

Back to school in Ayer's Cliff

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Galt football wins two

Sports - Page 7

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19 SEP. 2014

TUESDAY, SEPTEMBER 16, 2014

Piano prodigy Daniel Clarke Bouchard set to charm Centennial

By Gordon Lambie
SHERBROOKE

Daniel Clarke Bouchard is, in many ways, just an average 14-year-old boy. He loves his mother, he sees school as a chore, and he cracks jokes left, right and centre.

Seat him in front of a piano, however, and it quickly becomes clear why the world is making a big deal of the Montrealer. Charismatic and self-assured, his presence radiated confidence into the small office space at Sherbrooke's Ecole Sacré-Coeur where he met with *The Record* last week to talk about his life, his work, and the future ahead of him.

"I'm Daniel Clarke Bouchard," the piano prodigy said by way of introduction. "I'm 14 years old, I'm a classical pianist, and I love it."

Clarke Bouchard will be performing the opening concert of Centennial Theatre's 2014-15 season later this month, but he came to Sherbrooke late last week to play for the students at Sacré-Coeur as a teaser for the show to come.

Though his experiences have won him numerous awards and placed him on stage at the Ellen Show and New York's legendary Carnegie Hall, the young pianist said that it is in playing for his peers that he feels the most pressure.

"Every time I go on stage I always think the same thing; I'm playing in front of people, I have to play the best I can, the way I'm supposed to play and the way I feel. But when I perform in front of kids my own age it's a completely different thing," he said. "When you're performing in front of kids your own age, you have to play your absolute best, because they're all saying, 'I want to be better than this guy!'"

CONT'D ON PAGE 5

Magog city council golf tourney exceeds expectations



Magog Mayor Vicki May Hamm, flanked by CEPOP representatives André Langlois and Marianne Guillemette. CEPOP is one of four groups to benefit from the 2014 Magog City Council Golf Tournament.

Record Staff
MAGOG

The 16th edition of the Magog City Council Golf Tournament was held Friday at the Venice Golf Club where a record 251 players participated, generating some \$20,000 for local organizations.

A longstanding Magog city council tradition, the tournament once again met the organizing committee's objectives.

"We are very pleased with the results of this benefit tournament," said Magog Mayor Vicki May Hamm. "Even if this is not our first experience, each new edition brings new challenges. Since many organizations benefit from

the amounts gathered, we spare no effort to ensure that many people can contribute to the day's success."

"I'm pleasantly surprised to see how much fun the day is for the people involved," Hamm added. "Many of them came away with one of the door prizes drawn during the evening, courtesy of sponsors who were once again generous in offering nearly \$20,000 in gifts."

The greatest satisfaction for council members is to be able to hand over substantial sums to the four agencies selected by the organizing committee following a call for applications made in May.

La Maison de la Famille Memphremagog, the Popular Market Initiative Centre (CEPOP) and the Memphremagog

Food Bank will receive \$5,000 each, while Villa Pierrot will get \$3,000. With the amount collected exceeding expectations, the organizing committee also decided to remit a sum of \$2,000 to the group-purchase organization ADG Magog.

Mayor Hamm made a point to thank all the participants as well as the organizing committee for the event's success. "Without their involvement, we never would have been able to achieve our goals."

Thank you to the players, guests, sponsors, our honorary presidents, Jacques Demers, Prefect of the MRC Memphremagog and Pierre Pomerleau, Director of Finance and Administration at Magotteaux."

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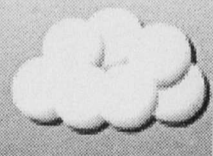
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Weather



TUESDAY:
SHOWERS
THEN CLOUD
HIGH 16
SUNRISE: 6:27
SUNSET: 6:57



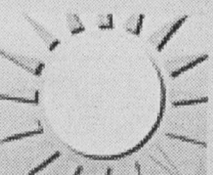
WEDNESDAY:
CLOUDY

HIGH 16
LOW 6



THURSDAY
SHOWERS

HIGH 11
LOW 8



FRIDAY
SUNNY

HIGH 14
LOW -2 (BRR)



SATURDAY
60% CHANCE
OF SHOWERS

HIGH 17
LOW 2

Harrowsmith's Almanac for 2015 is ready to read

The 2015 edition of Harrowsmith's Almanac hit newsstands across Canada on Sept. 8, continuing a tradition of providing Canadians with a fun a useful compendium for anyone seeking to tread a little more lightly on the earth.

Spanning a wide range of subjects, readers of Harrowsmith's Almanac will be both informed and entertained, from how to raise your own chickens to an examination of the future of solar energy to weather forecasts and astronomical highlights for the year ahead. Readers will get to while away the cooler nights of autumn while learning about:

- The small farm revival: Learn how some farmers are learning that small can be both beautiful and profitable;
- Canada's tulip tradition—and its close connection to the Netherlands—plus how to grow your own, from Gardening Editor Mark Cullen;
- As for raising chickens, well Food Editor Joanna Notkin has some recipes for you that taste even better than they look—and they look pretty darned tasty;
- How the last passenger pigeon died a century ago. Biologist Jon McCracken looks at this manmade extinction, and the idea of using science to revive this once abundant bird;

• More than a million Canadians fought in the Second World War, which drew to a close 70 years ago. We take a look back at a conflict that reshaped the world;

• Those big-time celebs who credit their small town roots for their success: Our annual Small Ponds feature is back;

• Plus more on varied subjects, from growing your own garlic to remembering the artistic genius of Vincent Van Gogh.

Forecasting the weather for the coming year is no easy feat, especially for a country with a diversity of weather like Canada. Frustrated with mainstream media forecasting, our new weather specialist Mark Sirois has been providing southern Quebec with an accurate alternative for several years now, and within our pages has expanded his horizons from sea to sea. And when the skies are clear, Astronomy Editor Robert Dick gives you the heads up on 2015's celestial highlights.

Fall is often a time to look ahead, and Harrowsmith's Almanac gives the reader plenty to look forward to, including the most comprehensive seed guide in Canada, a must-have resource for planning next year's planting. Plus some tips that can be put to use right away whether it's to grow your own garlic or prepare your yard for the best gar-

den ever.

Taking over the Editor's chair for 2015 is Maurice Crossfield, a former community newspaper reporter, writer, translator, mechanic, metal worker and dyed-in-the-wool Jack-of-all-trades. A life-long reader of almanac's and former Harrowsmith contributor, he's loved giving the 2015 edition his own personal touch.

"As someone with a wide variety of interests, putting together Harrowsmith's Almanac has been a lot of fun," Crossfield said. "I also see it as a way to build community amongst the readership, exchanging ideas and giving folks food for thought as they consider the year ahead. All from a uniquely Canadian perspective."

That community is expected to grow, as the team at Moongate Publishing prepare the first issues of Harrowsmith's My Kind of Town, and Harrowsmith's Homes, not to mention Harrowsmith's Gardening Digest, which is quickly becoming a springtime tradition.

Our social media presence on Facebook, Twitter, Pinterest, Instagram, Google+ and FourSquare continues to grow. Our latest addition: The Harrowsmith's Truly Canadian Almanac YouTube Channel is proving to be great fun.

Source: Harrowsmith's

150 years Coaticook – A photographic journey New photo exhibition launched at Townshippers' Day

As part of the exhibition series Discover Your Past, the Eastern Townships Resource Centre is proud to announce the launch of its latest photo exhibition. "150 years Coaticook – A photographic journey" presents the daily life in Coaticook over the last 15 decades.

For the city's anniversary, the Eastern Townships Resource Centre and the Coaticook Historical Society searched their archives for the most beautiful and significant photographs to show how life was in the past.

Discover how Main Street has changed over the years, how train and car made their first appearance in the city and what it meant to live in Coaticook and the surrounding area. Visit the bar of the Half-Way Hotel to have drinks with the travelers, see the proud Coaticook Fire Brigade and observe the changes marked by the style of clothing,

architecture and the quality and setting of the photographs.

