life zingers to take on the local Bloc and Parti Québécois? I simply can't imagine Americans standing for that hate and discord, disguised as a political party, that grew from a visit by De Gaulle.

THE RECORD

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CONT'D FROM PAGE 1

The review process is part of continuing quality control on the hospitals part, and allows for continuing education of the hospital's current roster of doctors, as well as training for interns and residents at the hospital.

"Hospitals often have reviews, but sometimes it's months later," he said. "We go immediately, two days, a week later."

The CHUS' "morbidity and mortality" meetings, which has been under Martin's direction for the past six years, have included everyone involved in the case which is chosen specifically for the complications involved in resuscitation. The case can come from any section of the hospital — the operating room, emergency room or even intensive care. From the paramedics first on the scene of an accident to the pharmacist to the nurses and doctors, each tells their part of the patient's story.

"You get through each person's part, and stop them, move to the next, stop them," he said. "You don't want to hear about what else might have caused the problem, just what actually happened."

"Everyone has to get over their reticence about the process. We need truthfulness to get the full benefit."

The meetings are an hour and a half long, with the hospital's interns and residents introducing the cases. During the meeting, Martin said anyone is free to say what they felt didn't go as well as it could.

"If they have a problem with a certain procedure, say their arm was in the wrong place, they can go practice in the simulation room," he said.

The meetings will soon reach a new level, with a chance of video reviews of certain areas in the hospital thanks to a new system installed by the engineering faculty at the University of Sherbrooke.

The cameras, which were built especially for the trauma rooms by the engineering faculty at the University of Sherbrooke, focus in on the action on the stretcher, even adjusting angles if a head gets in the way.

The video monitoring centre is removed from the action, but it allows for Martin to intervene with the doctors below if something is seen on the cameras that could be fixed.

Martin said that before he arrived there were five cases of patients with improperly installed breathing tubes. There hasn't been one in the last five years.

"With the simulation room, a doctor can go back and practice until things are just right," he said.

"With an intubation, there are eight moves, not nine. Eight. You practice until it is perfect."

Martin said preparing constantly until procedures are automatic means that doctors can more easily handle difficult situations.

"Right now, we're looking more at patients who fall into grey zones," he said. "We have one specialist say what he did, and then we have others disagree, followed by discussion. It's good for the interns and residents to see other sides of the situation."

It's not just the doctors who benefit. Martin said the meeting could discuss details such as equipment placement, inter-departmental communication, and anything that might contribute to the complication.

"We look at how it can be prevented, and what to do the next time to improve the quality of care," he said. "We've been using it in simulations for over a year now, and it's worked well. We're just starting to use it with real patients."

Martin said there will be a study done using the cameras, with the possibility of some trauma specialists being able to manage cases from home through the

video uplink.

"It could change the composition of entire trauma teams," he said.

In the meantime, the beeper message for a major injury will still call all 22 members of the team to the trauma centre.

Martin left Quebec to work in the U.S. more than 20 years ago to work at Clark County hospital in Chicago, where the TV show ER was based.

"It was the first trauma centre," he said. "There were none in Canada for many years."

He says that despite ER using his old stomping grounds as a basis, the show doesn't truly describe what goes on in an ER room.

"Those guys have adrenal glands the size of your fist," he said. "Their hands are always shaking, they're always yelling."

"In a trauma room, there's only one person talking, the lead doctor. Everyone else is completely quiet."

Martin will tour several hospitals in France, to help them set up a camera system and improve their own "M and M" meetings by guiding meetings while he is there.

lfitzgerald@sherbrookerecord.com

Disappearance of uniforms and badges not a threat: Report

By Norma Greenaway

Canadian authorities were poised to deliver a report to Transport Minister Jean Lapierre today that says there is no significant threat to aviation operations by the disappearance of more than 1,000 uniform parts, name tags and metal badges used by airport security screeners.

A spokesman for the Canadian Air Transport Security Authority (CATSA) said Sunday an investigation by the agency into the missing items turned up nothing serious to worry about.

"The report will detail exactly what the situation is, concerning the (missing) uniform pieces," said Kevin McGarr, CATSA's vice-president of strategy. "It will also state that we do not believe this poses a serious risk to aviation security."

Lapierre ordered the investigation after a report Friday that CATSA had reported 1,127 uniform parts, including 89 metal badges, lost or stolen during the first nine months of this year.

The minister also called on authorities at airports across the country to intensify security by double-checking employees' identity cards. Lapierre's spokeswoman Irene Marchette said Sunday the stepped up security continues pending the minister's response to the report. McGarr said most of the missing items were not important in the security sense. He cited 639 names tags bearing only the first name of the employee and 130 clip-on ties as examples. McGarr said the only complete uniform missing was lost in the house fire of a security officer.

—CanWest News Service

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See Tuesday's paper for the answer
from your professionals.



Helen Labrecque

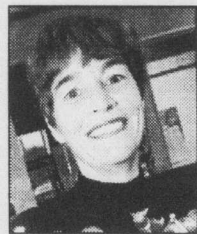


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MONDAY, DECEMBER 6, 2004 PAGE 8

The comforting fragrances that come with the holidays

You've decorated the house better than years gone by, stacked tons of presents under the tree, spent more time and money than you wanted to, but still there seems to be something missing. Something you can't put your finger on, something you know should be there. What could it be?

Well, there was a time, not so many years ago, that a person could walk through any apartment building, or into any home during this time of the year and be delighted by the smell of holiday spices drifting through the air.

Sadly times have changed, and instead of filling our homes with the fragrance of homemade baked goods, we opt for conveniently packaged, hydrogenated laden cookies, buns and cakes selling at our local store.

Homemade can be a lot more reasonable, much healthier and even taste like the real thing, but today we are talking about something more valuable — it's the feeling of security, being loved and that "everything is going to be all right" rush that permeates our subconscious when we walk into a home and are greeted by certain familiar smells.

AROMATHERAPY

It is believed that the essential oils derived from different plants emit a variety of aromas that produce different emotional and physiological reactions on us. People who believe and use aromatherapy to relax and heal buy small containers of the specific oil for each remedy, then it's heated in an oil burner to release its fragrance.

While this can be a nice relaxing way to incorporate

aromatherapy into your life, why not do it by cooking something fabulous? Using our kitchens for something other than heating up take out or frozen food will produce the added benefit of making memories for our families and ourselves and thus create the "comfort" foods we all hold dear throughout our lives.



ANNA MAY KINNEY

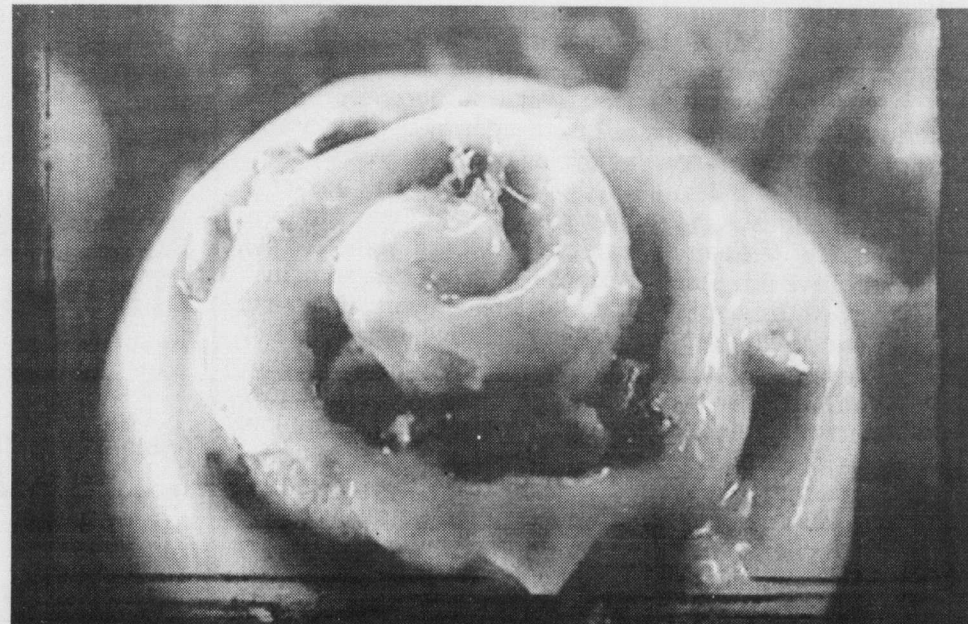
Haven't we all walked into a home on a cold winter's day and suddenly felt all comfy, warm and loved as we inhaled the aroma of hot chicken soup? Just close your eyes for a second and envision those childhood gingerbread men and I bet you will almost be able to smell them baking in the oven. Somehow buying them in the grocery store does not have the same effect.

