

MMA gets Feb. 1 extension

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THURSDAY, OCTOBER 17, 2013

Brompton residents rally against Renouveau plan

Gordon Lambie
Special to The Record

Residents of the Borough of Brompton are mobilizing to oppose the campaign promise by Mayor Bernard Sévigny's Renouveau Sherbrookeois that would see their homes absorbed into the borough of Fleurimont as an electoral district.

On Sunday Oct. 27, from 1:30 p.m. to 3:30 p.m., citizens are being invited to join into a demonstration in front of Sherbrooke's city hall to show those running for elected office in the city that the new vision of Sherbrooke is not one shared by all residents.

"When the citizens of Brompton heard the announcement on Friday, we did not appreciate the news," said Pierre-Marc Perreault, one of the organizers of the demonstration, explaining that the event has only been in the plans for a few days and already boasts more than 100 supporters.

"I think that the big problem in the case of this issue is that a borough council has a certain decision making power," Perreault said, "right now Brompton can make a decision from Brompton, but an electoral district must run its decisions by a borough council."

The organizer compared the change to a hypothetical situation in which a homeowner is suddenly informed that he has to get his neighbours to approve all his home renovation projects before being able to start.

Perreault criticized both the borough merger and centralization of services in a recent open letter entitled "Brompton (ville) is not a sector of Fleurimont" published in various French media in the city. In the letter he said the new plan disappoints him greatly, and points to Brompton in its present form as a model for "citizen friendly" governance, with local decisions being

CONT'D ON PAGE 3

Coaticook's 'Young Ambassadors'



COURTESY

'Young Ambassadors' visit Coaticook's Beaulne Museum as they get to know their region in a pilot project by the Local Development Centre (CLD) of the MRC of Coaticook and Collège Rivier to ensure that high school students discover and develop a sense of belonging to their community and help spread the word. Turn to today's Record, page 3 for the story.

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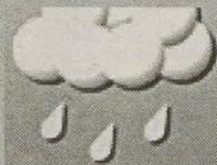
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Weather



TODAY:
RAIN,
SHOWERS
HIGH OF 15
LOW OF 12



FRIDAY:
PERIODS OF
RAIN
HIGH OF 13
LOW OF 9



SATURDAY:
CLOUDY
HIGH OF 12
LOW OF 6



SUNDAY:
SHOWERS
HIGH OF 11
LOW OF 4



MONDAY:
CLOUDY
PERIODS
HIGH OF 8
LOW OF 3

Pierre-Léon Tétreault at Fine-Arts museum

Pierre-Léon Tétreault:
La couleur
contre la guerre...
la couleur
chante amour et liberté
Exhibition till
Feb. 23, 2014

A dedicated traveller, Pierre-Léon Tétreault tirelessly collects images, signs and symbols pertaining to other cultures. He photographs, engraves and paints them, and makes of them works resembling symbolic writing which can be understood by everyone.

Life, travel, and the nomadic life are recurrent themes for Tétreault. He offers us here an exhibition of engravings and paintings paired with artistic photographs taken in the course of his many voyages.

Beginning in the mid-1980s, Pierre-Léon Tétreault began to display in his work a primitive idiom taken from the four corners of the world. Although resident in Costa Rica from 1999 onwards, he continued to travel and to draw from the spring of other cultures: African, Caribbean, Amerindian, Japanese or Mexican. The artist explains: "In my recent work I have tried to translate visually the boundless visual information that fills me in contact with this tropical life milieu."



COURTESY

Pierre Léon Tétreault. Place du marché, 1992.

A certain exhilaration emanates from his work: vibrant colours, abundant flora and fauna, a tropical luxuriance close to abstraction, an ode to life and an invitation to a voyage which is sure to enchant and intrigue the visitor to the Musée this autumn.

Born in Granby in 1947, since 1969 Pierre-Léon Tétreault has held more than fifty solo exhibitions and has participated in many group shows. In 1994, his travelling exhibition, *Parcours nomade/Recorrido Nomada* was presented in Bogota, Colombia, in Caracas, Venezuela, in Mexico, and later at the Centre culturel of the Université

de Sherbrooke, as well as the museum of the City of Lachine, and the Canadian Embassy in Tokyo.

His work can be found in the collections of the Musée d'art contemporain in Montréal, the Musée de beaux-arts in Montréal, and the Musée national des beaux-arts du Québec, and in other public institutions in Ontario, Japan, Venezuela, Colombia, the United States, and France.

Pierre-Léon Tétreault's exhibition *Traces et impressions d'un parcours* was shown at the Centre culturel Yvonne L. Bombardier in Valcourt this summer.

From Oct. 10 to Nov. 10 he

will show at the Galerie du théâtre, Magog-Art contemporain.

The Musée des Beaux-arts de Sherbrooke is supported financially by the ministère de la Culture et des Communications, and by the City of Sherbrooke. Visitors are welcome from Tuesday to Sunday, from noon to 5 p.m. The Museum is located at 241 Dufferin, in the centre of the city. Entry fees: \$10, adult; \$8, senior; and \$7, student. Family rates are available. Guided tours in English or group tours: advance reservations required.

Source: Lise Boyer.

www.mbas.qc.ca

FEE plans eco-friendly Gala

The Fondation Estrienne en environnement (FEE) has set the bar high for the 20th edition of its Estrie Environmental Awards Gala to be held on Oct. 22 at the Delta Sherbrooke Convention Centre, hoping to become one of the first events in the region to obtain official recognition as a Level 3 eco-friendly activity certified by the Quebec Bureau of Standards.

This certification requires an event that minimizes its environmental impact and increases its economic and social impact in the community, says FEE president Guy Fouquet, adding that to push the bar even higher, the gala will also aim for a carbon-responsible certi-

cate, which requires organizers to not only make an inventory of their greenhouse gas emission, but also to provide tangible evidence that they have carried out actions to reduce these emissions.

"It is relatively simple to compensate for GHG emissions monetarily, but it is even more important to take action before the event in order to reduce our impact," Fouquet says, adding that FEE is committed to compensate for double the emissions resulting from the gala.

"We want this event to be an example for other events in the region that want to adopt the principles of sustainable development and join the fight against climate change."

The gala, to be held at the Delta Sherbrooke convention centre, under honorary chair of the Director General of the Domtar plant in Windsor, Eric Ashby, is expected to attract some 450 participants.

For its 2013 edition, FEE has received 40 applications and selected 25 finalists in eight categories to highlight the environmental hot shots in the region. The summary of the initiative of each finalist will be available soon on the group's website at fondationfee.ca. The organizers also point out that this evening with FEE also serves as a fundraiser to support environmental initiatives in the region, particularly by young people.

Ben by Daniel Shelton



Coaticook launches 'Young Ambassadors' program

Record Staff
COATICOOK

The Local Development Centre (CLD) of the MRC of Coaticook and Collège Rivier have launched their "Youth Ambassadors" pilot project.

Established by Geraldine Lansiaux of the CLD Coaticook and Marie-Eve Coutu of Collège Rivier, this project aims to ensure that high school students discover their region and develop a sense of belonging to their community and help

spread the word.

Coutu, who teaches geography, says "This activity is well suited to the geography program, particularly under the theme of tourism. We have already an outing with Level One students to visit part of the region. From Sylviane Ferland we learned more about the municipalities visited. During our visit, we visited musée-église de St-Venant-de Paquette and the Beaulne Museum. Students also became experts in certain sectors and will create a kiosk and a tour

guide covering the sector assigned to them. Finally, students will answer an online questionnaire on the region and become proud ambassadors. We intend to repeat the experience next year."

Project manager Geraldine Lansiaux says "When you live in an area, we think we know it inside out and come to believe the grass is greener in the neighbour's yard. This project aims to demonstrate the richness of our region and the range of activities that can be carried out here. We want to develop a

sense of belonging in our youth to counter their exodus. We live in a rich and diverse, but often overlooked environment."

The Coaticook CLD wishes to implement this project in other schools in the area and create many "Youth Ambassadors" for the Coaticook Valley.

The young ambassadors project will be exhibited during Discovery Weekend at the college, Oct. 18, 19, and 20. The public is invited to meet the students and staff to find out more.

New city rules on streams pinpoint landowners

Record Staff
SHERBROOKE

The City of Sherbrooke is advising the public of recent changes to its General Regulation No. 1 regarding the flow of water streams.

Essentially, the regulation

now states that owners of land on which a stream flows must ensure the free flow of water at all times. They must also ensure that bridges, culverts, fords, or other structures crossing a stream meet established standards.

The regulation also provides

for the need to obtain a permit before beginning any work that might have an impact on the stream and its flow, including work on existing structures.

These changes came into force on Sept. 6, but upgrading existing structures to make them compliant must be com-

pleted no later than Sept. 15, 2014. After this date, the City of Sherbrooke may issue statements of offense ranging from \$500 to \$4,000 to those who are in contravention of the new regulations.

For more information and to apply for a permit, people af-

ected by these regulations can call the Planning and Urban Development Department of the City of Sherbrooke at 819 821-5905.