Some of the buildings have long since disappeared and only the older ones among us might remember them, but surely you will discover familiar places and see them in a new way. So regardless if you were born in Coaticook, recently moved here or simply a visitor, "150 years Coaticook – A photographic journey" may spark memories of your own past - surely you will see the city with different eyes.

The exhibition can be visited from Sep. 13th until Nov. 20th at the Coaticook Historical Society, located on the second floor of the Coaticook Public Library, 34 Main East.

Source: ETRC



COURTESY ETRC

Ben by Daniel Shelton



LOCAL NEWS

"It is deplorable to see that the Mayor chooses to defend the interests of the Union of Municipalities of Quebec instead of Sherbrooke on this issue."

Unions want public pension debate with mayor

Record Staff
SHERBROOKE

City of Sherbrooke municipal employees are going on the offensive in their opposition to government plans to 'reform' their pension plans and have challenged Sherbrooke Mayor Bernard Sévigny to a debate on the issue. "The City of Sherbrooke presented erroneous figures to the population when it went before the (parliamentary) committee on Bill 3 on pension plans. It is

shameful," says Jean-François Lapointe, spokesperson for the Coalition of Sherbrooke Municipal Employees. "We strongly urge Mayor Sévigny to come and defend his position in the context of a debate on the issue."

During the summer, Sherbrooke's blue collar unions conducted an extensive information campaign under the theme "Changing the discourse on pension plans." In addition to direct contact with the public, municipal employees have spread their message through mul-

iple public appearances in different media.

"It is important to see both sides of the coin on the issue of pension plans. In Sherbrooke, the situation is different. We already share the cost of the regime 50/50 and we have set up mechanisms to ensure that taxpayers do not pay a penny if there's a deficit. It is deplorable to see that the mayor of Sherbrooke chooses to defend the interests of the Union of Municipalities of Quebec, of which he is the vice-president instead of Sherbrooke on

this issue," says Lapointe.

"A public debate would allow us to ask important questions: Why does the mayor pay 23 per cent of his pension plan? Why will he not talk about the deficit of his pension plan to the City Council? Why did the City sign an agreement that it wants to disown? Why has the mayor refused to negotiate the status of pension plans for three years?"

The city's unions say they will pay for any costs of holding a debate, should the mayor deign to participate.

Regional nursing staff increasing steadily

Record Staff
SHERBROOKE

Like the rest of the province, the Eastern Townships region is seeing its nursing workforce increased markedly over the past five years.

According to the Statistical Institute of Quebec, nurses in the region increased by 6.3 percent since 2008, while the average increase in Quebec is 6.4 percent.

The number of nurses, nurse practitioners, auxiliary nurses, and orderlies increased from 4,826 to 5,131 in the Eastern Townships health care system.

The head of internal human resources for Health and Social Services Es-

trie, Andrew Jalbert, says the increase in nursing staff has occurred in conjunction with a reorganization of work in the network's various institutions.

"With the objective that all organizations in the health network offer the best services, we conducted an analysis of staff so that everyone is in the right place and doing the right tasks. A nurse, a clinician, an auxiliary, or a support worker, are performing tasks specific to their profession," Jalbert said.

Although the number of nurses has decreased by 6.4 per cent in the region, the number of nurse practitioners increased by 19.3 per cent, nursing assistants by 32.3 per cent, and orderlies by 4 per cent.

"We have to deal with staff shortages in nursing. This is one reason why people dedicated to the care of our patients perform these kinds of tasks and don't spend time on administrative tasks. Besides that, in times of fiscal restraint, we must review how we work," says Jalbert.

To address the shortage of nursing staff, the ASSS Estrie has created a portrait of the regional workforce.

"We must see to the needs of all establishments in the network. Over 80 per cent of care staff work at the CHUS and the CSSS-IUGS. However, we can't overlook the CSSS elsewhere in region so that they can meet demand. You have to look at the distribution of the workforce as a whole. In the Townships in the past

three years, we are hiring more nurses who go to the outside of the region," he said.

Jalbert argues that the Eastern Townships has set for itself the objective of retaining staff in the regions.

A platform for regional hiring has also been set up at www.lestrietapplaudit.com

"If a nurse leaves the CHUS for the CSSS in Val-Saint-François, for example, it's not a loss for the region. We are trying to attract graduates to stay in region regardless of the institution in the network," he adds, pointing out that a job fair for graduates in health and social services will be held Oct. 21, 2014 at the Times Hotel from 2 to 7 p.m.

School zone safety a tale of 'Wo'

Record Staff
SHERBROOKE

As a part of Sherbrooke's Sustainable Mobility Week, Sherbrooke Ville en Santé has begun the second edition of its outreach activity to raise awareness of the 30 km/h speed limit in school zones.

Since September 2013, the speed limit in school zones is 30 km/h from Sept. 1 to June 30, from 7 a.m. to 5 p.m. Monday

through Friday, or during regular class time. The regulation recognizes that children need to be protected from the risk of accidents and injuries caused by the carelessness of drivers.

Despite various campaigns on road safety education, traffic control measures, and the presence of crossing guards, along with other safety measures, school staffs still complain of speeding in school zones.

Therefore, Sherbrooke Ville en Santé

and its partners on the Sherbrooke Safe Community Committee have decided to continue their efforts to educate motorists on the importance of respecting the speed limits around schools and to create more favorable environments for actively commuting students.

The committee will take to the streets starting at 7:30 a.m. in front of Beaulieu, Brébeuf, Desjardins, and Saint-Esprit elementary schools, from September 16-19 to spread the message.

They will take the opportunity to remind motorists of simple safety rules, including the importance of taking into account the work of the school crossing guard.

Children from each school will participate in the awareness event, raising "Wow" and "Wô" placards to praise or to deplore the behavior of drivers who comply or not with the speed limit. A radar trailer installed by the City of Sherbrooke will show drivers their speed.

Impaired driver hits cop car

Record Staff
SHERBROOKE

A 35-year-old man is facing charges of driving while impaired by drugs and dangerous driving after he drove into the police car that came to arrest him.

The alleged events took place this weekend on Lemire Road in Fleurimont, after a citizen re-

ported someone driving dangerously, according to Sherbrooke Police spokesperson Philippe Dubois.

In responding to the complaint, police had parked their car behind the suspect vehicle. "The vehicle backed into the patrol car," Dubois continued, "Death threats were also made to the police."

An evaluator specializing in cases of

drug impairment was called to the scene to administer tests, which the suspect refused to take.

Charges of dangerous driving, driving while impaired, and uttering death threats to the police will be brought against the individual.

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School Page

Ayer's Cliff Elementary

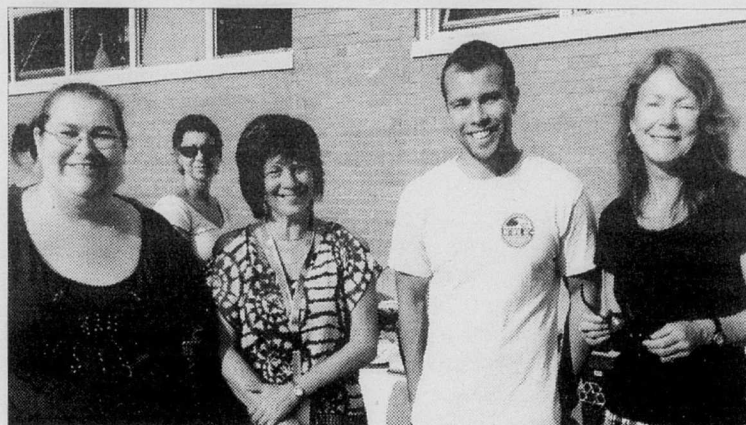
Going back to school is ACES!

The first day back at school is always a happy one for the students, parents, and teachers of Ayer's Cliff Elementary.

Our annual Community Breakfast is the perfect opportunity to reconnect with old friends and welcome all who are new.