While there are many spices, herbs and foods that will have a positive effect on our memories and emotions, today I'd like to talk about just one of these — cinnamon.

THE HEALING QUALITIES OF CINNAMON


Cinnamon is not only a great spice for aromatherapy, but it has proven itself to have healing qualities when ingested. Cinnamon is the brown inside layer of bark off the cinnamon tree, which is an evergreen tree native to Sri Lanka and India.

PLEASE SEE CINNAMON, PAGE 12



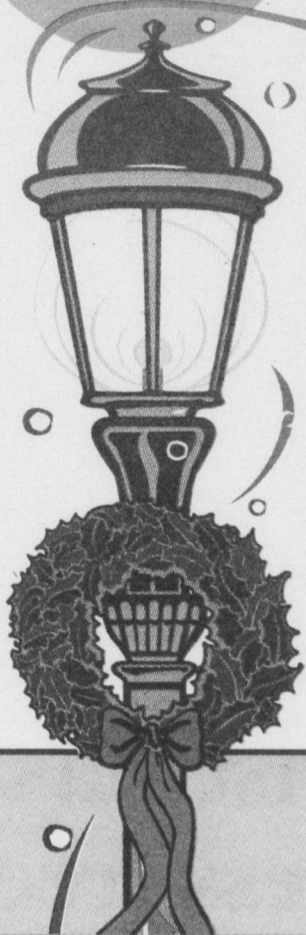
COURTESY ANNA MAY KINNEY

This mouthwatering cinnamon bun could have some healing powers.



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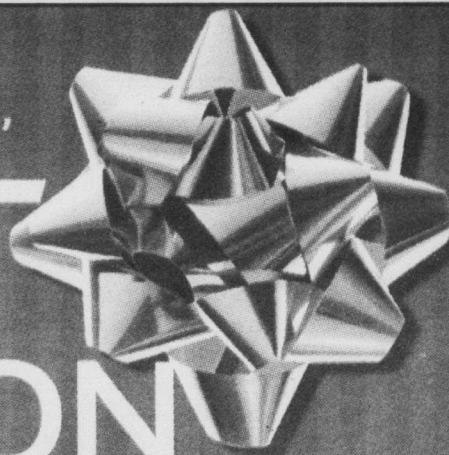
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NATURE'S WAY

CINNAMON:

CONT'D FROM PAGE 8

It's sold in its dried tubular form or ground into powder. Chinese and Ceylon are the two types of cinnamon. While both have similar flavour, the Ceylon is slightly sweeter, more refined and more difficult to find in local markets.

One of the earliest recorded recipes using cinnamon comes out of the Bible. In Exodus 30:22-25 it explains the recipe for making a holy anointing oil mixture, which includes myrrh, sweet cinnamon, calamus, and cassia.

Cinnamon has been used for centuries for various medical and non-medical purposes. It's known to treat all kinds of stomach disorder, which include nausea, vomiting and diarrhea. It can often relieve gas and bloating.

What's amazing is that researchers have discovered that cinnamon con-

tains insulin-like properties, making common cinnamon recommended in treating type II diabetes.

Scientists believe that some of the health benefits may include decreasing blood glucose levels as well as cholesterol and triglycerides, all of which are especially significant for diabetes sufferers. Cinnamon is considered safe when taken in recommended dosages, and has hardly any side effects.

A word of caution: Before self medicating with any health supplement, consult with a doctor who has a complete understanding of the drugs you are taking as well as all your health problems.

CHRISTMAS MORNING CINNAMON BUNS

- 1 cup warm water
- 2 packages of yeast
- 2 1/2 cups dark brown sugar
- 1 cup warm milk
- 2 1/3 cups melted butter

- 2 teaspoons salt
- 2 eggs, slightly beaten
- 6 cups all-purpose flour
- 2 extra cups of flour to work in if needed
- 3 Tablespoons ground cinnamon
- 1/2 cups chopped nuts, optional
- 4 cups powdered sugar
- 2 tsp. vanilla extract
- red and green food colouring
- 6 tablespoons hot water

Directions: Dissolve yeast and 1 tsp. sugar in warm water; set aside. In a large bowl, mix sugar, milk, melted butter, salt, and eggs; stir well and add to yeast mixture. Add flour making beating smooth as you add, then stir in enough of the remaining flour until dough is slightly stiff.

Turn out onto a well-floured board and knead for 8 minutes. Place dough in a greased bowl, cover, and let rise in a warm place until doubled in size, 1 - 1 1/2 hours. Punch down dough and let rest for 5 minutes.

Roll dough out on floured surface into a 15" X 20" rectangle. Brush melted margarine over dough.

Mix together sugar and cinnamon and nuts, then sprinkle over dough. Roll up dough and pinch edge together to seal. Cut the roll into 12-15 slices. Brush the bottom of a 13" X 9" X 2" baking pan with melted butter, then sprinkle with 1/3 cup sugar. Set cinnamon roll slices close together in pan. Cover pan and allow to rise in a warm place for 45 minutes.

Bake in a 350 degree oven for 25-30 minutes, or until golden brown. Stir together 2/3 cup melted butter, powdered sugar, and vanilla. Stir in hot water, 1 tablespoon at a time, until glaze reaches desired spreading consistency.

Once the glaze is ready to spread divide it into two bowls, add a couple of drops of red coloring to one bowl and a couple drops of green to the other, frost buns when cooled.