To view the new regulations, visit sherbrooke.ca/ecolementdeseaux.

Student group wins Forestry prize

SHERBROOKE

Sherbrooke's Le Triolet High School has been awarded the 2013 Bertrand-Roy Prize by the Southern Quebec Forestry Association at its 68th Congress and Exhibition, held last Thursday and Friday at the Hotel Cherbouurg in Orford.

For the past five years, students of the school's compre-

hensive health program have been involved in a tree planting project called Planting Clean Air in the Eastern Townships.

The project began in the spring of 2009 with a youth group from the Comprehensive Health Program, which aims to develop physical skills and student success through the practice of individual and collective outdoor sports. In order to sub-

sidize a trip to Western Canada, a reforestation project called Planting Clean Air Estrie was proposed as a means of raising funds.

The Planting Clean Air Estrie project provides services to businesses and organizations to help reduce the environmental impact associated with fuel consumption and the production of greenhouse gases. Under the su-

pervision of foresters and parents Ken Dubé et André Gravel, reforestation activities have helped educate students and citizens of the prominent role played by trees in the environment in addition to allowing students to initiate reforestation projects and gain an overview of the work involved in the development of forest land. So far Le Triolet students

have planted 55,000 trees. The Bertrand Roy Prize is named in memory of the former association president who died in 1996, who had a keen interest in spreading awareness of the importance of trees and forest among young people.

Founded in 1945, the AFSQ is a private non-profit organization that operates in four

CONT'D ON PAGE 9

First leaf collection next week in Sherbrooke

Gordon Lambie
Special to The Record

The City of Sherbrooke is reminding the population that leaf collection will be taking place over two non-consecutive weeks in all districts, beginning next week, the week of Oct. 21. The second, and final, collection will take place nearly

a month later on the week of Nov. 11.

Included in the reminder is the fact that only leaves in paper bags will be collected. Bags are to be placed on the curb by 8 a.m. on each borough's usual collection day, but in a place where their location will not impede the regular col-

lection of bins or the flow of traffic.

If possible, city officials ask that bags be left open but protected from the elements prior to collection, as sealed wet bags tend to deteriorate faster and thus become difficult to collect. Similarly, the city asks that leaves not be raked directly into

the street or be allowed to spill there as they will impede street cleaning operations.

The city suggests running a lawnmower over small amounts of leaves as an alternative to bagging the leaves, as the resulting materials provides high-quality fertilizer for plants or can be used as mulch for

flowerbeds. Leaves can also be deposited in the brown composting bins.

If a leaf collection is missed, the city's ecocentres accept leaves at all times during their opening hours, though leaves collected in plastic bags will need to be opened and emptied by hand.

Brompton residents rally

CONT'D FROM PAGE 1

discussed locally in a context where everyone involved is familiar with the context.

Centralization and mergers, he argues, will rob the city as a whole of a wealth of diversity that currently serves Sherbrooke well.

In discussion with The Record, Perreault spoke of what he called, "human politics": having representatives that are close to the population allowing for real representation of issues.

"Like with the proposed 311 service," Perreault said, "it'll be an automated service that will offer us different choices, but right now, when I call my borough office, a real person who knows about local issues answers the phone."

Perreault pointed people in-

terested in the protest to the group's Facebook page "contre la disparition de Brompton" (against the disappearance of Brompton,) and noted that the group has gained strong youth support, as well as nods from the Lennoxville Residents' Association (LRA).

"I think it's an important message," Perreault explained, "the mayor said that Lennoxville would not be touched due to the fact that its linguistic status creates a distinct culture, but we in Brompton have a sense of belonging as well, and it shows in the way that even our young people are concerned by the issue."

"There's a movement starting and it's got some legs," said Steve Pankovitch, President of

the LRA, "it's going to be more than just English Lennoxville people at town hall on this one."

Pankovitch said that Lennoxville and Brompton have shared a similar history as distinct communities accustomed to self-governance.

"We have a lot of sympathy for each other, even if we haven't been mobilized together," the LRA president said, adding that this protest offered an excellent opportunity for the LRA to support Brompton in standing up for itself. "Separately we can all make a little noise, but together we can be much louder"

Perreault added to that notion, pointing out that the demonstration will be "making

noise" on the advance polling day, a fact that he said he hopes adds weight to their position.

Neither Pankovitch nor Perreault were certain of how many were likely to attend the upcoming rally, but both speculated that the movement might see support from the Jacques Cartier Borough as well, given

that it is to be subdivided and merged as well.

Perreault further pointed out that there are many incumbent and prospective officials who have yet to say anything about the issue publicly and speculated that the public event might help open eyes to the concerns of the populace.



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MMA gets Feb. 1 extension

Record Staff/The Canadian Press
SHERBROOKE

The Montreal, Maine & Atlantic Railway (MMA) has gained another extension, from the Canadian Transportation Agency to continue its activities until Feb. 1, 2014.

The CTA granted the extension after MMA obtained an extension of their bankruptcy protection until Jan. 28, 2014, and after verifying the rail company's insurance protection.

The CTA was tasked with determining whether the railway company could continue its activities in the country since the operating license was withdrawn on Oct. 1.

"The current insurance certificate on file with the Office, confirmed by the insurer of the MMA, shows that the company continues to have the same coverage per incident on October 1, 2013

and that the agency believes this coverage will be in effect during the extended period requested and that is in order for civil liability," the CTA decision says.

The Canadian Transportation Agency believes that the MMA has liability insurance sufficient to continue operations until Feb. 1, 2014.

**Fraser Institute report
says pipeline safer mode of transport
than rail or truck**

A report by the Fraser Institute released Tuesday says pipeline is by far the safest way to transport oil when worker injury rates are compared, but it remains unclear which is the safest from an environmental standpoint.

Using data from the U.S. Department of Transportation between 2005 and 2009, the study found the rates of injury requiring hospitalization in the U.S.

were 30 times lower among pipeline workers than rail workers involved in shipping oil.

For truck transport, the difference is even more stark, with an injury rate 37 times higher than oil transport by pipeline.

When it comes to spills, road transport fared the worst, with nearly 20 incidents per billion ton-miles. Rail had just over two incidents per billion ton miles while pipelines had less than 0.6 per billion tonne miles.

The report notes that pipelines tend to release more crude per spill than rail, but much of that is often recovered quickly.

With pipelines such as the controversial Keystone XL pipeline — which would connect Canadian crude to Texas refineries — in regulatory limbo, producers have been increasingly turning to rail to

get their crude to market.

But concern over the safety of using that mode of transport has intensified since a runaway crude-laden train derailed in Lac-Mégantic this summer, killing 47 people and destroying much of the downtown area.

"When you have more moving parts, more potential interactions with other non-controlled actors such as trains and trucks, the potential for accidents is higher when compared to pipelines," said Kenneth Green, one of the study's authors.

"It's not a completely simple comparison. When you have a pipeline spill the release volumes are higher than for a truck or train incident. But with road and rail, you have risk of more incidents in more places, so the overall question of environmental protection becomes unclear."

Noiseless call system improves quality of life at CSS-IUGS

SHERBROOKE

The CSSS-IUGS and the Vitae Foundation are investing in the peaceful living environment of its approximately 760 residents.

"The difference is impressive," says orderly Jean-Claude Poirier. "The residents are calmer and as we lose less time traveling and are more efficient, we can spend more time with the people we care for."

Poirier is referring to a new wireless, noiseless call system recently deployed on all long-term care units at the Centre St-Vincent. By March 2014, some 760 short and long-term beds at the CSS-

IUGS will be equipped with this new technology.

The Vocera system

The Vocera system uses a completely secure wireless technology created by IBM. When a resident presses the call bell, audible and visual indications notify the orderly of the origin and nature of the call. If the orderly is busy in another room and is not available, he or she can communicate with a co-worker through a mobile badge device so that the call can be answered.

Orderlies can save a lot of time moving back and forth and are able to re-

spond more quickly and effectively to call bells in a quieter environment.

A successful pilot project at the Centre St-Vincent has convinced management to deploy at a cost of just over \$500,000, the Vocera system throughout its institutions. The Vitae Foundation, currently in a fundraising campaign, will inject \$160,000 in the project, which should be completed by March 2014.

Concerned about the quality of life and care at the CSSS-IUGS, the Vitae Foundation is pleased to contribute to the purchase of this new equipment that will soon be made available to all residents of the four centers.

"Thanks to its donors, the Vitae Foun-

dation helps to improve the living environment and quality of care offered at the CSSS-IUGS. The Vocera system, among its other virtues, reduces the noise level for residents and their families and helps create a more homelike, peaceful environment away from the hustle and bustle of a hospital," says Vitae Foundation Director Brigitte Lambert.

The initiative to find a solution to reduce the noise and improve the living environment of residents stems from the Quality Control committee of the Board of Directors. "The search for an optimal solution has allowed us, firstly, to eliminate noise and, secondly, to improve the organization of work on the wards," says CSSS-IUGS Director-General, Carol Fillion. "This optimization and improvement of mechanisms for communication between members of the care team results in a reduction in the response time to call bells and increases the time spent with residents."