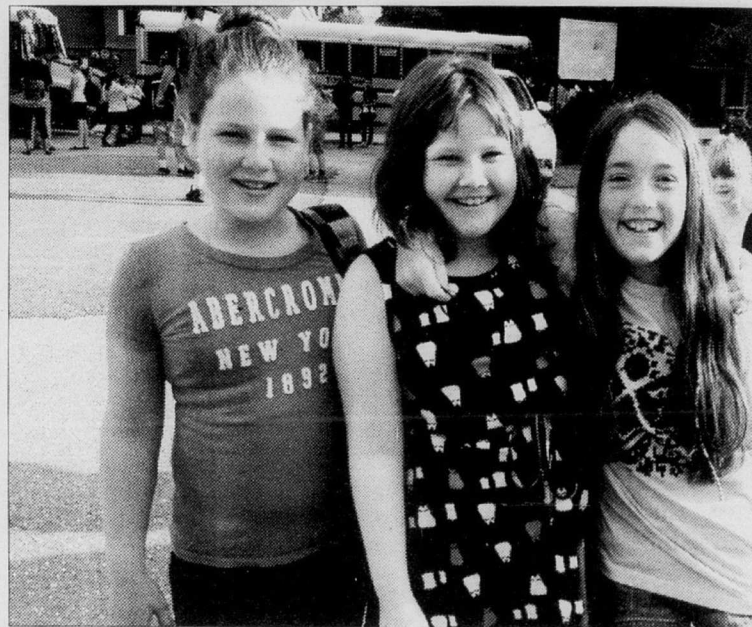
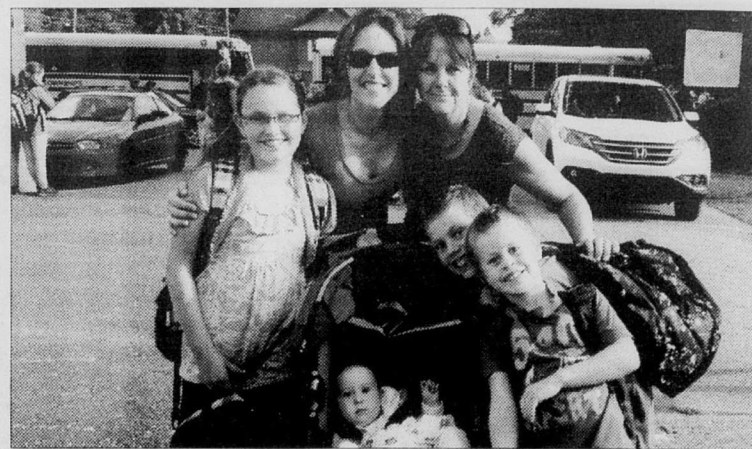
Classes are now in full swing and we're loving the new gym floor.

We've sung and danced for parents at our Open House, elected two new members to our Governing Board, and been treated to a spaghetti supper by



our Home and School Committee.

It's great to be back!



PHOTOS COURTESY AYER'S CLIFF ELEMENTARY SCHOOL



A comparison of gardening approaches

Candace Warner
Special to The Record
LENNOXVILLE

This summer the Foundations for Farming demonstration garden gave me a wonderful opportunity to experience a new gardening style - cooperative gardening. At the same time, I joined a community garden with my daughter. These two gardening experiences were different from each other and different as well from last year experience in a private garden in the following ways:

Private - a long established home garden:

- rich soil
- a system of using lawn grass as mulch and the use of chemical fertilizers
- high quality seeds
- some mold and pests
- minimal weeding
- strong fence

Community garden:

- good soil, but could have benefited from the addition of organic matter - other gardeners had done this in their plots with excellent results
- we chose straw as mulch with not much chemical



COURTESY FOUNDATIONS FOR FARMING CANADA

One advantage of the FfF garden was the presence of human scarecrows.

fertilizer

- poorer quality seeds
- plots were small and well arranged and easy to work
- supplies were provided: shovels, wheel barrows, watering cans and water spigots
- problem with standing water nearby
- some mold and pests as a result
- minimal weeding
- strong fence

Foundations for Farming demonstration/cooperative garden

- new plot with heavy clay base - will benefit from the addition of organic matter next year
- excellent use of wood grindings, straw and grass mulch for the beds with wood chips for the paths
- chicken soup - chicken manure soaked in water as a natural fertilizer
- good seeds
- planned layout and spacing with much forethought for the future
- some mold and pests

- minimal weeding
- strong fence

The way we worked in these different gardens varied as well.

In the private garden, I did most of the work: planning, purchasing, planting, mowing and bagging the grass, weeding, harvesting and preserving for the winter.

In the community garden, my daughter and I worked collaboratively. We planned, planted and maintained our small plot beside other gardeners. Fellow gardeners were friendly and offered helpful suggestions and encouragement.

In the demonstration/cooperative garden, we worked as a team to implement the proven methods used by Foundations for Farming. Together we communicated our ideas, assigned and completed tasks. People from the Cornerstone Food bank were encouraged to become involved and to benefit from the garden.

What was the yield in each of these circumstances?

While the home garden had enormous yields and provided much good food, it was a tremendous amount of hard work by myself. Though prof-

itable, it was a rather lonely experience.

The yield from the community garden was small, so we were not able to preserve much, but we ate what was growing and it was delicious. It was fun to work with my daughter and we made some new acquaintances.

Some vegetables in the Foundation for Farming garden had good yields. As the soil becomes richer and better drained, the yields will improve. The produce has been and will continue to be shared among a number of different people. The social yield, however, from this garden has been tremendous. It was a joyful experience working with old friends, making new ones and depending on others to get the tasks done. Much fun and the gospel of Jesus Christ was shared with anyone who was interested in hearing about him. We will all be spending time together in the future.



Fusiliers welcome new C.O.

Record Staff
SHERBROOKE

The Sherbrooke Fusiliers welcomed a new commanding officer this weekend with the formal passing of command from outgoing commander, Lieutenant-Colonel Simon Hallé to Lieutenant-Colonel Philippe Côté last Saturday at the Belvédère Street armory.

Founded in 1910 as the 54th Regiment (Carabiniers de Sherbrooke) — the first francophone unit in Sherbrooke — the Sherbrooke Fusiliers Regiment is an infantry reserve unit of the Canadian Forces belonging to

the 35th Brigade Group Canada.

The unit, whose headquarters are located in Sherbrooke, consists of more than 300 soldiers who provide voluntary service within the Canadian Armed Forces at home and abroad.

In the photo at right, surrounding the Commander of 35 Canadian Brigade Group, Col. Denis Thebeau, are honorary colonel Wilfrid Morin, outgoing commander Lieutenant-Colonel Simon Hallé, new commander, Lieutenant-Colonel Philippe Côté, and Honorary Lieutenant-Colonel Jean Denoncourt.

(Photo courtesy Cpl. Patrick Allaire)



David Clarke-Bouchard

Cont'd from Page 1

The young performer pointed out that adult audiences tend to be almost automatically impressed by a 14-year-old playing the piano at his skill level, but said that teens are a tougher sell because they are not necessarily big fans of classical music to begin with.

"Adults choose to be in the audience, but for kids you have to make sure it's exciting and they can listen without falling asleep," Clarke Bouchard said with a grin.

Both the boy and his mother, Valerie Clarke, noted that one of the students at the music-oriented school had a picture of Daniel on their binder.

"It's an honour," the pianist said, "I like being an inspiration to others because my inspiration started very young. I'm very happy to be a person inspiring others to do great things in the world."

Clarke Bouchard explained that he started to play piano at age 5, not unlike his idol and mentor Oliver Jones.

"What got me started with the piano was meeting Oliver Jones for the first time," he said. "I'd started taking lessons at five because my mom thought I was pretty good, but at seven years old I met him for the first time, and it just went from there."

"When I brought him to the concert, at seven, he said, 'I want to be just like (Jones)'," Daniel's mother recalled, "He was just so fascinated with Oliver Jones and his virtuosity and his brilliance on the piano."