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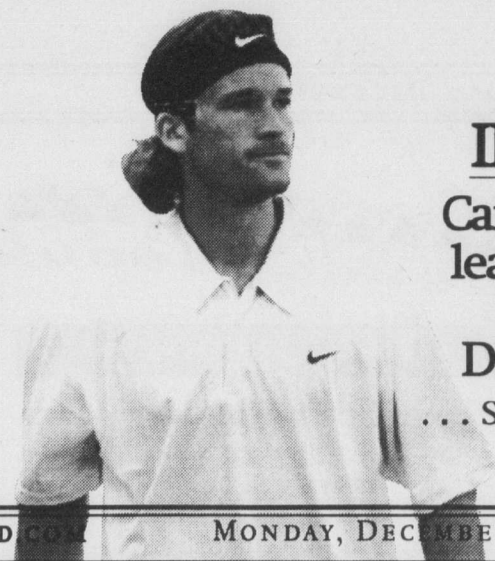
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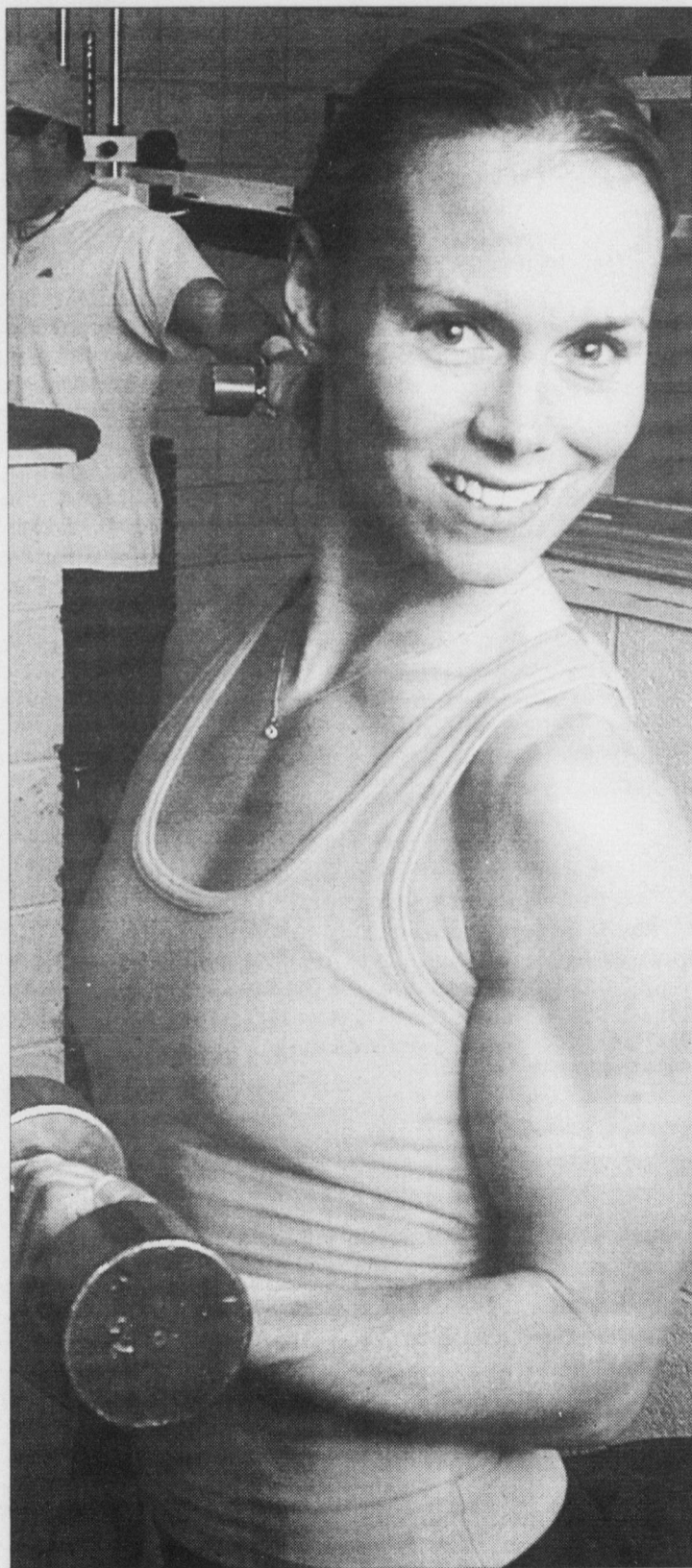
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MONDAY, DECEMBER 6, 2004 PAGE 13



INSIDE
Carlos Moya
leads Spain
to the
Davis Cup
... see Page 14

Galt teacher on top of fitness world



By Mike Hickey
SPECIAL TO THE RECORD

The Eastern Townships has been the home of many outstanding athletes who have gained fame at the highest levels of their sports, including two-time Olympic medalist Clara Hughes, Olympic cyclist Lyne Bessette, Super Bowl champion Tom Nutten, the father-son tandem of Kaye and Jake Vaughan and NCAA champion Lori Gear to name but a few.

One elite athlete who, by the nature of her sport, is often overlooked, is Lennoxville's Allison Ethier.

Ethier achieved a rare feat this year when she captured both the Fitness Canada and Fitness America titles, another outstanding achievement in a long list for the five-foot-five athlete.

Ethier, who teaches math at Alexander Galt high school in Lennoxville, won the Fitness America crown two weeks ago in California as she overcame travel and jet lag to give one of her finest performances in her illustrious career as an international fitness competitor.

The fact that Ethier decided prior to the competition that this would be her last Fitness America event made the victory even more satisfying.

"I always evaluate each competition to see if I want to compete in the same event the next year," Ethier explained in a recent interview. "I decided before hand that I wanted to compete in other events such as Ms. Fitness, so I wanted to put on a good show."

This is exactly what she did as she performed one of the best routines of her career en route to first place in the prestigious event.

"I was so calm doing the routine and I knew I was connecting with the judges," Ethier recalled.

Like many other sports such as figure skating or diving, fitness competitions are decided by judges who are sometimes biased in their scoring.

"If the judges don't like you there is not much you can do about it," Ethier said matter-of-factly. "That's what happened last year in the Fitness U.S.A. — the judges didn't like me and that was that. But I could tell this year when I left the stage that I had aced my routine and they were behind me."

The routines were held in the morning and Ethier had a huge lead heading into the final event, the swimsuit competition.

"I just needed to do well in the swimsuit competition and I did, it was a great feeling," Ethier said.

After she returned to Lennoxville, the Maritimes native toned down her normal hectic training pace for a little R and R and took time to determine her next step in her fitness career.

Ethier's status in the fitness world has enabled her to break even financially and she readily admits that she doesn't compete for any material rewards.

"There are only about four to five women who make money by competing in fitness or bodybuilding," Ethier explained.

"I am at that point now where I can cover my expenses and break even. I have sponsors that pay for my Web site

SEE FIT, PAGE 14

Saint-François and Dragons treat fans to brawl

By Mike Hickey
SPECIAL TO THE RECORD

The North American Hockey League has tried to sell itself as a legitimate professional league this year and take advantage of the National Hockey League lockout, but it has been a tough sell at times.

This is mainly because despite the addition of several NHL players and numerous hockey journeymen, the main feature of the league is fighting. In fact, many of the fights prearranged.

This week, the league announced that plans to save the struggling Saguenay franchise have failed and the team was folding.

The Saguenay team was rumoured to be sold and moving to St-Jérôme but the deal fell through

at the last moment. As a result, the league was forced to pull the plug on a team that won only three games and was averaging less than 500 fans a game.

Overall, the league has seen an increase in attendance and attracted the services of some talented players including former Montreal Canadien Donald Brashear. Brashear promptly informed anyone within earshot that he was joining the NAHL to stay in shape and not to take on the role of a goon. However, he has been challenged by opposing players in just about every game he has played in.

While league officials dispute the assumption that the NAHL is simply a goon league that

SEE NAHL, PAGE 14

PERRY BEATON/SPECIAL
Alexander Galt math teacher Allison Ethier won titles at two major competitions this year — Fitness Canada and Fitness America.

NORTH AMERICAN HOCKEY LEAGUE

SPORTS NOTEBOOK

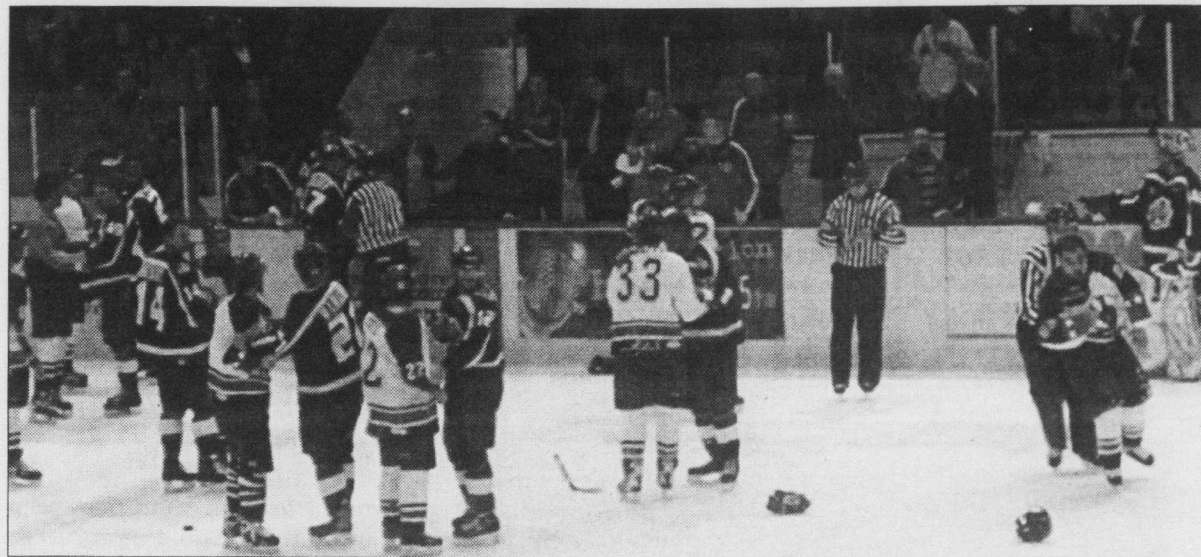
Moya stellar as Spain wins Davis Cup

Spain won the Davis Cup final over the United States on Sunday, clinching the best-of-five series when Carlos Moya beat Andy Roddick 6-2, 7-6 (1), 7-6 (5) for the American star's second loss in this final.