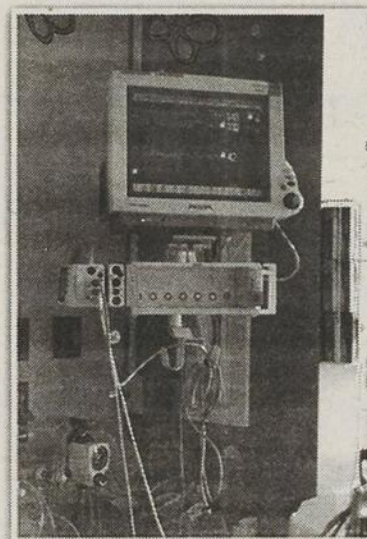


Thanks to your donations

Heart and lung monitors: Surveillance par excellence

With the help of your donations, the CHUS Foundation was able to buy two new cardio-respiratory monitors for the pediatrics department. The monitors are used mainly in pediatric intensive care to keep constant surveillance of heart beat, breathing, oxygen level in the blood, and blood pressure in children hospitalized for severe illness.

These machines are exceptional monitoring devices because they keep a continuous watch over a child's heart and lung performance and warn staff in the case of an anomaly. Medical personnel can therefore react faster and more effectively. The new high-tech monitors are also more adapted to pediatric patients with much more effective surveillance of children's health than the older machines.



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Des Sommets ends year with small deficit

MAGOG

At its public meeting on Oct. 15, the Board of Commissioners of the des Sommets School Board Summit (CSS) filed its 2012-2013 financial statements indicating revenues of \$98,007,404 and expenses of \$99,248,154, resulting in an operating deficit of \$1,240,750, or 1.3 per cent of its total budget.

Since the implementation of new accounting standards in 2008-2009, the school board has taken into account the value of its land and buildings in addition to reserving a sum for employee sick leave and vacations. Given these factors, a cumulative surplus of \$10,609,201 appears in the financial statements.

"The vast majority of this surplus is 'virtual' and cannot be used by the school board to provide services to students," said a press release issued Wednesday.



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INSURANCE AND FINANCIAL SERVICES

Conditions breach threatens refugee status

Record Staff
STANSTEAD

A 31 year old Romanian woman is behind bars after being caught illegally crossing the U.S. border this weekend in Stanstead. The six accompanying her were entrusted to the Youth Protection (DPJ).

Pending a decision by Citizenship and Immigration Canada to a request for political asylum, Simona Ciuciu must now face criminal charges for entering Canada without going through cus-

toms and immigration.

Ciuciu requested political asylum in 2011 along with her children and husband after illegally entering Canada via Church Street in Stanstead.

They were spared criminal charges at the time because of their refugee status application, but were subject to strict conditions, one of which was to not leave the country until a final decision on the family's refugee status was made.

Nevertheless, Ciuciu entered the United States in early September of this year.

Her husband was arrested

on Sept. 16 in Montreal and is suspected to be at the head of a network of illegal immigrant smugglers. He will return to court on Nov. 4 to face these charges in Montreal.

Meanwhile, Ciuciu attempted to return to Canada with six children this weekend, again via Church Street, which is unguarded. She tried to move the huge flower pots that have been set up to prevent vehicles from going from one country to the other. She was arrested by RCMP patrol officers who had spotted her.

According to defence

lawyer Marc-André Champagne, Ciuciu had to go to the US for a few weeks, specifically New York and Houston, for unspecified reasons.

Ciuciu appeared before Judge Conrad Chapdelaine of the Quebec Court to face charges relating to immigration law. Prosecutor Myriam Lachance opposed release and a bail hearing is scheduled for today.

In a separate case, Waldir Ortiz-Duque, convicted of illegally bringing two individuals through the border in Stanstead in April 2012, was

sentenced to a conditional discharge Tuesday in Sherbrooke.

Quebec Court Judge Conrad Chapdelaine imposed a one-year probation, during the first nine months of which, he must pay \$2,000 in donations to the Red Cross Lac-Mégantic Assistance Fund.

Ortiz-Duque was convicted of crossing the border without stopping in Stanstead. He was carrying two men of Indian and Jamaican origin that he had met on a previous trip to Niagara Falls in the US.

The 12th annual Night of the Homeless

Record Staff
SHERBROOKE

The Sherbrooke Table on Itinerance is encouraging the public to participate massively in the 12th edition of the Night of the homeless at Camirand Park on Friday at 6:30 p.m., at the corner of Fusiliers and Camirand streets in downtown Sherbrooke, for an event to raise awareness of homelessness in our society.

The event begins with the Rock Guertin Foundation Din-

ner of Hope, in the basement of Saint-Michel Cathedral where a hot meal will be served to those in need in need.

The Night will then continue on to Camirand Park, where a series of activities designed to engage and entertain is planned to raise awareness of the plight of the homeless.

The program includes such traditional, musical, and artistic performances, contests, as well as testimonials.

Within a few months, the

Government of Quebec should be presenting its first Homelessness Policy.

The Night of the homeless is an opportunity to remind people of the importance of taking action to prevent homelessness and to remember, as a society, that homeless people are citizens and equal to everyone else.

It is unacceptable that part of the population is found in conditions where their human rights are ignored, as in their

right to housing, income, health, social services, and education.

The Table on Itinerance in Sherbrooke, which brings together the various local actors involved in this issue, stresses the importance of being able to respond to the needs of people experiencing or at risk of becoming homeless.

The Policy on homelessness will have to take particular account of the realities of areas like Sherbrooke. The request

for assistance from organizations continues to grow - there are waiting lists once again - and the means are very limited.

The Night of the Homeless is a national event to raise awareness of the consequences of poverty, social isolation and homelessness, which more and more Quebecois are facing.

This year, solidarity vigils will be held simultaneously in 32 cities across Quebec.

Cascades and Kingsey Falls to hold third edition of Barter and Trade Week

KINGSEY FALLS

For the eighth year in a row, Cascades is partnering with Quebec Waste Reduction Week. Since the partnership began, Cascades has been actively promoting the 4Rs (reduce, reuse, recycle, recover). Following last year's success, Cascades and the town of Kingsey Falls are recycling and reusing the idea by organizing the third edition of Barter and Trade Week.

From Monday, Oct. 21, to Sunday, Oct. 27, Cascades employees and residents of the region are invited to bring items that they no longer use to the former Ateliers Marie-Victor, where they can trade them.

This year, visitors will have a chance to win one of two prizes from Ressac, valued at \$150 each. The stylish bags produced by Ressac's eco-designer are made from recycled bicycle tire tubes.

The activity operates on a win-win or, rather, a "give-give" principle: in order to take an article, you first have to give one. No

money will change hands; all transactions will be made through a system of sharing and trading.

A wide variety of items will be shared and traded, including clothing, dishes, books, CDs, DVDs, small household appliances, electronic equipment, furniture, sporting goods and toys. Just imagine a giant community garage sale where everything is free!

A bulletin board for posting large, bulky items, as well as service offers, will be available on site. Those interested should prepare an ad and bring it in. Participants can drop off and take away items from noon to 8 p.m. Monday through Friday, and Saturday and Sunday from 10 a.m. to 3 p.m.

On the last day, you do not have to bring an item to leave with "new" articles. Volunteers will be on site to help receive items.

Last year, more than 4,400 articles were collected, and at least 2,400 were traded. With swap-

ping and trading events becoming more popular by the day, Barter and Trade Week is more relevant than ever. That's good news, since reusing and recycling not only help to counter over-consumption, they are also consistent with Cascades' underlying values and principles.

Articles not claimed will be donated to local community organizations. Cascades and the town of Kingsey Falls invite people to start cleaning and sorting those items collecting dust in the closet—you may not be using them, but someone else might.

Quebec Waste Reduction Week is organized by Action RE-buts and its main partner Recyc-Quebec, with the aim of providing concrete alternatives and encouraging Quebecers to adopt ecological waste management habits.

In addition to offering financial support for the event, Cascades is also helping the organization to reduce its ecological footprint by providing eco-friendly products.

WINNER OF THE OSS, ORCHESTRA SYMPHONIQUE DE SHERBROOKE, CONCERT

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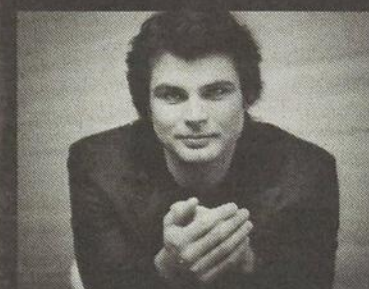
2013
2014
SEASON

TOUR DU MONDE EN MUSIQUE

RUSSIE

October 19, 2013 | 20 H

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Alexis Hauser
From the McGill Symphony Orchestra



Guest artist: Serhiy Salov, piano

Airat ICHMOURATOV
Overture Masenitsa, Op. 36

PROKOFIEV
Piano Concerto No. 3 in C major, Op. 26
Serhiy Salov, piano

SHOSTAKOVICH
Symphony No. 9 in Eb major, Op. 70

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EDITORIAL

By the time I was an adult I owned framed photographs of the great Leaf teams of the past including the 1947 Stanley cup winners – perhaps their best ever – and the 1967 winners – perhaps their last ever.