Clarke said that she introduced her son to Jones after that concert ended, and although the seven year old had already played his first concert at that point, the experience only added to his career's mo-

mentum. Following their initial meeting, Clarke Bouchard has been privileged to share the stage and perform with Oliver Jones on several occasions.

The pianist went on to win awards year after year. He received the grand prize three consecutive years at the Joy of Music Festival held at McGill University.

In 2009, he won the gold medal at the Montreal Classical Music Festival, and in 2010, he took gold in the Concerto Competition as part of the Quebec Music Educators' Association. He won first place at the 2011 Canadian Music Competition and received the Yamaha, Canimex and Gilles Chatel scholarships. In 2012, he had the privilege to make his debut with the Montreal Metropolitan Orchestra, performing the Mendelssohn piano concerto no.1.

His career to date has seen him perform in venues such as the New Symphonic Hall of the Montreal Symphony Orchestra, Place des Arts, Oscar Peterson Hall, Redpath Hall at McGill University, Birks and at Le Maison Trestler.

Like any 14-year-old boy might be, the young piano prodigy shared a less than enthusiastic view of school, but with some prompting from his mother he did note its importance. Clarke explained that the boy's life is really all about balancing responsibilities.

"All you have to do is blend them together," the pianist said, simply. "For me it's all about my music."

Clarke Bouchard estimated that he practices for 21 hours per week, with Sundays as a day off.

"It's pretty much one day out of the seven," he said, referring to the time spent playing.

Asked how he approaches

classical performance, Clarke Bouchard explained that he plays as a way of sharing his feelings with the world.

"It's a form of communication, this is how I show people what I am feeling." The pianist explained. "The music is there. You have to learn the piece first and then you put your unique feelings, whatever they happen to be, into the music."

Nonchalant about his experiences at Carnegie hall and on the Ellen Show, the pianist joked that he has only one real

fear in life.

"There's only one thing that I can think of and that's squirrels," he said, laughing, "they're just up there in the trees, you never know what they're thinking."

Looking forward to the show at Centennial, Clarke Bouchard said that audiences should come expecting great music and a good time.

"I like to talk with the audience, and play pieces that are exciting and get people on the edge of their seats," he said,

promising a lovely afternoon concert, "It's the perfect time for a classical concert."

Though not necessarily humble about his future, stating that he looks forward to a career that goes, "up and up and up," he shared hopes that were nonetheless charming saying, "Mostly I just want to keep playing for people around the world, have fun, and bring my mom with me."

Clarke Bouchard takes the stage at Centennial Theatre at 3 p.m. Sunday.

Career



SCIENCE TEACHER (2014-2015)

Founded in 1836, **Bishop's College School**, a culturally diverse, bilingual, top independent boarding and day school for grades seven (7) through pre-university (12) in the Eastern Townships, Quebec, invites applications for a part-time Science Teacher, from October 2014 until December 2014, with a possibility of a full-time temporary position from January 2015 to February 2016.

Requirements:

- Quebec teaching certification
- Experience teaching in sciences
- Experience teaching senior levels (Chemistry)
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- Up-to-date knowledge of the Quebec and Ontario Curriculum
- Ability to integrate the use of information technology into the classroom and a knowledge of online education
- Teaching experience in an independent school environment and bilingualism are assets

Applicants must be willing to commit to the boarding school programme. Other tasks such as coaching and supervision in residences are part of the position requirements.

Preference will be given to those candidates with previous teaching experience and a demonstrated ability for differentiated instruction.

Resumes should be submitted by **September 24, 2014** to:

**Human Resources
Bishop's College School
80 Moulton Hill
Sherbrooke, QC
J1M 1Z8**

Fax (819) 822-3886

wjohnson@bishopscollegeschool.com

**Only candidates selected for an interview will be contacted.



COURTESY

Daniel Clarke Bouchard will perform at Centennial Theatre on Sunday

EDITORIAL

Reaching out to someone who has become disengaged and offering that person support and companionship could be a life-saving gesture.

Suicide isn't painless



SUSAN MASTINE

The word "suicide" is rarely uttered; the subject rarely discussed. If it is deliberated, as it briefly was after the suicide of actor Robin Williams, the focus tends to be on suppositions as to why the person committed the act.

Stories of suicide silently haunt us. We are internally tormented by questions like:

Why did the person do it?

Why didn't anyone see any signs?

How could this individual do this to his or her family?

This topic needs to be brought out in the open, and we should be making a more concerted effort to promote the services out there to help those in our surroundings who may be emotionally fragile. Last Wednesday, Sept. 10, was World Suicide Prevention Day 2014.

On average in Quebec, three people commit suicide every day and eight others are hospitalized after having attempted to end their lives. One self-inflicted loss of life is one too many.

The Quebec government's suicide prevention website states that "Suicidal thoughts are the warning bells that precede suicide. They indicate that an intense suffering has become too much to handle." Someone considering suicide may feel utterly alone, that no one cares, that there is nothing to live for. That person may very well ask themselves: What difference it would make if I literally drove over a cliff or abruptly changed lanes?

Few of us stop to think that professional help is available. Its existence needs to be publicized far and wide. Information on such support and assistance was available at Townshippers' Day in Coaticook. Mental Health Estrie offered a range of free brochures on depression and anxiety, as well as a package of English-language leaflets from the organization JEVI (as in "Je vie" or I live), the suicide prevention centre covering

the Estrie region. JEVI has a full line of services and three English brochures: "Life.... Is for living!," "Suicide: Signs to know, questions to ask..." and "Services for bereaved individuals after a loss from suicide."

According to the International Association for Suicide Prevention, a major risk factor for suicide in North America is the presence of a mental disorder (especially depression or a disorder related to alcohol use).

An individual's psychological, biological, social, cultural, and environmental situations have all been determined to have a potential impact on a person's decision to continue or end his or her life.

The theme for World Suicide Prevention Day, "Suicide Prevention: One World Connected," was chosen to reflect the fact that connections at several levels are vital to preventing suicide. A sense of being connected is crucial to an individual who may be vulnerable to suicide.

Research has demonstrated that social isolation can increase the risk of suicide and, conversely, having strong interpersonal connections can serve as a protective force against it.

Reaching out to someone who has become disengaged and offering that person support and companionship could be a life-saving gesture.

Anyone having black thoughts should talk to someone they feel comfortable with - a friend, family member, or professional; consult the province's website on suicide prevention located at <http://sante.gouv.qc.ca/en/conseils-et-prevention/prevenir-le-suicide/>; and/or call a help line:

Quebec-wide crisis line: 1-866-277-3553 (1-866-appelle).

JEVI (Estrie region): 819-564-1354.
Centre de prévention du suicide de la Haute-Yamaska: 450-375-4252,