Moya's decisive victory put the home country ahead 3-1. American Mardy Fish beat Tommy Robredo 7-6 (8), 6-2 in an inconsequential fifth match, leaving Spain with a 3-2 victory before a sellout crowd of 27,200 that included Prince Felipe, heir to the Spanish throne.

This was the second Davis Cup championship for Spain, and its third final in five seasons. The Americans were shooting for their 32nd title and first in nine years.

Moya took the match when Roddick netted a backhand off the Spaniard's serve. Moya dropped to his back on the red clay, and Prince Felipe leaped from his chair with a two-fisted salute. Moya raced over and reached up to shake the Prince's hand and that of his wife, Princess Letizia.



COURTESY SHERBROOKE SAINT-FRANÇOIS

The next meeting between the Sherbrooke Saint-François and Verdun Dragons should be an interesting one.

NAHL:

CONT'D FROM PAGE 13

attracts fans thanks only to fights, two recent events suggest that the purity of the game is secondary in the league.

The league's insistence on delivering an entertaining package at the expense of the game itself was brought home this week when the head coach of the Quebec team was fired despite the fact that the team was in first place.

The Quebec Rayon-X, which entered the weekend on top of the East Section with a league-best 18-4-0-1 record, fired head coach Karl Goupil and replaced him with Michel Laurendeau. The reason given for firing a first-place coach was simple; the Quebec team wasn't entertaining enough, which is a polite way of saying the team put a great emphasis on playing good hockey and not enough time fighting.

IN SHERBROOKE

Well there was plenty of entertainment Friday night at the Palais des Sports Léopold-Drolet in Sherbrooke — NAHL-style entertainment that is.

Goupil could have learned a few things about on-ice entertainment when the Sherbrooke Saint-François and Verdun Dragons engaged in an old-time dust-up that saw both benches clear at the

6:44 mark of the opening period — to the delight of the 2,347 fans in attendance.

It all started when Verdun's James Desmarais was assessed a roughing penalty. Sherbrooke goaltender Luc Bélanger then took off after Desmarais and suddenly both benches cleared and fans were treated to several individual skirmishes as the officials tried in vain to restore order.

It took the officials more than 15 minutes to restore order and sort out the penalties. Sherbrooke's Louis Bédard, Roger Maxwell and Jason Simon were handed game misconducts for their transgressions as were Steve Bossé, Marc Tardif and Maxime Bouchard of Verdun.

"I've never done that before," said Maxwell, who was run for being the first player to leave the bench. "But that wasn't a show tonight. Desmarais ran our goalie and we had our power-play guys out there and they had their fighters. We had to do something."

When the two teams got down to actual hockey, the Saint-François held the upper hand as six different Sherbrooke players scored goals. Bédard and François Bélanger staked the home team to a 2-0 lead and when Verdun's Dominic Chiasson cut the lead in half, Martin Duval and Jean-François Grégoire scored to give the Saint-François a 4-1 win.

Sherbrooke is now two points behind the second place Dragons in the West Section.

FITNESS

FIT:

CONT'D FROM PAGE 13

(<http://www.allisonethier.com>) and I am not doing this to try to make money. I have spare time every day after teaching and in the summer and this gives me a goal to strive for."

While Ethier has received plenty of ink in such trade magazines as Oxygen and Natural Muscle and was highlighted in ESPN's Fitness America series, the successes and failures of a fitness competitor often goes overlooked by the mainstream media and general public.

Not that there have been many failures in Ethier's five-year career on the fitness circuit.

In 1999 she won the World Natural Sport Fitness Champion and Miss Fitness New Brunswick, a title she held for two years. Two years later she cap-

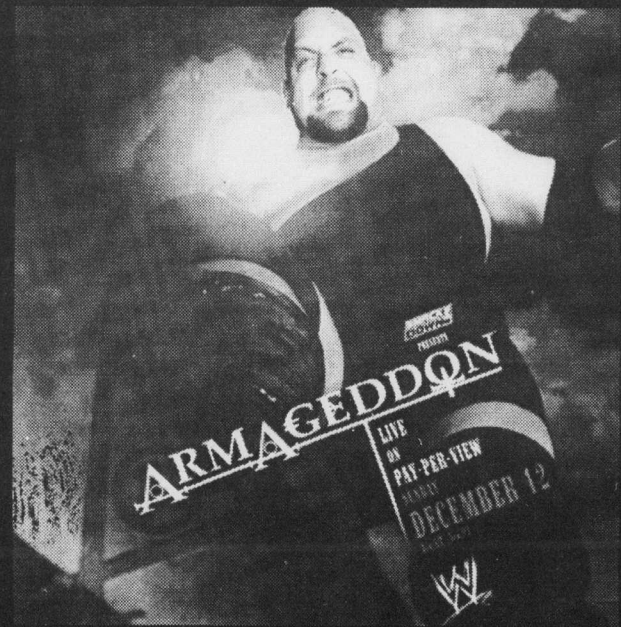
tured the Fitness Atlantic crown, won competitions in Miami-South Beach and participated in the ESPN Fitness Series.

Two years ago was a break out year as Ethier was named Fitness America ESPN Series Champion, Bodyshock "Routines Only" Champion, Fitness Canada Series Champion, Miami-South Beach, was runner-up in the Champion Fitness Canada Pageant and placed sixth in the Fitness America nationals.

For now Ethier is taking a short break from the rigorous training that sees her in the gym every morning before class and then back for another session in the afternoon.

"I am going to slow down for a few weeks and decide where my next competition will be," Ethier explained. "The training will be lighter and then it is back in the gym for eight weeks to get ready for the next competition."

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Deaths

CLARK PORTER, Janice Enid 1929-2004 - Passed away on December 4, 2004, after a courageous battle with cancer at the Brome Missisquoi Perkins Hospital, at the age of 74 years. Her husband and sons were at her side. She leaves to mourn her beloved husband John Gordon Porter of Waterloo. Her dearest sons John Scott Porter (Susan Porter), Christopher Glenn Porter (Hélène Parent). Her cherished grandchildren: Natasha Edwards, Marleigh Edwards, Jaimie Erin Porter. Predeceased by her parents: Stanley Clark and Leucetta Barnett Clark. Dear sister and sister-in-law of Garth Clark (late Audrey), Beverly Clark (Maurice St-Amant), Henry Porter, Doris Porter, Alice Porter Romaniuk, the late George Porter, Frank Porter, also survived by several nieces and nephews, others relatives and friends. Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium. Relatives and friends may join the family to pay their respects and share memories on Wednesday, December 8th from 7 to 9 p.m., at the Bessette & Sons Funeral Home, 5034 Foster St., Waterloo, tel.: 450-539-1606 or 1-888-730-6666, fax: 450-539-3035 www.familiebessette.com A memorial service will be held on Thursday, December 9, 2004 at 11 a.m., at the St-Luke's Anglican Church in Waterloo. Family will be present at the church one hour prior to the service to receive condolences. Interment will be at the Dunkin Cemetery. The family extends their heartfelt thanks to the ICU staff of the Brome Missisquoi Perkins Hospital. In lieu of flowers, a donation to the Brome Missisquoi Perkins Hospital would be appreciated.