Leaf Fan anonymous



TIM BELFORD

I went to my support group meeting yesterday. Much to my shame I have once again fallen off the wagon.

Our small group sat in the usual circle of chairs and it fell to me to start. "Hi, my name is Tim and I'm a Leaf fan."

The murmurs of sympathy and understanding were numerous and heartfelt. After all, each and every member of the group had been where I found myself. Lured by an impressive start to the season they had jumped the gun, donned the sweaters they had hidden at the bottom of their closets, and wearing their hearts, or in this case their Leafs, on their sleeves, cheered for the boys in blue.

We had all known the pain. Sally (like other support groups we only use first names) confessed that she had once worn a Doug Gilmour sweater as a night shirt until the numbers had actually worn off. Archie told of the time he flew to Sweden and held his own candle light vigil in front of Borge Salming's childhood home until the police had him deported.

There were worse tales. Burton broke down in tears telling the group how, after 15 years of self control, he woke up one night in a shabby Boston hotel with the Leaf logo painted on his face dressed only in a pair of hockey pants once owned by Carl Brewer. To this day, he has no idea how he got there.

The simple truth is that there is no miracle cure. Once you become a Leaf fan you will always remain a Leaf fan. It's a day to day struggle.

For me it started simply enough. My parents, having no idea what potential devastation they were unleashing, bought me my first sweater and toque

at the age of six. Then came the socks, the pants and the autographed "Teeder" Kennedy stick. By the time I was ten I was wandering the streets looking for empty pop bottles to return for the deposit. Unlike my friends, I didn't use the cash for candy. I bought nothing but hockey cards, throwing the gum away or trading it for more cards all in an attempt to collect the entire Leaf line-up.

And so it went. By the time I was an adult I owned framed photographs of the great Leaf teams of the past including the 1947 Stanley cup winners – perhaps their best ever – and the 1967 winners – perhaps their last ever.

I had home and away Leaf boxer shorts. When I took my afternoon nap, I was covered by my Maple Leaf blanket. I had a Maple Leaf pocket watch and the pad for my computer mouse was rubberized replica of a Leaf sweater. I was in trouble.

That's when I first went to a meeting of LFA, Leaf Fans Anonymous. It was started in the early eighties after a cup drought of nearly fifteen years by Karl Drobnik of Maple Creek, Saskatchewan, who found himself inexplicably bursting into tears every time Frank Mahovlich rose to speak in the Senate.

And it worked. Regular meetings of the LFA, the help of other recovering Leaf fans, and a strict adherence to the twelve step program kept me from losing control. I no longer checked the price of playoff tickets. I stopped going on line to find hotel rates in Toronto for April and May. I was holding my own. Until yesterday.

I know it's only early October but the Leafs are first overall! They're six and one to start the season! Take that Boston! Nyah, nyah Montreal! Life is good at last! This will be the year! To heck with the twelve step program. You gotta believe!

Letters

A Lesson Learned

DEAR EDITOR:

Actually, I learned a few things about politics this week to be honest, but there is one important political lesson that I think we should all be very afraid of: party politics at the municipal level.

For a few weeks I have been asking people who I thought might know the answer to this question: "Why is there a need, or what is the advantage of having a political party for the Mayor in Sherbrooke?" I got varied answers including one that was enlightening explaining that if you ran under the Mayor's banner, the party would pay for signs, cards and all the necessary marketing for the said candidate. That said, most of the other answers I got were sort of vague; but being persistent, I asked again and finally got an answer I could sink my teeth into.

Here's the example that made it clear. In one particular borough there are currently eight candidates running. Let's say 25 per cent of the population shows up to vote just for arguments sake. Then let's say that the candidate for the Mayor's party wins by a slim margin getting 19 per cent of actual voters. This person, having only earned less than 5 per cent of the total populations support, will be representing the mayor's party first and foremost and then maybe the borough.

There is no more independence or Borough representation in this scenario. So, you get elected by the people of your borough but you won't necessarily work for the interests of the borough first. No wonder I couldn't figure out why it was needed because it makes no sense. The real answer to my question is that "Centralized Power" is what municipal political parties are all about. To quote a colleague, "in the worst case scenario it could lead to corruption, in the best case scenario, it leads to abuse of power."

I have said this before, but it merits saying it again. Municipal politics seems to garnish the least amount of interest from people, yet this is where decisions most directly impact our lives. At the same time, it's at the municipal level where small efforts can and will make a big difference on how things work out.

A group of 240 or so people from Lennoxville helped stop Mr. Sevigny's plan to centralize borough services, imagine what a group of 1,000 could accomplish!

STEVE PANKOVITCH
BOROUGH OF LENNOXVILLE

United Church presbytery responds to proposed Charter of Quebec Values

DEAR EDITOR:

The proposed Charter of Quebec Values will do nothing to unite Quebec society, and do harm to many in the immigrant community, especially women who wear the hijab and would feel forced to give up their jobs in hospitals and day-cares. This was one of the sentiments expressed at a United Church regional meeting held in Sherbrooke in late September. Lay and clergy representatives of congregations in the Quebec-Sherbrooke Presbytery, which stretches from the Eastern Townships northeast through Quebec City and Sept-Îles to the Lower North Shore, gathered for a two-day meeting at Maison Rivier.

One after another delegates expressed disappointment with the proposed charter. While few Protestants wear obvious religious symbols, others should not be forbidden to do so. As one member declared, "Freedom of religion should include the right to make one's faith visible. There's no justification for asking people to leave part of themselves at home." Speakers were clear that a symbol of one's faith is not worn with a view to converting others.

Recent instances of abuse directed at immigrants raised concern. It would seem these hostile gestures are linked to the proposed Charter, which appears to give permission to some to express hostility towards those who are different.

One speaker confessed that hostility towards strangers makes us all feel insecure, wondering if we want to be part of this society, but words of hope were also expressed. Delegates were encouraged to have faith in Quebec society, that it will not approve the measures proposed. "We can live God's dream of children living together," was how one person summed up the feeling in the room.

(REV.) LYNN HAMILTON
CHAIR, QUÉBEC-SHERBROOKE PRESBYTERY
THETFORD MINES, QC.

THE RECORD

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C COLUMNIST

I knew aging was inevitable, but like each generation, I simply assumed old people were doing it wrong.

Middle age: You heard it here first



ROSS MURRAY

When I first started writing about my children 20 years ago, I was the only dad in the world. No one else had ever before experienced the amazements, the bafflements, the flooded basements of parenthood. It was really something, and I couldn't wait to tell everyone about it.

Of course, the only thing unique was that it was happening to me. Over time, I realized that my parenting experiences weren't much different from those of, oh, every single parent ever. I wasn't that special.

Middle age, on the other hand! Let me tell you about middle age!

When I was young, I knew of course that I was going to get old. I saw the

white hair, the wrinkles, the frail, stooped postures. In Grade 6, our music teacher made our class listen to Harry Nilsson's "I'd Rather Be Dead (Than Wet My Bed)," so that was a bit of an eye-opener.

I knew aging was inevitable, but like each generation, I simply assumed old people were doing it wrong. "That's not how I'm going to get old," we told ourselves. "Shuffling along like that, napping in our chairs, putting out bowls of candies that sit so long they become one giant, sticky clump. No way! And what's with the polyester pants?"

No one told us, though, that aging begins, well, now. They didn't mention that strange things would start happening to our bodies in our forties, that strange things would start happening to our teeth. Our teeth! Shifting around all over the place. Who knew?

I recently learned that one of my high school classmates is getting divorced. On top of everything else he's going through, I imagine the prospect of dating again must be terrifying. I'd certainly be freaking out, and not because of the emotional baggage and lumpy bodies we're carrying around or the fact that our hairlines are fading

faster than Barack Obama's credibility. I'd be terrified of dining out – the prospect of all that food getting stuck in my teeth. This never used to happen. But now? I can store entire loaves of bread in there. I look at my teeth after a meal and it's like a scene from *Lunch of the Living Dead*. So a dinner date? The only thing I'd be able to order would be clear broth.

All to say that this is why I need to keep being nice to my wife.

Oh, and, by the way, polyester pants make for perfectly sensible work wear.

Thankfully, middle age isn't all bad news. There are some pleasant surprises as well.

Sleepovers, for instance. Over Thanksgiving weekend, I spent the night in my daughter Katie's college dorm, which sounds like the setup for a sit-com, but it was all on the up-and-up and no less hygienic than I remember from my own student days. Besides being impressed that she gave up her room for me and her brother, I like the idea of being invited into the new, separate lives our children are building for themselves. They're becoming adults, and more and more I'm just a spectator – preferably a spectator with a comfy pillow.