Centre de prévention du suicide du Haut-Richelieu: 450-348-6300,

Centre de prevention du suicide inc.: 418-683-0933,

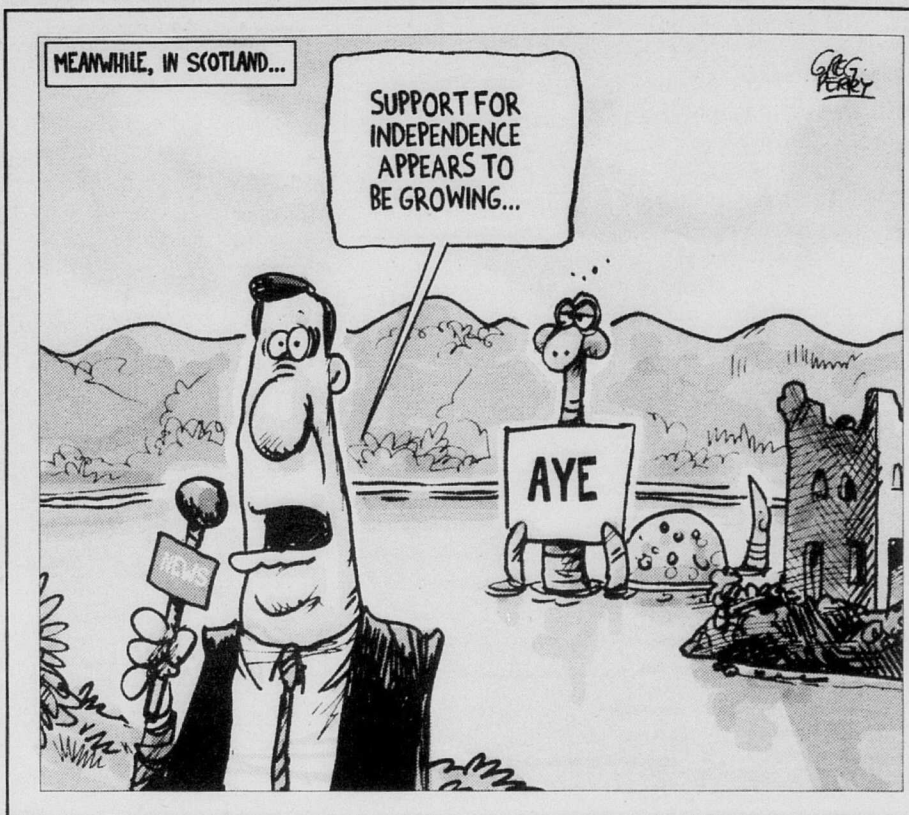
Urgence-Détresse (Thetford Mines crisis line): 418-338-5080,

Tel-Aide Québec (listening and support service): 418-686-2433,

Tel-jeunes (help line for young people): 1-800-263-2266,

Jeunesse j'écoute (help line for young people): 1-800-668 6868.

And we should all do our best to reach out to isolated and lonely individuals.



Letters

DEAR EDITOR:

The last regional fair of the season wrapped up at Richmond recently.

I went to see beef cattle judging on Friday. It was a scorching hot humid day. I thank the exhibitors, male and female, who had their cattle well prepared and most important, fans were installed everywhere and all the animals were comfortable.

As a past director and president of the Richmond Fair I see that the new directors and president are doing a super job as all buildings were full, be it with poultry, small animals, sheep, dairy and beef cattle, vegetables and horses. These horses really impressed me especially the new fad miniature horses.

They look like ponies but as Mr. Mickey Blemming told me in a stern voice, "They are miniature horses, not ponies." Most of these so-called horses are not much bigger or taller than my shepherd dog. These little horses and their owners are really something to see, all harnessed up ready to go in their special ordered harnesses and bridles costing in the thousands. You should see their handmade buggies, some looking like a chuck wagon or, in the case of

Mr. Blemming, who gave me a history lesson on these adorable little horses with his show two-horse wagon, handmade out of hardwood by a certain Mr. Driver. What a beautiful wagon, it's a heirloom and a work of art.

Thanks to all the exhibitors for putting on a great fair as I enjoyed my day.

EVERETTE TAYLOR
CLEVELAND

DEAR EDITOR:

I'd like to add a short footnote to Gordon Lambie's story on the no parking zone next to St. Francis School in Richmond.

The no parking zone in question on Lorne Street extends for a distance of 100 feet, enough space to accommodate at most five or possibly six cars (if they are small and well parked). Parents—or children—may have to walk an extra 100 feet, but there is still ample room for parents to park.

NICK FONDA
RICHMOND

The writer is a member of Richmond Town Council

THE RECORD

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PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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

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The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

Local Sports

Stone wrote the final script when he intercepted the ball to seal Galt's first win of the season, evening the Pipers record at 1-1.

Weekend sweep for Piper football

By Galt Media Literacy Class
LENNOXVILLE

The Junior and Senior football teams from Alexander Galt Regional High School travelled to Polyvalente Montignac in Lac-Mégantic on Sunday and both left with their first wins of the season.

Running back Jarod Stone continued to be a force for the Junior Pipers, who downed Montignac 19-12. Stone opened the scoring with an impressive 60-yard run in the first quarter, but Montignac tied the game late in the first. Stone gave the Pipers the lead once again when he returned a punt for 70 yards

in the third quarter.

However, the Beliers tied the game again with a long drive late in the third.

After a long drive of their own early in the fourth quarter, Galt's Noah Bennett ran a quarterback sneak in from two yards out for the major.

After making the conversion for the first time, the Pipers held a 19-12 lead.

Montignac moved the ball into the red zone with seconds remaining, but Stone wrote the final script when he intercepted the ball to seal Galt's first win of the season, evening the Pipers record at 1-1.

Stone finished the game with

250 all-purpose yards while Bennett threw for 180 yards. The Piper defense made huge improvements from the previous week, when they lost 39-18 to Claretain from Victoriaville.

The Pipers will host undefeated École Secondaire des Pionniers from Trois-Rivières next Sunday at 1 p.m. on Halsall Field.

Later, the Senior football team opened its season with an impressive 46-13 win.

Running back William Simard led the offensive attack for the Pipers with three rushing touchdowns and 150 yards.

Fullback Sean Giddings scored a 15-yard touchdown on

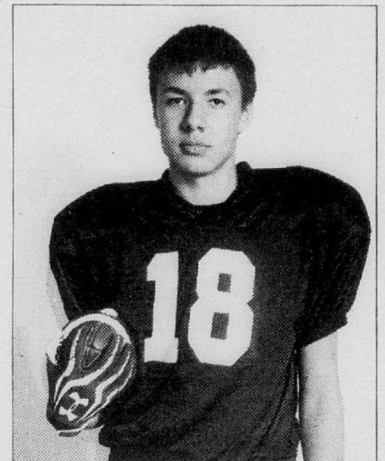
a screen pass from Tyler McBean and added a rushing touchdown of his own.

Kicker Shawn Paxton made all six converts and hit a 33-yard field goal.

The Piper defense swarmed the Montignac offense with eight sacks and defensive end Cedric Tanguay picked up a fumble and ran it into the end zone.

Galt also dominated on special teams as William Breton blocked two punts and one field goal attempt.

Andrew Hynd's troops will take on La Ruche on Saturday, as they travel to Magog for a 2 p.m. kickoff.



COURTESY GALT ATHLETICS

Jared Stone scored two TDs and had the game-clinching interception for the Junior Pipers on Sunday.

Impressive start to ETIAC soccer season for Pipers

By Galt Media Literacy Class
LENNOXVILLE

The Alexander Galt Piper soccer clubs kicked off the Eastern Townships Inter-scholastic Athletic Conference league this past week by posting a 3-1 record against Bishop's College School.

The Senior boys got off to a slow start in their home opener, but managed to keep the game scoreless at the half.

Veteran coach Steve Walker made some adjustments in the second half that paid off in a big way.

The highly talented Mikale Fontaine got the first goal of the season for Galt when he drilled a shot from a tough angle just

inside the penalty box early in the second half.

Minutes later, left midfielder Diego Valdes used his speed to beat a Bears defender and scored on his own rebound after the BCS goalkeeper made a great save.

With BCS pressing to score, right midfielder Tristan Boivin intercepted a pass, drilled a low shot and later scored on his own rebound in an open net to give the Pipers a commanding 3-0 lead.

Striker Glenn Aluha sealed the game when he was awarded a penalty shot for being hauled down in the penalty box and made no mistake on his attempt.

"The key to our 4-0 victory

was quick ball movement, team play and depth," said Walker.

The Junior girls team looked impressive in their season debut, despite having an all-rookie team. The Pipers scored early and often against an also-inexperienced BCS club.

Eight different girls scored while striker Caroline Fisette had a hat trick and Jessie Lambert, Leanne Marmonnier and Vanessa Paxton scored a pair each.

Nancy Dubeau's team will have a huge challenge this week as they face Stanstead College at home on Wednesday and travel to Massey-Vanier Friday afternoon.

The Bantam boys got off to a good start in their game against

BCS when striker Justin Schoolcraft scored five minutes into the game.