FLETCHER, Lyla Elizabeth (nee Cook) - Passed away at age 97 on December 3, 2004 at the Oakville Trafalgar Memorial Hospital. Daughter of the late Peter and Martha Cook of Inverness, Quebec. Predeceased by her siblings, Phemie, Lennie, Annie, Archie, Eva, Walter, Carrie, Stella, Ethel and Gladys. She is sadly missed by her many nieces and nephews. Friends will be received at the Ward Funeral Home, 109 Reynolds St., Oakville, 905-844-3221 from 2-4 and 7-9 p.m. Sunday. Service in the Chapel Monday morning at 11 a.m., with interment at St. Jude's Cemetery, Lakeshore Road, Oakville. In lieu of flowers, donations to your favourite charity would be appreciated.

Deaths

GRAHAM, Roberta - Peacefully at the Wales Home, Richmond, Que., on Friday, December 3rd, 2004 at the age of 83. Roberta Beryl Richardson, beloved wife of the late William (Billy) Graham, mother of Carolyn (Mahlon Grapes), Aubrey (Anne Sundborg), Gladys (Lloyd Fisk) and Linda (Willie Fisk); Grammie of Tanya (Andrew Littlejohn), Jeff (Brenda Marrotte), Laura (Kevin Burnham), Michael (Trisha Smith), William John (Kori Kennedy), Robbie (Cathy Clements), Sandy (Kirk O'Connor), April (Eric Judge), Shawn (Amy Kingsley); Great-Grammie of Nicole and Mathew Littlejohn, Brianna and Kaleb Grapes, Cortney and Kelsey Burnham, Jenna, Jordan and Ryan Graham, Liam Graham, Xavier Fisk, Nicholas O'Connor and Alyssa Jude. Roberta also leaves to mourn her brother-in-law Ronald Rothney and sister-in-law Roberta Smith, many nieces, nephews and friends. Resting at the Cass Funeral Home, 6 Belvidere St., Lennoxville, Que., where visitation was held on Sunday. A funeral service will be held in the Lennoxville United Church, on Monday, December 6th, 2004 at 10:00 a.m., with Rev. James Potter officiating. Interment in Maple Leaf Cemetery, Randboro, Que. As memorial tributes, donations to the Wales Home or to the Maple Leaf Cemetery would greatly be appreciated by the family.

HOEKSTRA, Oege 1915-2004 - Passed away at the Brome-Missisquoi-Perkins Hospital in Cowansville, Que., on Saturday, December 4th, 2004 in his 90th year. Oege Hoekstra, beloved husband of 65 year of marriage to Hiltje Reitsma. He leaves to mourn his sons Linge and Bart of East Farnham, his daughter Minke of New Mexico, his seven grandchildren and seven great-grandchildren, his sister and nephews, nieces from Ontario, Richmond, Windsor Mills and Quebec, also other relatives and friends. At press time arrangements with the graveside had not been confirmed. Please call at the funeral home (450) 263-1212 for further information. In lieu of flowers, donations can be made to the Brome-Missisquoi-Perkins Hospital Foundation, 950 Principale, Cowansville, Que., J2K 1K3, would be appreciated by the family (forms available at the funeral home). Funeral arrangements entrusted to the Desourdy Wilson Funeral Home, 104 Buzzell St., Cowansville, Que., J2K 2N5, tel.: (450) 263-1212, fax: (450) 263-9557, email: info@desourdywilson.com Dignity Memorial

Death

LUNDERVILLE, John 1917-2004 - Passed away at the Brome-Missisquoi-Perkins Hospital in Cowansville, on Wednesday, December 1st, 2004, in his 88th year. John Lunderville, beloved husband of Cynthia. Loving father of Tom (Peggy), Susan (Doug) and Martha (Wilfried), grandfather of Benjamin, Joseph, Katherine and Jennifer, also his brother Dr. William Lunderville of Toronto, his nephews and nieces, cousins, many other relatives and friends. A memorial service will be held a later date. Donations in his memory to the Brome-Missisquoi-Perkins Hospital Foundation, 950 Principale, Cowansville, Que., J2K 1K3 would be appreciated by the family. Funeral arrangements entrusted to the Desourdy Wilson Funeral Home, 104 Buzzell, Cowansville, Que., J2K 2N5, tel.: (450) 263-1212, fax: (450) 263-9557, email: info@desourdywilson.com Dignity Memorial



McCOURT, Clifford - at the CHUS Fleuri-mont Hospital, December 3rd, 2004, at the age of 80. Beloved husband of Jeanne d'Arc Labrecque of Windsor. He leaves to mourn his children: Danny (Raymonde Toussaint), Muriel (Roy Perkins), Sheila (Charles Oakley), Karen (Peter Boersen), Roy (Karen Coffey), Diane (Patrick Massé), Nelson (Jennifer Knowles), Tina (Daniel Marcotte); his grandchildren Tanya, Kim, Tommy, Angela, Stephen, Stephanie, Michael, Sean, Megan, Daina, Andy, Keven, Ian, Danika and Elizabeth. He was the grandfather of the late Joshua. He also leaves his great-grandchildren Antony, Isaac and Abigail; his mother-in-law Irene Maheux (late Rémi Labrecque); his brothers Russuel (Barbara), Elston (Henriette) and the late Clayton (Dora) and the late Melvin (Olive); his brothers and sisters-in-law of the Labrecque family, as well as many nieces, nephews, cousins and many relatives and friends. Mr. McCourt is resting at the Coopérative Funéraire de l'Estrie (Maison Boisvert), 64, 3rd avenue, Windsor, Québec J1S 1X9. Dir. Lionel Turgeon. Tel.: (819) 845-3992, fax: (819) 845-3007, email: info@coopfuneraire.com. Visitations will be on Tuesday, December 7, 2004 from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. Funerals will occur Wednesday, December 8, 2004 at 2 p.m. at the Salon de la Maison Boisvert. Ashes will be put in Windsor Cemetery.

Cards of Thanks

RUSBRIDGE-RUMSBY: I would like to thank everyone who sent cards and letters to me on my 93rd birthday. Please accept this as my personal thank you. God bless you all!

FLORENCE

STEVENSON, B. Hazel (Rudd) - We would like to thank everyone for your expressions of sympathy on the loss of our mother, November 11, 2004. Your presence, calls, cards, food, flowers and donations in her memory are much appreciated.

Thank you,

VELMA (Richard)
JANET (Doug)
JANN
AND FAMILIES

WRIGHT - The family of the late Lucy Wright would like to extend our sincere thanks to home support and loving friends who attended to her needs. We express gratitude to all who visited the funeral home, sent cards, flowers and food and the Ladies Guild who made a lunch after the service. A big thank you to Rev. Davidson who supported her through the years and Rev. Campbell who took the service. Donations to the Church and charities are gratefully received.

Love from
THE FAMILY

In Memoriam

SHEA, Lori - In loving memory of our dear daughter and sister, Lori Ann, who died on December 2, 1974.

When thoughts go back as they often do,
We treasure the memories we have of you.

Today is remembered and quietly kept,
No words are needed, we never forget.

Always loved and sadly missed,

MOM AND DAD
STEVE & JIMMY
(brothers)

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Your biological clock may make you feel pressured

Dear Annie: I am in love with the perfect guy. We have been dating for three months and are so convinced we're perfect for each other that we've announced plans to marry soon.

Why am I writing? Well, "Monty" has been married twice before, and both marriages ended as a result of his cheating. He swears he is a changed man, and I believe him. He looks me in the eyes and tells me I am the woman he has been searching for and needing all his life, and I know it's true.