And cussin'. I can finally swear with impunity in front of my kids without pretending to myself that they don't. Not that the air in our house is thick with it but sometimes a raunchy adjective is exactly what's called for, though when Katie walks into the room and calls out, "What's up, female dogs!" (except it's not "female dogs") I know she's doing it just to irritate me and, yes, I glare; someone has to maintain some \$!&?!! standards around here!

Then there's just plain not giving a damn. I've walked outside in my work clothes (polyester) and my wife's fuzzy pink slippers because I can't be bothered to put my shoes back on. It's liberating, I tell you. I've retrieved the newspaper from the street in my boxer shorts and felt no shame, even when our neighbour from up the street has driven by. I give her a good-morning wave. She's recently divorced, too. I wonder if she likes soup...

Finally, there's the gaining of wisdom, something I lacked when my children were small. Middle age grants me the serenity to accept the things I cannot change, the courage to change the things I can and wisdom to shut up about it.

The African Union and the ICC

By Gwynne Dyer

Surprise of the week: the club of African presidents (aka the African Union) has held a special meeting and declared that African presidents should be immune from prosecution for genocide, crimes against humanity and war crimes while they are in office. They are taking this step, they say, because the International Criminal Court is unfairly targeting Africans: all eight cases currently under investigation are about crimes committed in African countries.

"We would love nothing more than to have an international forum for justice and accountability, but what choice do we have when we get only bias and race-hunting at the ICC?" said President Uhuru Kenyatta of Kenya (who by a strange coincidence is currently under indictment by the ICC). "The ICC...stopped being the home of justice the day it became the toy of declining

imperial powers."

Twenty years ago the accusation that the ICC is just an instrument of imperialist oppression and Western racism would still have played well in Africa, but the audience has got a lot more sophisticated. The AU's modest proposal has been greeted with an outcry all over the continent, from Africans who know that their leaders can be just as cynical and self-serving as leaders anywhere else.

The most eloquent protest came from Archbishop Desmond Tutu, the 82-year-old hero of the anti-apartheid struggle in South Africa. "Those leaders seeking to skirt the (ICC) are effectively looking for a license to kill, maim and oppress their own people without consequence," he said. "They simply vilify the institution as racist and unjust, as Hermann Goering and his fellow Nazi defendants vilified the Nuremberg tribunals following World War II."

So is the ICC really a racist organisation that unfairly targets African states? The fact that all eight cases currently being prosecuted involve African countries certainly sounds suspicious, but things are more complicated than they seem.

One hundred and twenty-two countries have already ratified the Treaty of Rome that created the ICC in 1998, including two-thirds of the countries in Africa and all the countries in Latin America except Cuba and Nicaragua. The Chief Prosecutor of the ICC is an African (Fatou Bensouda of Gambia), as are five of its eighteen judges.

Four of the eight cases now before the Court (Uganda, Mali, Democratic Republic of the Congo, and Central African Republic) were referred to the International Criminal Court by the African countries themselves. Two were begun by the ICC's Chief Prosecutor (Kenya and Côte d'Ivoire). And only two

of the seven new cases now under consideration (Afghanistan, Georgia, Guinea, Colombia, Honduras, Korea and Nigeria) are in African countries.

This is not a conspiracy against Africa, nor is the AU defending African rights. It is an exclusive club of African presidents that is attempting to get its own members, the leaders of Sudan and Kenya, off the hook, and to protect the rest of the membership from any future legal proceedings.

As former UN Secretary-General Kofi Annan said, it would be a "badge of shame" for Africa if they get away with it, but they may not. They can easily dismiss the opinions of the "international community" (whatever that is), but they may find it harder to ignore the indignation they are arousing among their own citizens.

Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

Performance artist applicants wanted for Montérégie arts prize

Record Staff

For the twelfth consecutive year, the Montérégie Council of Culture and Communications (CMCC) is pleased to join the Council of Arts and Letters of Quebec (CALQ) in recognizing the excellence of an artist from the Montérégie by offering the CALQ Creator and Designer of the Year in Montérégie Prize, with a cash award of \$5,000.

Through this award, CALQ hopes to

contribute to the promotion of artistic creation in the region by promoting the recognition of artists in their communities, in addition to offering tangible support to their careers.

This year, the prize will be awarded to an artist working in the performing arts. Professional artists who wish to submit their applications must meet eligibility requirements including: the completion of at least seven years of professional artistic practice.

Applicants must also have authored notable work, and be residents of the region for at least a year, practicing their profession.

Interested artists will find all details as well as the nomination form on the CMCC website at www.culturemonteregie.qc.ca.

The deadline to submit an application is Monday, Dec. 9, 2013, and the prize will be awarded in March 2014 by a representative of CALQ during a 5 à 7

organized by CMCC.

Founded in 1977, the CMCC's mission is to gather and mobilize, in a spirit of cooperation, all persons or entities established in Montérégie gainfully employed in the fields of culture and communications.

The organization represents and provides services and promotes culture and communications involved in the cultural development of the Montérégie

The Border Report

"We want to know what we can add to make the downtown area interesting to locals and visitors."

McGill students work on revitalization plan for Stanstead

By Matthew McCully

The Town of Stanstead has enlisted the help of master's students from the urbanism department at McGill University to help develop a long-term revitalisation plan for the downtown core of Stanstead.

"I think we're going to get interesting results from the project," said Joanne Lajeunesse McKay, business development agent for Stanstead.

McKay got the idea to involve McGill after seeing

similar projects done by students in Mansonville and North Hatley.

The Town of Stanstead has lots of ideas for improvements, but they are all going in different directions, according to McKay. It is hoped the project, when finished at the end of December, will present a unified view of what the town needs.

A steering committee was formed, including one Rock Island citizen, one commerce representative, one town councillor, the mayor, the town general manager, and McKay. The committee shared the strategic plan for the town with the students, as well as the results of a survey conducted last winter to address the needs of the community. Over the course of the coming months, the team of four students, who come from all over Canada, will develop a detailed 15-year plan to revitalize the downtown of Stanstead. It will include construction recommendations, as well as business ideas that will respond to needs in the community, promote growth, and attract tourism. The students will suggest businesses that could fill the empty buildings near the border that could prosper in the long term and answer to the needs of the population.

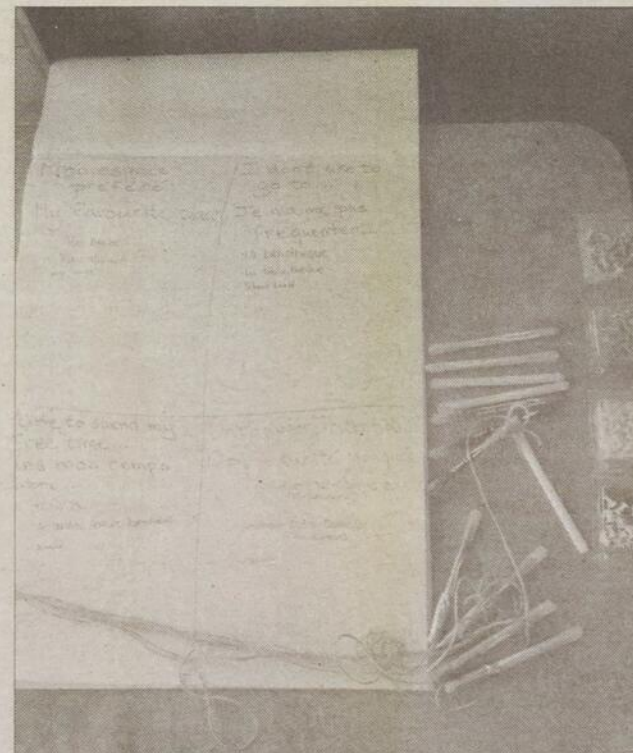
"It's a big project, and something to beautify the town," McKay said.

McKay is looking forward to what an objective look at the town will provide. The students have had the benefit of studying lots of other cities and towns throughout the country. "They could bring new ideas we might not have considered," she added.

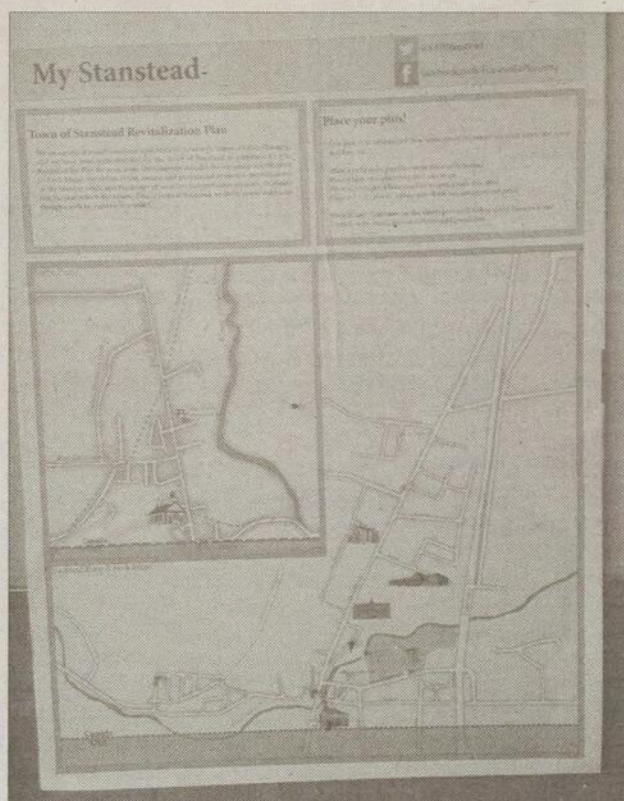
The student team will be supervised by two professors from the university, and check in regularly with McKay with questions and progress reports.