Defender Roger Howard Ingalls gave the boys from Galt a 2-0 lead when he scored on a free kick just outside the penalty box. Howard Ingalls used his big leg again in the second half when he scored on a corner kick that went off a BCS defender. The Pipers played stingy defence for the rest of the second half to claim a 3-0 victory.

In the final game of the week, the BCS Junior boys defeated Galt 3-1. The Bears jumped out to an early lead when Fred Abraham beat the Galt goalkeeper with a nice shot.

The Bears extended their lead in the second half with goals from Josh Stanley and Luciano Valani. Galt striker Matthew Choquette tried to make it game after he converted a nice passing play, but the BCS defence held its ground to preserve the 3-1 win.

Today, the Bantam "A" boys and Bantam girls host Richmond, while the Senior teams visit Richmond. Tomorrow sees the Bantam "B" boys at Salesien, while the Juniors host Stanstead. All those games start at 4:15 p.m.

On Friday, all three girls teams are at Massey-Vanier. The juniors kick off at 2:30, with the bantams and seniors following at 4 p.m.

Soccer and lacrosse nab BU weekly prizes

Record Staff
LENNOXVILLE

Emma Fingler of women's soccer team and lacrosse player Taren Cook were named the Bishop's University athletes of the week yesterday.

Fingler, a Burnaby, B.C. native, played a prominent role on defense for the Gaiters this past weekend when they fell 2-0 to No. 3 Montreal and 3-0 to McGill. The third-year Political Science student helped the Gaiters hold the nationally ranked Montreal Carabins to two goals on Friday night.

"On Sunday, Emma was an offensive threat," said head coach Chris Hornibrook. "Her long kicks helped us into the offensive third of the field."

Fingler will lead her team against UQAM on Friday in Montreal and against UQTR at 3 p.m. at home on Sunday.

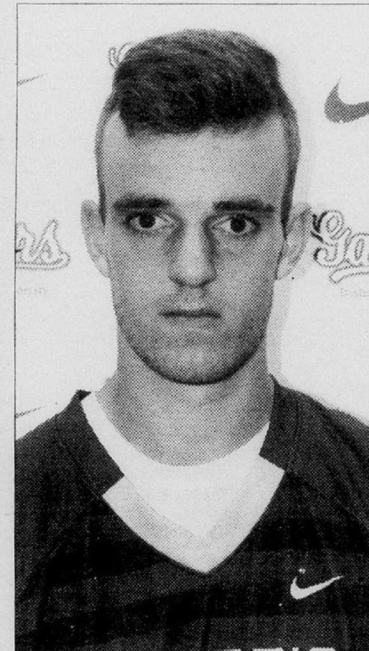
Cook, from Rothesay N.B., led the Gaiters over the weekend with a hat trick in both games as Bishop's beat Trent 12-6 on Saturday and Queen's 12-9 on Sunday.

The rookie attackman added an assist on Sunday to give him a seven-point weekend. The environmental science student has 11 points in his first two weeks of action as a Gaiter.

Cook will look to continue his dominance with the undefeated Gaiters when they face the McGill Redmen in Montreal on Wednesday at 8:30 p.m. and host Ottawa on Saturday at 7 p.m.

The other nominees included Lee Hudson, who was strong in scrum and lineout work in the Gaiters 34-21 men's rugby loss at Concordia on Sunday.

Fingler and Cook receive a gift card from Provigo Robert Lafond, the award's sponsor.



COURTESY BISHOP'S UNIVERSITY ATHLETICS

Emma Fingler (left) of women's soccer and Taren Cook of men's lacrosse are the Bishop's University athletes of the week.

Pro-Gym knocked out of playoffs

Record Staff
SHERBROOKE

The Sherbrooke Pro-Gym fell 2-0 to the St-Eustache Patriotes on Sunday night in Game 5 of their Junior "AA" baseball playoff series.

The loss eliminates the Pro-Gym, who lost the best-of-seven league semi-final series four games to one.

The Patriotes advance to play St-Constant in the league final.

Elsewhere, the Quebec Major Baseball League final series is tied at one game apiece after Thetford and St-Thérèse split their series-opening doubleheader in Thetford Mines on Sunday. Games 3 and 4 are in St-Thérèse on Saturday.

But we live in a small town, and it's only a matter of time before she finds out

TUESDAY, SEPTEMBER 16, 2014

Annie's Mailbox

Dear Annie: My best friend's husband is having an affair with his sister-in-law. I have firsthand knowledge of this and also heard it through several different, unrelated sources. They are pretty blatant about being seen together.

My friend needs to get rid of this creep. I believe he's a serial cheater who thinks he can get away with anything. Why else would a reasonably intelligent man risk losing everything, including his home and children, over this?

I want to tell her, but dread hurting her. If she doesn't believe me, it could end our friendship. But we live in a small town, and it's only a matter of time before she finds out. Then she'd be angry because I kept the information from her.

Keeping this to myself feels as if I am betraying her, and it's getting harder and harder for me to be around her. This friendship is important to me. What do I do? Tell her or wait for the hammer to fall? — Best Friend in Trouble

Dear Friend: There is another possibility: that your friend already knows and has chosen not to deal with it. But in a small town, you are right that she will find out. You can express your concern without accusing her husband directly. Simply point out that he seems

to be spending a lot of time with his sister-in-law, and if he were your husband, you'd check it out. Then leave it alone.

Dear Annie: My friend asked me to be her maid of honor and then drove me nuts. She had crazy ideas and didn't consider anyone else's financial situation. It was all about her.

She ordered dresses for us that were hideous and arrived with only a week to spare. The other bridesmaids and I convinced her to look for another dress, but although we shopped an entire day, she found nothing she liked. I found a dress on my own, but she didn't approve of it. Finally, I sent her an email saying that I no longer had time to find an appropriate dress that was to her liking, and I would not be upset to be removed from the wedding party. I asked whether it was still OK to attend the rehearsal dinner and help out.

My friend never responded, and then she made an announcement at the rehearsal dinner that she had chosen someone else as her maid of honor. She claimed I didn't want to give a speech and that's why I bowed out. I was hurt that she would announce this in front of everyone and then lie about the reason. She told me afterward that she still wanted me in

the wedding party and another girl would get me the dress. So I ended up purchasing three dresses for her wedding that I could ill-afford. I left the wedding early because I was so hurt. She later sent me an email saying she did what she thought best. She never apologized. Is this a good friend? Did I do anything wrong? — Disappointed

Dear Disappointed: You expected to be dealing with a friend, but you got stuck with Bridezilla. This is not uncommon. Some brides become so selfishly focused on their own desires that they feel entitled to demand any sacrifice. The good news is, this phase usually passes in time. But if you believe this selfishness is simply your friend letting her true colors show, you are better off without her.

Dear Annie: Thank you for running the letter from "Up Close and Personal," who tried chlorophyll tablets for bad breath. I had a similar problem. No matter how many times I brushed my teeth and tongue, I still had a terrible taste in my mouth. Since that letter appeared, I have been taking two chlorophyll tablets every day, and I feel so much more confident. — Fresh and Happy in Ohio

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

SUDOKU

Difficulty: 3 (of 5)

		8		4		1		
4	6			5				2
			1				6	8
	2	7			1	5	3	
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	3				9			4
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9-16-14

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Alexandra #59 Odd Fellows hand out prizes at Ayer's Cliff Fair



One of the miniature horses being judged, there were several and equally cute.

Miniature horses showed in arena and there were many.

6-Heavy Horse Hitch at Ayer's Cliff Fair Class was sponsored by Alexandra #59 Odd Fellows of Ayer's Cliff and prizes were presented by Deputy Grand Master and Treasurer Arnold MacKeage and Vice President of Rebekah Assembly and Secretary Ernestine Whipple.

Congratulations to each of the drivers - you really make the show!