I am 30 and have never been married. I can hardly wait to have children with Monty and raise them together. He is excited, too. He is in his mid-40s and has two children who are young teens. He is active in his children's lives, and he and his ex are parenting their kids quite amicably. However, I do sense odd feelings from his associates, but no one has said

anything to me. (I did once overhear someone say, "There goes the Bill Clinton of Oregon," when we passed by.)

I love Monty deeply, yet now that I write this, I have even more doubts in the back of my head. Hurry and give me your advice. — Pondering in Portland

Dear Portland: Monty sounds like a risky proposition, and the fact that you are watching your biological clock may make you feel pressured to marry. You've been dating for only three months. Frankly, that's not enough time to get to know anyone well enough to marry. Slow down. Knowing Monty's background, we recommend dating him exclusively for one year before making any permanent decisions.

Dear Annie: My parents are quite wealthy. Over the past seven years (I'm

Annie's Mailbox

25) I've worked and saved, because my parents and I feel

this is a skill I need to learn. I have given up many things I wanted in order not to run to Mom and Dad every time I was in a bind. My boyfriend, however, thinks it's OK to use my money every time we eat out because I have rich parents to fall back on and he doesn't.

This really bothers me because I was raised to rely on no one — to work hard for what I want. I should mention that this year, I moved back to my hometown, where I haven't been able to find a job. My boyfriend works two jobs, while I am using my savings to pay for our dates. What do you think of this? — Bling Bling Bovine

Dear Cash Cow: We think your boyfriend is a freeloader, and if you don't straighten him out immediately, he is likely to continue. If he can't afford to help pay for your dates while you are unemployed, cook at home and rent a video. Once you are back on your feet, however, all expenses should be split between the two of you.

Unless your parents come along on your dates, their income should not be a factor.

Dear Annie: I recently had a birthday party for my 3-year-old son. The mother of one of the invited children called the day before to say her son was "really sick" and would not be able to attend the party.

However, the next day, the sick child showed up with a runny nose and fever. His mom explained that she "didn't want him to miss out." We tried to make the best of it as the boy touched the food and mingled with the other kids, wiping his nose with his hands. We're praying that no one else gets sick as a result of this contact.

Please tell parents to keep sick kids at home. It's hard enough keeping the little ones well this winter without this added strain on their immune systems. Thanks for spreading the word. — California Mom

Dear Calif. Mom: You should have stopped that boy and his idiot mother at the door and announced loudly, "Jimmy came by to say hello, but he has to go home now. He's very sick." Then thank her for coming and usher her OUT. What nerve.

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

Gail Klinck and Keith Whittall to entertain Canadian Club of Eastern Townships

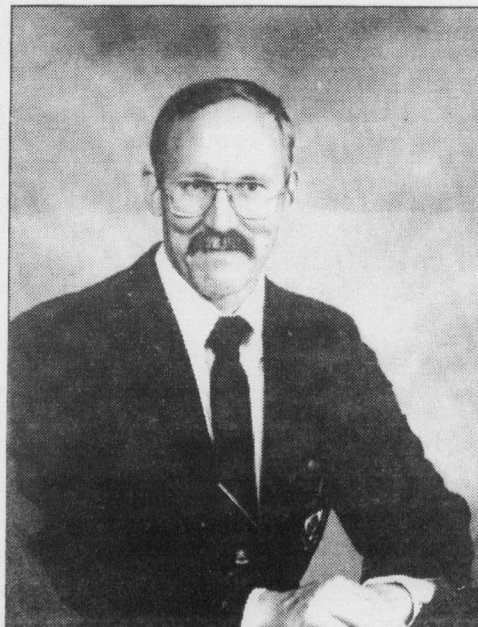
Keith Whittall is a retired teacher from Melbourne, and Gail Klinck lives in Cowansville and is a teacher at Massey-Vanier High School. Keith and Gail's musical association began in the 1980's when they provided musical leadership for United Church Youth events. Since that time, they have played primarily as a duo at venues throughout the Townships. In August,

they released a CD entitled Songs from the Storefront: The Camlen Collection, which is a collection of songs written by Keith.

They will provide a "Musical and Sing-Along" at the Canadian Club of the Eastern Townships meeting held at Hôtel Le Président, Sherbrooke on December 8th at 6:30 p.m.

Bedford Pastoral Charge

The Bedford Charge of the United Church of Canada had the pleasure of sharing in their first service conducted by their current minister Rev. Carl Triskle on October 3rd, 2004 at Wesley United Church in Bedford. Members from his four congregations: Bedford, Mystic, Stanbridge East and Bedford were in attendance. The house of God had been adorned with colourful potted Mums that Kathy Kaiser had tastefully placed.



Ron Martin, the organist, accompanied the full choir consisting of singers from our various churches. Carl introduced and informed us on the basics about himself, his sermon was entitled "A Simple Act," the departing hymn was We Shall Go Out With Hope of Resurrection which was layed emphatically by Ron. Folks then gathered in the church hall, Fred Gilman officially welcomed Carl to the Bedford Charge. Lunch admixed with a social time followed. Carl, a native of Port Arthur, (which amalgamated with Fort William to become Thunder Bay in 1970) received his Bachelor of Science degree at the Wilfred Laurier University in 1974 and his Master of Divinity at the University of Western Ontario in 1976. Ordained in the latter year, he has served pastoral charges in Alberta, Quebec and Ontario (in Dryden and Thunder Bay). We are glad that he has returned to La Belle Province and is residing at our manse in Bedford. Prior to his arrival, the shelves in the kitchen had been stocked by a 'charge shower.' Carl is minus the moustache now. On the plus side are his interesting sermons, sense of humour, visitations, baking and his attendance at special events. A combined Induction Service will be held at a later date.

Thelma Rhicard

Dunham U.C.W. news

Diane Vachon hosted the Dunham United Church Women's group, Tuesday, Nov. 9th. The Purpose was repeated, and the Happenings were distributed to the seven members present.

For the Devotional, Barbara chose to read from "Angels on Earth" of the account of one's visit to the place where Joan of Arc was burned at the stake and where her statute had been placed in her memory. In keeping with Veterans Day, as a prayer, she read the words to the hymn "O God of all the Many Lands."

Correspondence were notes and cards of thanks from Emma and Lester McMahon, Marion Robertson and Mary-Lou Bouthiette for being remembered with thinking of you / get well cards.

The treasurer reported from the Craft Sale rental of tables, the U.C.W. table, the lunch they served and all proved to be a success.

Our president Diane, requested a replacement for her during the winter months, which Shirley V. volunteered she would. Diane also thanked the member and voiced praise for all their hard work at the events, (inasmuch as a couple members, due to ill health, made the group "short-handed"). A discussion took place about re-evaluating another year's events. We, however, have had a couple offers to help from outside our congregation, which gives us incentive.

It was decided to serve sweet loaves, fruit and cheese, following the Blue Christmas Service, Friday, Dec. 14th at

7:30 p.m. (Dunham United). An invitation to all and especially to those of you (or someone you know) to come who are sad because of a loss, i.e. due to death, broken relationship, loss of a job, family hurts - or are coping with an illness, wether it be physical or mental.

Our regular Christmas service will be Sunday evening Dec. 19th at 7:30 p.m. No Service that morning or Dec. 25th.

Names were given to Barbara of shut-ins to be remembered with cards for Christmas.

It was decided to go our usual meeting day, Tuesday, Dec. 14th for our group Christmas outing and reserve at the Crossing in Richford, Vt. Barbara will come some, other than members who might like to join us.

Our next regular meeting will be a pot luck lunch at Shirley Robinson, Jan. 11th, 2005, to plan another year of events.

Several members purchased Our Daily Bread calendars from Joyce. We did not order Church Calendars this year. We all felt we could buy them from the various churches who have them for sale.

As we come to the end of another year and begin to think of a New Year, - we wish to thank all those who attended and supported our events the past year, and wish everyone the Blessings of Christmas.

"May your hearts and homes be filled with the beauty of the season."