The main area of focus stretches from the Stone Circle to downtown Rock Island. One of the goals is to take advantage of the riverfront, and the area known as Little Tokyo, in front of the old Butterfield factory. McKay said the students will also explore options to extend the Tomifobia bike trail, which currently ends in Beebe, into the centre of town.

"We want to know what we can add to make the downtown area interesting to locals and visitors," said



PHOTOS BY MATTHEW MCCULLY



McGill students set up a station in the bistro of IGA in Stanstead to consult the population about the changes they would like to see in the downtown area.

McKay.

There are limitations because of the proximity to the border, McKay said, but the goal is to take advantage of the waterfall next to the Canadian crossing. McKay pointed out that the students, upon their first visit, learned the hard way, exactly where the border lies.

In an effort to involve the community, and give them an opportunity to share their thoughts, the students have set up a comments station in the bistro section of the IGA on Fairfax. There is a map, and residents are invited to use colour coded pins to identify areas of town that they like, don't like, and suggest changes they would like to see.

Eastern Townships Model Railroad Club celebrates 25 years

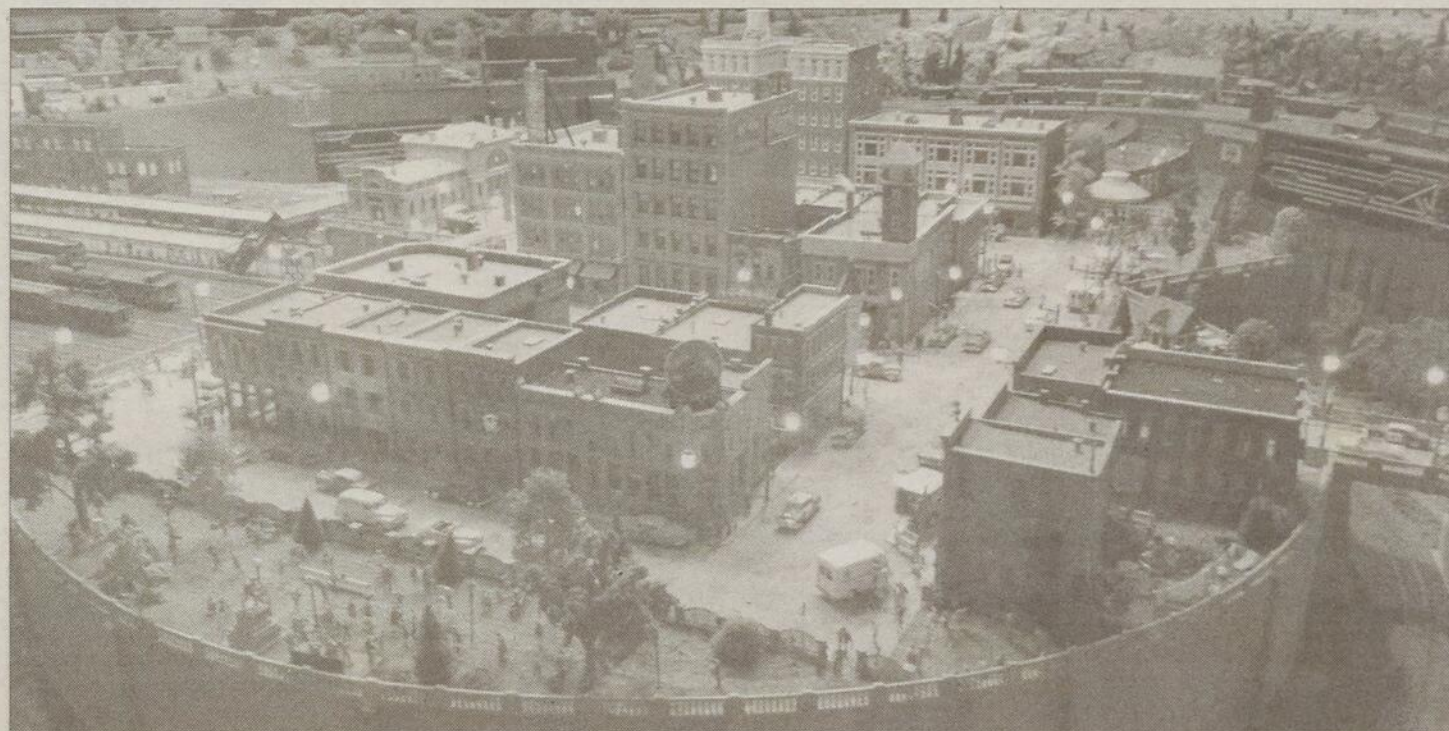
By Matthew McCully

Granit Central, also host to the Lionel miniature model trains exhibition, will host its Christmas party early this year, in conjunction with the Townships Model Railway club's 25th anniversary.

"Everybody is booked in November and December," said Bob Sheldon, president of the Granit Central museum, explaining the decision to have the party early in the day on Oct. 26. Sheldon wanted as many members as possible to be able to attend, and still be able to travel home in daylight. Some of the 38 members come from as far away as St. Hyacinth and Trois Rivières, he said.

More than 80 tickets have already been sold for the party, which will include a cocktail at the museum between 10 and 12 p.m., followed by a full roast beef meal at the neighbouring church. The ticket also includes admission into both the granite and train museums. All proceeds from the event will benefit the museum.

Sheldon is excited to gather club members and supporters together to celebrate the largest exhibition of Lionel model trains in Canada, and offer a



COURTESY OF BOB SHELDON

Granit Central in Stanstead houses the largest Lionel miniature model train collection in Canada.

glimpse of the expansion that is currently underway.

Sheldon spoke highly of Model Rail-

way Club member Jerry St. Pierre, who has been working on an expansion of the exhibition, while battling cancer.

"He is a pillar of the group," Sheldon said. The expansion is at the halfway

CONT'D ON PAGE 9

New café has lots to offer

By Matthew McCully

Chansons pour Elle, a new café at 10 Principle in Stanstead, has an interesting approach to attracting clientele.

"I think people in Stanstead are a bit shy to try something new," said Jean-Claude Maute, owner of the café, a converted heritage home. Maute opened in April, and did well through the summer, but now that tourist season is coming to an end, he wants to get more locals in the door.

His menu is a mix of local products, with a handful of staples from France. Maute gets his cheese from Compton, his bagels from Magog, and his rye bread from the bakery down the street. There is also a unique selection of teas, with wild harvested herbs.

"The pastries come frozen from France, but they are very good quality,"

he said smiling.

The name is inspired by French poet Paul Verlaine, and the décor is a series of lithographs on the same theme.

Maute is no stranger to the restaurant business, having owned a restaurant for years in Montreal, and he also worked in France.

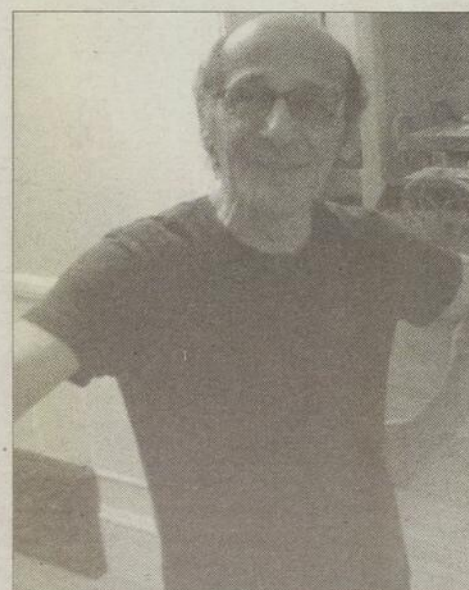
Maute is relying on diversity in his business for success. In addition to the main floor café, he has a meeting room available upstairs with room for up to 12 people. He also teamed up with Clinique Synergie Santé from Waterville. A registered massage therapist comes once a week, and treats clients in a private room on the second floor. Maute hopes the meeting room and massage services will get people in the door, and stay for a coffee or a meal.

"I want to be busy, but not too busy," Maute said jokingly.

For reservations call 819-200-4655.



PHOTOS BY MATTHEW MCCULLY



Jean-Claude Maute, owner of Chansons pour Elle.

A haunting at the Stone Circle

By Matthew McCully

Carrying on the tradition of epic haunted houses in Stanstead, this Halloween will feature a thrilling ride down the paths surrounding the stone circle.