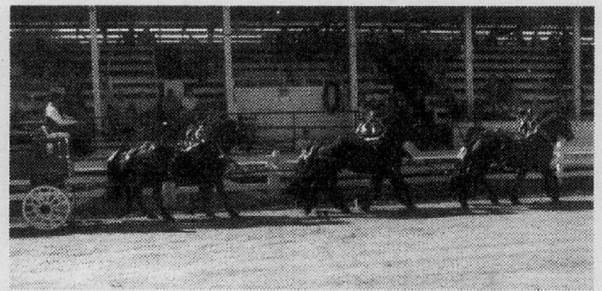
Submitted by Ernestine Whipple



Third prize hitch driven by Mr. Lyonais of Stanstead - Belgians.



First prize driven by the youngest driver Jason Taylor with Allen George - Clydesdale. Jason has won all over the area.



Second prize hitch driven by Eddie Blake of Compton - Friesans, beautiful blacks.

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CELEBRITY CIPHER by Luis Campos

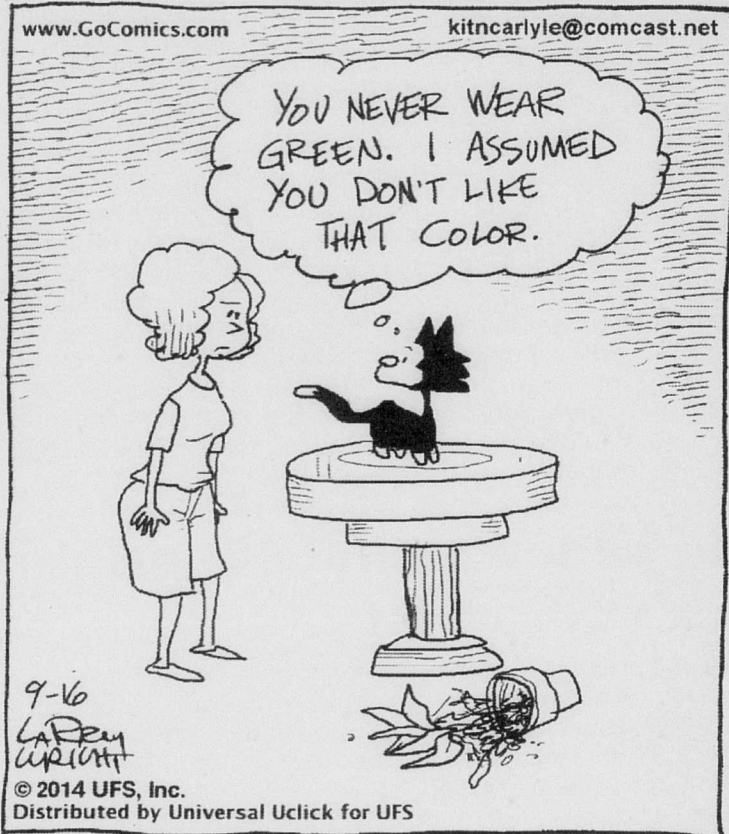
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"D RLY'F JLLS MF PTZMOELLSP. D
TLVJR PGLH KLV PLNW, EVF D'R GMAW
FL TJDNE JMRRWZP, MYR D TMY'F
TJDNE." — JMVZWY EMTMJJ

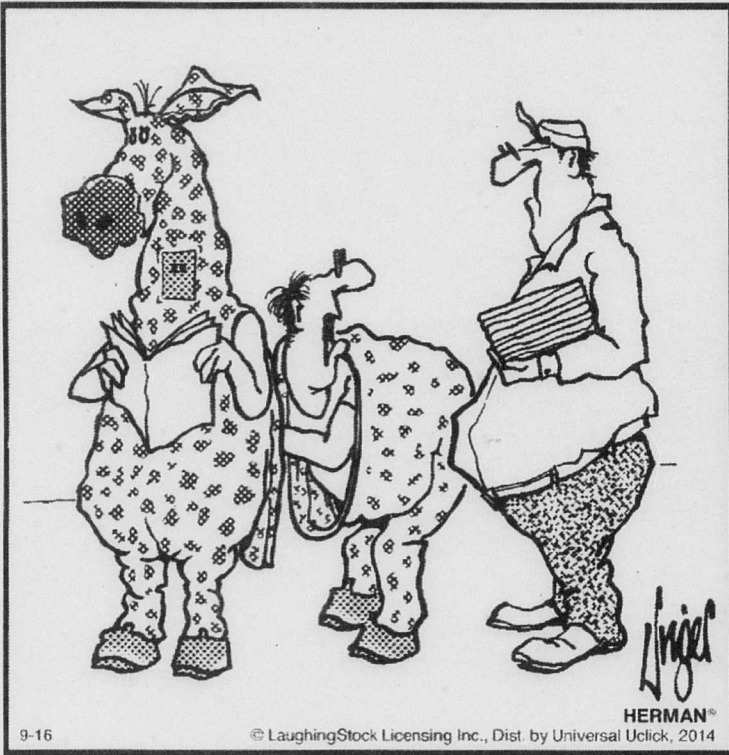
Previous Solution: "I can't believe my lovely friend (Robin Williams) is gone ... he brought us so much joy and laughter." — Eric Idle

TODAY'S CLUE: *A equals X*

KIT N' CARLYLE

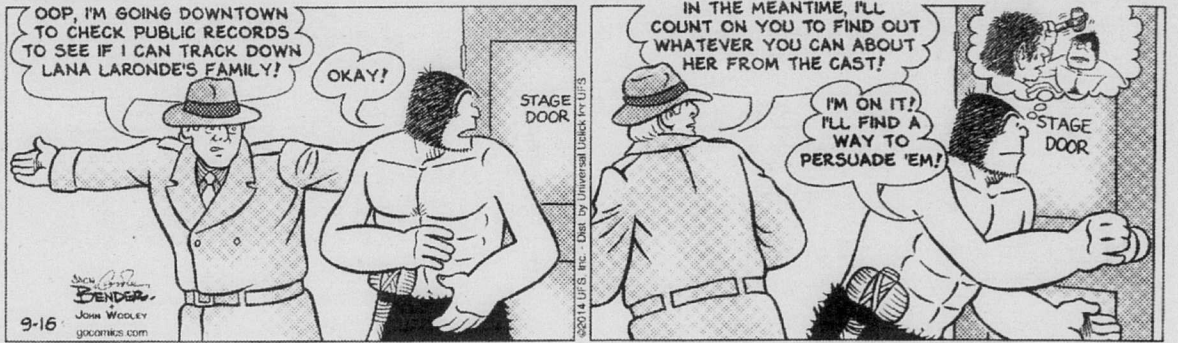


HERMAN



"How come I never get a copy of the script?"