Respectfully submitted by
Barbara Harvey

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: T equals P

" U AGGE NGMI TMYJH LZKL
U'NG VGGD K BZKCTUYD KDH
U'NG HYDG CI OZYE G BKMGGM
OULZ TKXXUYD."
- VYWGM AGEUW LMUDUHKH

PREVIOUS SOLUTION - "Diplomacy: lying in state." - Oliver Herford
"Diplomacy is the art of letting someone have your way." - Daniele Vare

KIT N' CARLYLE

THERE'RE ALWAYS TWO SIDES TO EVERY STORY DEPT.:

lwright@ic.net



12-6 LARRY WRIGHT

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HERMAN



12-6

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"She wants six chicken wings. Three left and three right."

ALLEY OOP



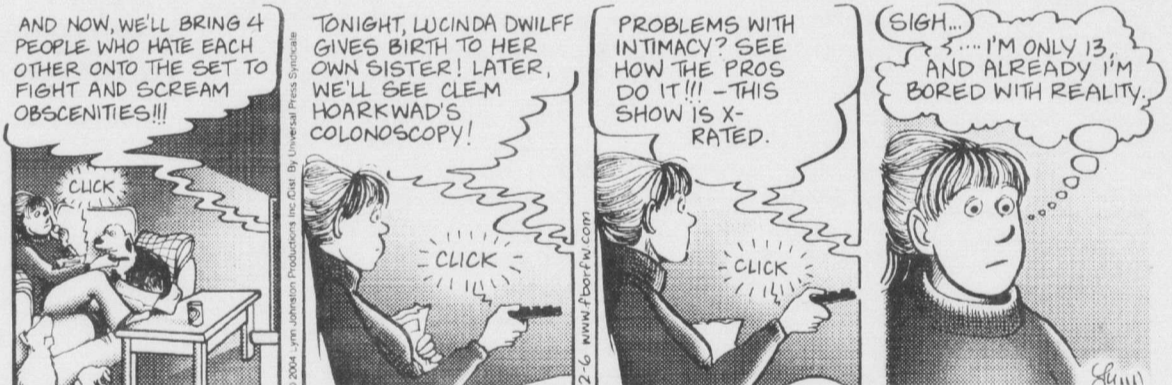
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EXPERIENCED WOOD CUTTERS, 15 years experience. Own equipment. Best price around. Call Hank at (819) 838-4584.

140 Professional Services

AGING WITH INDEPENDANCE
Certified, qualified, compassionate, caring, trustworthy, reliable and perfectly bilingual professional eldercare giver available to assist with your daily personal needs. Care services offered in **Sherbrooke & Lennoxville:**

- Accompaniment
- Excellent Listening Skills
- Beautification - Personal Hygiene - Massage
- Leisure Activities (Walks - Cards - Reading - Shopping, Etc.)
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- Massage

Hours Can Be Tailored To Meet Your Needs.
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140 Professional Services

MAX METAL
• Pick-up for recycling
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145 Miscellaneous Services

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LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at (819) 563-1491.

147 Health

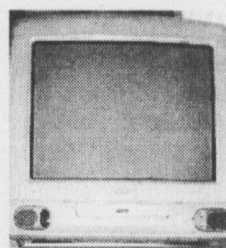
GOT HIGH CHOLESTEROL? Feel lucky? Enter to win a day with a personal chef (learn how to cook low cholesterol and delicious food) or home fitness equipment. Go to www.myhealthychanges.ca.

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140 Professional Services
150 Computers

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190 Cars For Sale

1997 JEEP GRAND CHEROKEE Laredo, forest green, grey leather interior, 4L 6 cylinder, 70,000 miles, fully loaded, 4x4, mint condition. \$10,500. Call (819) 563-9909.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. (819) 837-2680.

290 Articles For Sale

9 FT. SNOWPLOW for pick-up, mask and cylinder, \$300. 1 pung sleigh and cutter sleigh. Call (819) 837-2680.

NAVY LEATHER JACKET, size small, \$30. Beige/tan leather jacket, size small, \$30. Ladies 3/4 "faux-fur" black coat, size 13/14, paid \$150., asking \$80. Infant-18 months snowsuit, lilac color, \$20. Baby's polar bunting bag with slit for seat belt, fits up to 9 months. Baby crib, for a girl, 0-18, \$50. Call (819) 569-1464 after 3 p.m.

SALE OF USED FURNITURE and Antiques, 407 de la Riviere, Cowansville, December 11 and 12, from 9:30 a.m. to 5 p.m. Call (450) 263-0290.

295 Articles Wanted

INTERPRO INC. - Buyers of all types of grains, wheat, barley, oats, corn, soybeans and grain by-products. Please call Neill Hopkins 1-800-267-7034.

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THE RECORD
569-9525

Your Birthday

Monday, Dec. 6, 2004

SAGITTARIUS (Nov. 23-Dec. 21) — Try to go where the action is today, because, more than ever, you'll thrive on interacting with others as they will with you. You'll blend very comfortably in any group or gathering.

CAPRICORN (Dec. 22-Jan. 19) — Although you won't hide your light under a bushel today, you'll not flaunt your achievements, either. You'll be humble when humility is called for and display your credentials when needed.

AQUARIUS (Jan. 20-Feb. 19) — No one need tell you today that the key to getting maximum cooperation from others is simply to treat them exactly as you'd like to be treated. They'll like it and you'll like the results.

PISCES (Feb. 20-March 20) — It may look to others as if you're extremely lucky today in ways not being granted them. In reality, you'll be drawing upon all the groundwork you've already laid and duly earned.

ARIES (March 21-April 19) — Take a laid-back position today in your affairs and you'll have a better chance of making the right decision when an issue arises that calls for one. Calmness generates clear thinking.

TAURUS (April 20-May 20) — Activities that call for both mental and physical attributes will bring you the greatest satisfac-

tion today. If you have a choice, select pursuits that incorporate a little of each.

GEMINI (May 21-June 20) — Things in general should go rather smoothly for you today because of your natural inclination to view happenings in a positive light. Your attitude will make that which could be difficult easy.

CANCER (June 21-July 22) — Your sign has a tendency to be influenced by emotional elements, and even though this is in play today, you'll also have a strong degree of practicality helping you balance out your actions.

LEO (July 23-Aug. 22) — The obvious fairness you display today will attract favorable attention from those with whom you have to deal. When a mediator is required, you're the one most likely to be pegged.

VIRGO (Aug. 23-Sept. 22) — Follow your instincts today regarding ways to keep your material affairs in proper balance and you'll have great success. Your value awareness is right on track at this time.

LIBRA (Sept. 23-Oct. 23) — Interestingly, because you'll be such a good follower today, others will select you for a leadership role when one is called for. They want one who can identify with the role they'll be playing.

SCORPIO (Oct. 24-Nov. 22) — Because you don't care about recognition or who gets the credit for what today, you'll be the one who will be the most effective in handling important developments that involve others.

Monday, Dec. 6, 2004

North 12-06-04			
♠ K Q J 5 4 2			
♥ 2			
♦ 8 4			
♣ A K Q 5			
West		East	
♠ 10 9 7		♠ 6	
♥ K Q 10 8		♥ 9 7 4 3	
♦ J 9 6 5		♦ Q 10 7	
♣ 7 4		♣ J 10 9 6 2	
South			
♠ A 8 3			
♥ A J 6 5			
♦ A K 3 2			
♣ 8 3			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 NT	Pass	2 ♥	Pass
2 ♠	Pass	3 ♣	Pass
3 ♠	Pass	4 NT	Pass
5 ♠	Pass	5 NT	Pass
6 ♦	Pass	7 ♠	All pass
Opening lead: ♥ K			

wards. What should I have said to her?

In bridge, there are two situations in which the declarer must play backwards. One is highlighted in today's deal. You are South, in seven spades. How would you plan the play after West has led the heart king to your ace?

North showed first five-plus spades, then four-plus clubs. When South confirmed at least three-card spade support, North launched into Blackwood (taking the slight risk that South was missing both the ace and the king of diamonds).