"I think it will be the ride of your life," said A.J. Bedard, part of the organizing committee.

For the past six years, the town has been setting up haunted houses in Stanstead. They have used abandoned houses in the past, as well as the old arena. "Every year we try to change it up," Bedard said.

This year, they decided to use the stone circle as the scary setting, and offer rides on a tractor through the surrounding paths.

Bedard refused to spill the beans about the details, but he did say that more than 20 volunteers were involved in setting up the spooky ride. There will be several short vignettes, performed by ghosts, goblins and other horrifying characters coming out of the woods on either side of the tractor, along with countless heart stopping surprises.

The event will take place Saturday, Oct. 26, from 6-9 p.m. There will be two tractors circulating, offering rides every 7-10 minutes throughout the evening.

Children under 13 must be accompanied by an adult.



MATTHEW MCCULLY

Halloween is coming soon, and Stanstead is preparing a creepy cruise through the paths surrounding the stone circle.

Model Railroad Club

CONT'D FROM PAGE 8

point, and it is hoped St. Pierre, facing a severe prognosis, will have a chance to see it completed. Sheldon said that upwards of eight members show up daily to work on the project, each with a different skill to offer.

"My specialty is frame construction, it's my favourite pastime," he said, adding, "We're never finished." There are always improvements to make, and details to add, according to St. Pierre, who is now 61 years old, and has been working on model trains since he was

15. Though unable to attend the party due to lowered immunity, St. Pierre will continue to visit the museum whenever his health will allow it. "When I'm among friends, I don't think about it," he was heard saying.

The party will take place starting with a cash bar cocktail at 10 a.m. at Granit Central at 14 Boul. Notre-Dame West in Stanstead. Tickets cost \$25, and can be reserved by calling the museum at 819-876-5576.

BORDER BRIEFS

Stanstead Mayor back for another term

By Matthew McCully

Mayor Philippe Dutil was re-elected by acclamation, as were councillors Paul Stuart, Wayne Stratton and Guy Ouellet.

Film screening at the Haskell

On Friday, Oct. 18 at 7 p.m. the Haskell Free Library will screen the film, *Evangeline*, in the reading room. Admission is free, donations are welcome.

The film was made by New York fine arts instructor Annette Cyr, and the score was composed by Robert Heart.

The film explores the forced deportation of French colonists from Acadia to American colonies in 1755. The story is from the perspective of a couple, Evangeline and Gabriel, put on separate ships on their wedding day. Visuals in the film create the atmosphere, music evokes the feeling, and selected text from Longfellow's epic poem, conveys the narrative.

Hydro Quebec subsidises replacement of inefficient appliances

Hydro Quebec has launched a program offering Townships residents an opportunity to replace refrigerators with more energy efficient models for between \$75 and \$120.

To be eligible, residents must be from a low-income household, and be able to provide proof of household income. Also, the fridge currently in the home must be manufactured before 1996, and be in working order. Applicants will be asked to provide their most recent electricity bill, as well as the dimensions of their current fridge, and the space available for the replacement. The price for

the new fridge will range from \$75 to \$120, depending on the size chosen. Visit the website for more information at www.hydroquebec.com/residential/save-energy/household/recyc-frigo.

Author Colleen Curran visits Studio Georgeville

The Lenore Trilogy author Colleen Curran will do a reading and performance On Saturday, Oct. 26, between 2 and 4 p.m.

Over the past few years, Colleen Curran has recounted the comedic misadventures of singing waitress Lenore Rutland in three books: *Something Drastic*, *Overnight Sensation*, and *Guests of Chance*. She has also transformed *Something Drastic* into a play that has been seen in Toronto, Winnipeg, Melbourne, and Athens. Copies of Curran's three novels will be available for purchase (\$25 for the complete trilogy).

Admission is free, and refreshments will be served. Studio Georgeville is located at 20 Carré Copp, Georgeville (819-843-9992).

Stone Circle lecture

On Wednesday, Oct. 23, Professor Emeritus Bob Manning will report on his visit to the Gobekli Tepe (Anatolia, Turkey) ancient stone circles, and will relate them to Neolithic sites in Ireland and the U.K., such as Stonehenge. The lecture will take place at 1 p.m., on the second floor of the Hebard State Office Building, Newport, Vt.

Admission is \$5, and includes refreshments. For more information, contact Claire: 819-704-0569.

Student group

CONT'D FROM PAGE 3

regions, the Eastern Townships, Centre-du-Québec, Montérégie, and the Beauce to promote forest resources to the population.



L-R: Élisabeth Bélanger, Calila Tardif, Antoine Léger, Rachelle Desmarais-Laflamme, teacher André Gravel, Christine Chainé, teacher Ken Dubé, Benoit Laflamme, AFSQ president Sylvain Lemay, Xavier Caya, and Julien Gravel with the Bertrand Roy prize for their innovative and educational fundraising project. (Photo: Courtesy)

Local Sports

Under first-year coach Pascal Rhéaume, the Cougars have the league's leading defence, having allowed only 44 goals in 15 games, the only team in the league to allow fewer than three goals per game.

Champlain hockey moves up to No. 6 in national ranking

By John Edwards
Special to The Record

The Champlain Cougars men's hockey team moved up one spot to the No. 6 spot in the weekly Canadian Junior Hockey League national ranking of Junior A teams. The Cougars moved up from last week's No. 7 ranking despite a weekend that saw them split their two games – a 4-1 win over St. Leonard and a 3-2 loss to the Longueuil College Français.

The Cougars, who sit atop the Perron-Burrows division with a 13-2-0 record, are one of two Quebec Junior AAA teams to appear in the weekly ranking, with the Princeville Titan (12-1-2) currently sitting in 14th spot, having moved up from

an Honourable Mention the week before.

Altogether, there are five teams from the East region in the national Top 20, with the Carleton Place Canadians and Ottawa Jr. Senators of the Central Canada Hockey League coming in at 17th and 20th, respectively, sandwiching the Yarmouth Mariners of the Maritime league, who are 18th. The Fort McMurray Oil Barons of the Alberta Junior Hockey League continued to hold down the top spot.

Under first-year coach Pascal Rhéaume, the Cougars have the league's leading defence, having allowed only 44 goals in 15 games, the only team in the league to allow fewer than three goals per game.

The Cougars' defence has been led by 18-year-old goalie Shawn Ouellet, a rookie who spent the last two years at Stanstead College. He currently has a league-leading 2.39 goals-against average and a 0.916 save percentage, also tops in the 14-team circuit. He is undefeated in seven starts this year.

Up front, the Cougars have been led by 20-year-old left-winger Janick Asselin, who has 25 points in 14 games this season. Anthony Nellis is a point behind, with 24 points in 15 games, while Cédric Montminy has 19 points.

The Cougars only have one game this weekend, a showdown with the Titan on Friday night at the Thibault GM Complex. Faceoff is set for 8 p.m.



FILE PHOTO/JOHN EDWARDS

Coach Pascal Rhéaume's Cougars are ranked sixth in the nation.

BCS captures Green Mountain hockey tournament

Stanstead, BCS senior boys' soccer teams off to Halifax

By Mike Hickey
Special to The Record

The Bishop's College School U-15 hockey team's season got off to a great start earlier this year when it captured a pre-season invitational tournament in Jay Peak for a weekend of pre-season competition. The tournament was part of the Green Mountain Avalanche AAA Series, and this year marked the first time BCS iced a hockey team at the U-15 level as the majority of this team played U-13 last season. The team has been training hard and working well together both on and off the ice under head coach Christian Bouliane despite the fact that they had to go off-campus for ice time.

"We have been practicing pretty much anywhere we could find ice," BCS athletic director Jeff Bray said. "We have been to Bromptonville, BU, East Angus, Mont St. Anne and Thibault, Adam (hockey director Adam Spirk) has been creative."

In other BCS athletic news, the junior boys put in another hard-fought winning performance in a match against the Alexander Galt Pipers in a battle of the ETIAC top two teams.

Jeronimo Borgio led the Bears attack

with a pair of goals while Carlos Sanchez, Emrik Villeneuve and Rodrigo Guerrero adding a goal each for a 5-0 victory.

The Bears have dominated on the score sheet en route to a 6-0 record outscoring the opposition 32-5. Guerrero, whose pace and skill has been the bane of opposition defence, is the team's leading scorer while captains Matt Emond and Carlos Sanchez have provided great leadership.

The BCS and Stanstead College senior boys' soccer teams are in Halifax, Nova Scotia to compete in the annual Canadian Association Independent School Tournament hosted by Ambrae Academy. The tournament will be played at some of the best venues in Nova Scotia, including Saint Mary's University, Dalhousie University, and the Mainland Commons soccer training center. BCS will play Royal St. George's College, Appleby College and Hillfield Strathall College in the preliminary round while the Spartans will battle Trinity College School, Pickering College and Ashbury College. The top two teams from each of the five pools will advance to the championship round to be held Saturday and Sunday.