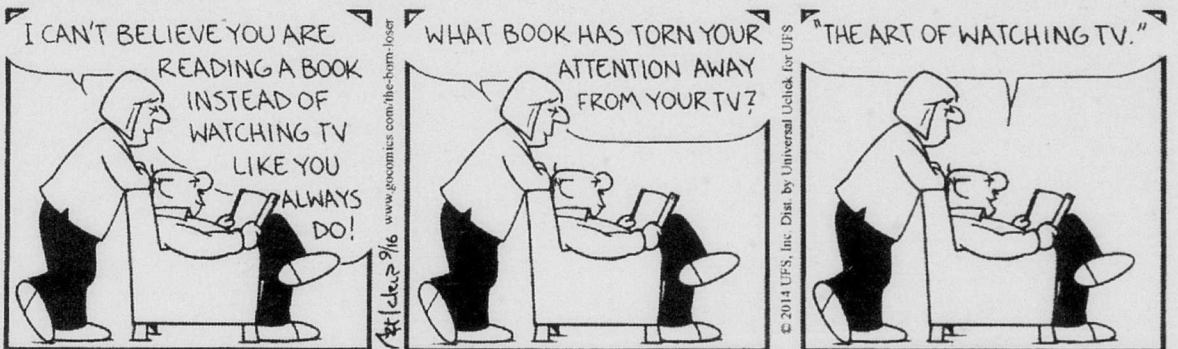
ALLEY OOP



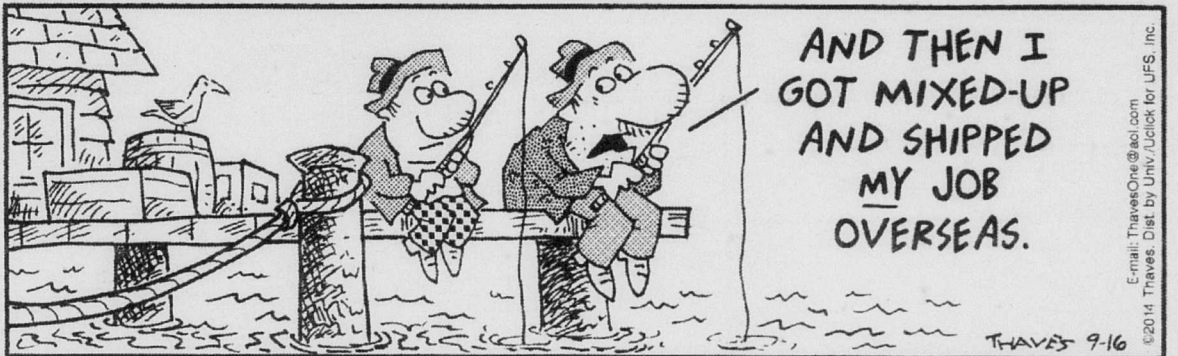
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294 Events

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TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

MAGOG

Magog Association of Retired Persons, situated in the Community Centre, corner of Merry and St. Patrick, in Magog, is having an Open House on Thursday, September 25 from 1 p.m. to 4 p.m. for retired persons. We are anxious to show everybody all the activities available for them (ie: Sandbags, Bocce, exercises, cards, scrabble, pool (year round), workshops: woodworking and weaving. Monthly suppers, dances etc. Come see for yourself.

ST-FÉLIX-DE-KINGSEY

The annual harvest service at St. Paul's Church, Sydenham will be held on September 21 at 2 p.m. Everyone welcome.

MAGOG

Scouts 4th Lake Magog: Cubs aged between 8 to 10 years and Scouts aged between 11 to 14 years. Registration on September 16 at PEES in Magog between 6 p.m. and 7:30 p.m. Also adult volunteer needed, no experience necessary.

RICHMOND

Used Book Sale for RCM Library on Saturday, September 27, 9 a.m. to 3 p.m., at the Salle Communautaire du Centre des Loisirs, 820 Gouin St., Richmond. Good selection of French and English books, children's books, tape cassettes, CDs and DVDs. Profits to help buy new books for the Library.

NORTH HATLEY

It's not too late to get your tickets for the Tim Hus Travelin Band Concert at the Piggery Theatre, Thursday September 25, 8 p.m. This is a benefit for St. George's Anglican Church, Ayer's Cliff 100th Anniversary. To reserve your tickets call 819-843-0823 or 819-838-4952, ask for Barb.

MAGOG

Memphremagog Community Learning Center is launching their Fall session of the Evening Adult Courses on Wednesday, September 24. All courses run from 6:30 to 8 p.m. at the Princess Elizabeth Elementary School (120 Bellevue, Magog). Very small fee. Registration: Wednesday, September 17 (6-8 p.m.) or 1st night of class. Social time to follow after each class. Courses listed on www.magogclc.ca or Pervana 819-238-1285.

LENNOXVILLE

Registration for the Cribbage Club for 2014-2015 will be held

at the A.N.A.F. Unit #318 "The Hut", 300 St. Francis, Lennoxville on Thursday, September 18 at 7 p.m. New members welcome.

LENNOXVILLE

The A.N.A.F. Ladies Auxiliary Unit 318 will be holding a Flea Market & Bake Sale on Saturday, September 20 at the Hut, 300 St. Francis Street, Lennoxville from 10 a.m. to 3 p.m. To rent a table, call Wanda Evans 819-565-7099 or Gabie Duncan 819-564-3181. Canteen open.

COOKSHIRE

Turkey Dinner at the St. Camille de Lellis Church, 190 Principale East, Cookshire on Sunday, September 21 from 11 a.m. to 2 p.m. Menu: turkey, potatoes, stuffing, salad and homemade desserts. Admission charged. All welcome.

LENNOXVILLE

Sherbrooke Hospital Nurses Alumnae Association annual Fall Supper, Saturday, September 27. Cocktails at 5:30 p.m. Dinner will be served at 6:30 p.m. It will be held at the Army, Navy, Air Force (The Hut), 300 St. Francis St., Sherbrooke. Friends and co-workers welcome. Judith Ross, Executive Director, Mental Health Estrie, will be the guest speaker. For information and reservations contact Eileen Clark 819-565-9009 before September 19. There will be an English Tour of the Sherbrooke Murals, Saturday, September 27 from 1:30 p.m. to 3:30 p.m. For reservations contact Eleanor at 819-569-1069.

SAWYERVILLE

Advance notice. Catholic Church Supper at Our Lady of St-Rosary in Sawyerville on Saturday, October 4 from 4:30 p.m. to 7:30 p.m. Menu: Turkey, stuffing, potatoes, beans, vegetables, homemade pies. Admission charged. Evening of music. Everyone welcome.

EUSTIS

A 500 card party will be held on September 19 at the Eustis Hall at 1:30 p.m. Benefit for St. John's Anglican Church, Waterville. Hope to see you all there.

MINTON

Waterville/North Hatley United Church will be holding their final summer service at Minton to celebrate Minton's 120th Anniversary and Thanksgiving Service on Sunday, September 21 at 2 p.m. with Rev. Mead Baldwin. Everyone welcome.

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

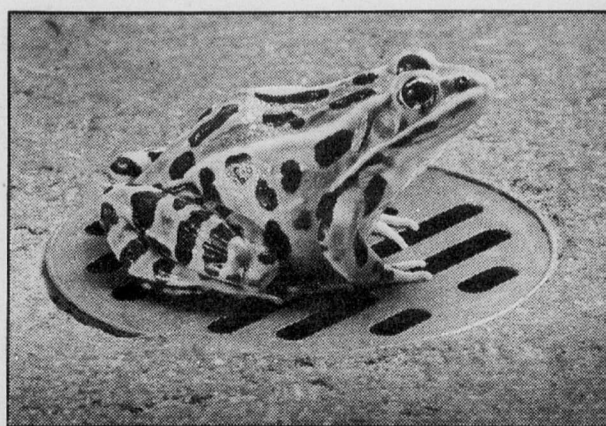
Five hundred card party at Eustis Hall

On September 5, St. Johns Anglican Church Waterville had a five hundred card party at the Eustis Hall. We had six tables. I would like to thank the Eustis Guild for the use of the Hall and a big thank-you to Merle Nutbrown for all your help. Pat Howe and Sue Nichols has a big thank-you for all your help and to everyone who donates food and prizes. Ladies first was won by Isobel Nelson with a score of 6340; Ladies second was won by Sue Nichols with a

score of 6180; and Elvera Patterson got Ladies consolation. Men's first was won by Meryl Nutbrown playing as a man with a score of 6300; men's second was won by Eric, sorry I don't know his last name, with a score of 5480; and Douglas Robinson got the consolation. 9 hearts was won by Marion Cox, Sue Nichols, Isabel Nelson and Allan Bullock. As there was a number of bids of 9 clubs, we had a draw and Len Swallow and Marie Samson won the

prize. The special door prizes were won by Allan Bullock, Rita Mackey and Doris Davis. Door prizes were won by Elera Patterson, Louise Peasley - thank you for helping me at the door, Helena McComb, Bud Wing, Marie Samson and Andy Davis. Our next card party will be on September 19 at the Eustis Hall at 1:30 p.m. Hope to see you all there.

Submitted by
Judy Lane



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