When declarer holds the longer trump hand, he counts losers by looking at his own 13 cards and taking dummy's honor-cards into account. However, when declarer has the shorter trump holding, he should imagine that he is sitting in his partner's chair, looking at that hand and taking his high cards into account. So, here, South should see one potential loser: "declarer's" club five. But, since South (the quasi-dummy) has only a doubleton club, that club five can be ruffed in his hand.

At trick two, South plays a spade to dummy's jack. When both opponents follow suit, he continues with the spade queen. Now he must abandon trumps, cashing two top clubs, then ruffing the club five with his spade ace so that West cannot overruff. Finally, South trumps a heart on the board, draws West's last spade, and claims.

What should I have said to my neighbor? "Gninrom doog!"

Walk the contract backwards

By Phillip Alder

One morning, I saw a neighbor taking her daily constitutional by walking back-

CROSSWORD

ACROSS

- 1 Concrete
- 6 Avid
- 10 Tatted material
- 14 Loos or Baker
- 15 Puzzle cube inventor Rubik
- 16 Woeful word
- 17 "Skittle Players" painter
- 18 Big help
- 19 Steiger and Stewart
- 20 Curvaceous shape
- 23 Science class
- 24 Electron tube parts
- 25 Glossy paint
- 29 Dillon of "Drugstore Cowboy"
- 31 Verdi opera
- 32 Book after Joel

- 34 Ruhr industrial city
- 39 Anthony Burgess novel, with "A"
- 42 Wiesbaden's state
- 43 Short race
- 44 Scott Joplin works
- 45 Duplicate
- 47 Acapulco buddies
- 49 Whitener
- 53 Dryly humorous
- 54 Lillian Hellman play, with "The"
- 61 Oriental nanny
- 62 Eight in Barcelona
- 63 Shadings
- 64 Back of the neck
- 65 Beach toy

- 25 To __ his own
- 26 Cleopatra's river
- 27 Hubbubs
- 28 Apple PCs
- 29 Erin of "Happy Days"
- 30 Invites
- 33 __ vivendi (ways of life)
- 35 Indian garb
- 36 Hitch
- 37 Trademark waffle
- 38 Highland loch
- 40 Two-masted vessel
- 41 Chicago hub

- 46 Hooting cries
- 48 __ Beach, SC
- 49 Bob Hope film, "Call Me __"
- 50 Hunt or Alexander
- 51 Day's march
- 52 Dull pains
- 53 In one piece
- 55 College sports org.
- 56 Slender
- 57 Winter frost
- 58 Toward the center
- 59 Requisite
- 60 Feudal serf

Saturday's Puzzle Solved

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

DOWN

- 1 Window part
- 2 Not taken in by
- 3 Stead
- 4 Roman road
- 5 Hang loosely
- 6 Shish __
- 7 God of love
- 8 Baseball's Slaughter
- 9 Dieting adjective
- 10 "Key __"
- 11 For all to hear
- 12 Core group
- 13 Double curves
- 21 Susan Dey series
- 22 Bury

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20						21					22				
					23				24						
25	26	27	28					29	30						
31						32	33				34	35	36	37	38
39					40						41				
42							43						44		
						45	46				47	48			
49	50	51	52						53						
54							55	56				57	58	59	60
61							62					63			
64								65					66		
67									68					69	

NO PURCHASE REQUIRED

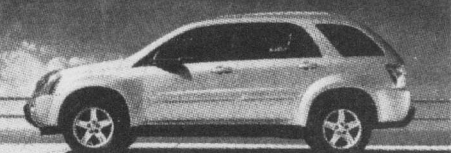
ENTER, PRESS AND WIN



Chevrolet Uplander



Chevrolet Equinox



Chevrolet Corvette coupe

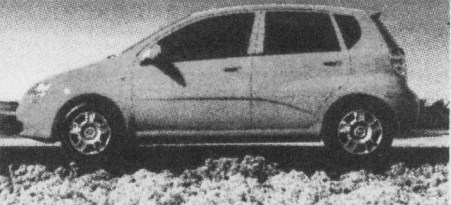


2005 model ineligible for 0% purchase financing or base awards

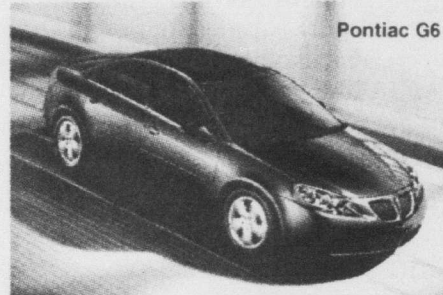
Chevrolet Cobalt



Chevrolet Aveo*



Pontiac G6



Pontiac Pursuit



Pontiac Montana SV6



Buick Allure



GMC Sierra Denali



150

OF OUR HOT NEW
2005s
ARE HERE TO BE WON



WITH OTHER FANTASTIC AWARDS YOU COULD WIN INSTANTLY

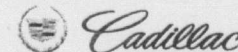
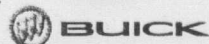


OFF ELIGIBLE PURCHASE OR LEASE OF MOST 2004s AND 2005s



It's GM Canada's biggest year-end celebration ever. We're giving away 150 vehicles from our hot, new 2005 line-up during our GM Hot Button Event*. For your chance to play, just visit your local GM dealer, press the designated OnStar button

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*No purchase required to enter. Contest open to eligible Canadian residents who have reached the age of majority in their province of residence. Contest closes January 3, 2005. Grand Prizes will not include HUMMER, Cadillac and certain other vehicles and may depend on brands represented by the dealership visited. Tiered prizes are time limited and they, as well as other credit awards, can be applied only to the purchase or lease of eligible 2004 (in-stock) or 2005 vehicles (excluding namely 2004/2005 HUMMER vehicles). Minimum awards cannot be applied to the purchase or lease of the following vehicles: 2004/2005 GM Passenger Vans Cargo & Cut-Away, 2004/2005 HUMMER, H2, 2004/2005 GMT 560 Family 2 & 3 & Tilt W-Series and 2005 Corvette. Vehicles must be delivered by January 3, 2005. Not all prizes have the same odds of being won. Most prizes are distributed on a regional basis. Awarding of prizes is subject to randomly-selected entrants correctly answering a mathematical skill-testing question. In Canada, there are a total of 150 vehicles to win, including 27 for Quebec province. All eligible participants will win a prize or receive a retail credit in the amount of \$1,000 on most 2004 models and on a selection of 2005 models, or a retail credit in the amount of \$500 on most of 2005 models. The credits are distributed throughout Canada as follows: 100 retail credits in the amount of \$10,000, including 20 in Québec; 100 retail credits in the amount of \$5,000, including 20 in Québec; 400 retail credits in the amount of \$3,000, including 80 in Québec; 5,400 retail credits in the amount of \$2,000, including 1,080 in Québec. See your GM dealer or visit www.gmcanada.com or call 1-800-GM-DRIVE for full contest rules. *0% purchase financing on approved GMAC credit only. Term up to 36/48/60/72 months depending on vehicle. Down payment, trade and/or security deposit may be required. Offer applies to the purchase of most 2004 and 2005 new or demonstrator models. Dealer order (2005s only) or trade may be required. Limited quantities of 2004 models available. Offers apply to qualified retail customers in Canada. Limited time offer which may not be combined with other offers. 0% purchase financing does not apply to 2004/2005 Cadillac (all models), 2004/2005 GM Passenger Vans Cargo & Cut-Away, 2004/2005 HUMMER H2, 2004/2005 GMT 560 Family 2 & 3 & Tilt W-Series, 2005 Corvette, all 2005 Heavy Duty 2500 & 3500 Reg/Ext/Crew Cab and Chassis Cabs and 2005 SSR. See your dealer for conditions and details. For the latest information, visit us at gmcanada.com, drop by your local Pontiac • Buick • GMC • Chevrolet • Cadillac dealer, or call us at 1-800-GM-DRIVE.