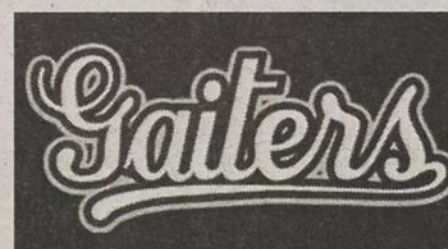


COURTESY

The BCS senior boys' soccer team will play in the Canadian Association Independent School Tournament in Halifax.

Lady Gaiters to host Nike Shoot for the Cure

Marty Rourke
Sports Information Coordinator
Bishop's University



The Bishop's University women's basketball team will once again be part of something special. The Gaiters host their annual Nike Shoot for the Cure basketball tournament this weekend in Mitchell Gym. The tournament is part of the CIS Women's Basketball Coaches Association initiative that has helped raise more than \$620,000 the last six years. The 2013 edition of Nike Shoot for the Cure begins on Friday, Oct. 18 as the Brock Badgers, Cape Breton Capers and Trinity Western Spartans will be in Lennoxville for the round-robin tournament in support of breast cancer research.

The Shoot for the Cure event was started by Rod Gilpin, former Lady Gaiters head coach and current bench boss of the Gaiters men's team. It has grown to the point where this season 50 events across 43 campuses in Canada will take place all with the same initiative to raise funds in the fight against breast cancer.

This weekend the Gaiters will don their new pink Nike jerseys in all three contests. They open up on Friday at 8 p.m. against Trinity Western. Saturday they will take on Cape Breton at 4 p.m. and Sunday the tournament wraps up when they face Brock at 1 p.m.

A year ago Bishop's finished the RSEQ regular season with a 0-16 record and missed the playoffs. Head coach Alex Perno made plenty of changes during the offseason, as nine players on the 2013-14 edition of the team were not around last year. The changes mean that the Gaiters will once again be a young squad as they boast just four players with CIS experience. Earlier this month Bishop's travelled to western Ontario to play a trio of exhibition contests where they fell to Western, Wilfrid Laurier and Brock.

The Brock Badgers ended 2012-13 as the No. 8-ranked team in the CIS. They posted an 18-3 regular season record in the OUA West before losing their semifinal to the McMaster Marauders. To date in 2013-14 they have played four exhibition games, posting a 3-1 record.

The Cape Breton Capers finished seventh in the AUS in 2012-13. Their record of 6-14 left them outside of the postseason looking in. The Capers will open their preseason campaign this weekend in Lennoxville. They are similar to the Gaiters in age, having just one player with more than one year of CIS experience on their roster.

The Trinity Western Spartans also failed to qualify for the playoffs in 2012-13. Their 7-15 record placed them sixth in the Canada West Pacific division. To date this fall they have split a pair of preseason games.

The complete tournament schedule is below (all times Eastern):

Friday, Oct. 18

6 p.m. – Brock vs. CBU

8 p.m. – TWU vs. Bishop's

Saturday, Oct. 19

2 p.m. – Brock vs. TWU

4 p.m. – CBU vs. Bishop's

Sunday, Oct. 20

11 a.m. – CBU vs. TWU

1 p.m. – Brock vs. Bishop's

Throughout the 2013 Nike Shoot for the Cure tournament updates can be found on Twitter (@BishopsGaiters) and daily recaps will be available online at www.gaiters.ca.

Death



**Merritt
ANDREWS**
(1932-2013)

Peacefully at the Argyll Pavilion, Sherbrooke, QC on Tuesday, October 15, 2013 at

the age of 81. Merritt was the beloved husband of Mary Walker and the loving father of Keith, Corey (Kerry) and Lana (Ross Oliver) and was the cherished grandfather of Emily and Abbie Andrews, Tyler, Tanya and Austin Oliver.

In respect of Merritt's wishes, there will be no visitation or funeral. Interment at a later date. The family would like to thank the nurses and staff at the Argyll for the wonderful care given to Merritt. In memorial donations in Merritt's memory may be made to the Vitae Foundation, 375, rue Argyll, Sherbrooke, QC, J1J 3H5 would be greatly appreciated by the family.

CASS FUNERAL HOMES
3006 College Street
Sherbrooke, QC, J1M 1T9
PHONE: 819-564-1750
www.casshomes.ca

Death



**Edith
Lurinda
McGOVERN**
1934-2013

Passed away at her residence in Magog, Quebec on October 12, 2013.

She leaves to mourn her children: Brenda (Alain), Gary (Elizabeth), Walter (Simone), Joyce (Martin), Sheila, John (Ellymay), and her 17 grandchildren and her great grandchildren, as well as friends and family.

There will be a church service on the 19th of October at 11 a.m. at St-Luke Anglican Church, 120 des Pins St. following the burial in Cherry River (Orford).

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FAX: 819-565-7844
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Death



**Ida Pearl
MORRISON**
(nee Henderson)
1918 - 2013

Peacefully at the Argyll in Sherbrooke, surrounded by many of her loved ones, on Thursday, October 10, 2013. Pearl Henderson at the age of 95 years 6 months.

Predeceased by her husbands Ira William Henderson, and Arthur James Morrison. Loving mother of Iris, Vivian (Fred), Viola (Roland), and Leonard.

She is survived by her brother John Henderson, and was predeceased by her sisters May, Bertha, Katie, Susie, Helen (Nellie) and brothers Bernard, Anthony, Mike.

Pearl was the proud grandmother of 10, April, Deanna, George (deceased), Pearl, Charlene, Gregory, Tanya, Trevor, Joshua, and Jacob. She was also the great-grandmother of 14, Mindy, Nicholas, Kristina, Cynthia, Clinton, Amanda, Tyler, Jessie, Rebecca, Cohen, Lincoln, Sawyer, Michael, Myah, and great-great-grandmother of Justice George.

Visitation will take place on Saturday, October 19, 2013 at 1:30 p.m., followed by a Memorial Talk at 2:15 p.m. Kingdom Hall of Jehovah's Witness, 2775 Prospect St., Sherbrooke. The family would like to thank the staff of the 5th floor and Dre. C. Vanasse of the Argyll for the care they gave to Pearl.

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Datebook

Today is the 290th day of 2013 and the 26th day of autumn.

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

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

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

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

TODAY'S BIRTHDAYS: Jean Arthur (1900-1991), actress; Jerry Siegel (1914-1996), writer/illustrator; Arthur Miller

(1915-2005), playwright/novelist; Rita Hayworth (1918-1987), actress; Beverly Garland (1926-2008), actress; Evel Knievel (1938-2007), stunt performer; Michael McKean (1947-), actor; Mae Jemison (1956-), scientist/astronaut; Mike Judge (1962-), animator/writer/director; Ziggy Marley (1968-), musician; Ernie Els (1969-), golfer; Wyclef Jean (1969-), singer; Eminem (1972-), rapper.

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

TODAY'S SPORTS: In 1968, American Olympic sprinters Tommie Smith and John Carlos were forced to return their medals for raising their fists in protest

against racial discrimination during the victory ceremony.

TODAY'S QUOTE: "The apple cannot be stuck back on the Tree of Knowledge; once we begin to see, we are doomed and challenged to seek the strength to see more, not less." — Arthur Miller

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

TODAY'S MOON: Between first quarter moon (Oct. 11) and full moon (Oct. 18).



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

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

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$25.00 (\$28.74 taxes included) **WITH PHOTO:** \$35.00 (\$40.24 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

TOWNSHIPS' CRIER

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

WATERVILLE

There will be no blood pressure clinic in Waterville in October or November. Please note that we invite the clients from Waterville to attend the clinic held in Lennoxville at the Masonic Hall on Tuesday, October 8 and Tuesday, November 12.

BURY

Military Whist on Friday, October 25 in St. Paul's Church Hall starting at 1:30 p.m. Sponsored by St. Paul's Guild & A.C.W. Please call Serena Wintle at 819-875-5210 by October 21 to reserve a table.

SHERBROOKE

Saturday, October 19, 4 p.m. to 6 p.m., the Church of the Advent at 473 Bowen St. S., Sherbrooke, welcomes you to their annual Fall Dinner of ham, scalloped potatoes, baked beans, salad, rolls, cakes, squares, tea and coffee. Also a food sales table. Admission charged.

BULWER

The 500 card parties at the Bulwer Community Center, Jordan Hill Road, Thursdays, October 17 and October 31, at 2 p.m. Card playing followed by a light lunch and distribution of prizes. Admission charged. All welcome! For the Bulwer Community Center. Info: please leave your message and return phone number at 819-875-3452.

DANVILLE

Royal Canadian Legion Danville-Windsor #41. Spaghetti Supper being held on Friday, October 18 from 5 p.m. to 6:30 p.m. Admission charged. Entertainment with Big John and Jackie. All profits are going to help Lac Mégantic. For more info call 819-434-1005 or 819-848-1421.

DANVILLE

Royal Canadian Legion Danville-Windsor #41. Halloween Brunch. Come in costume and win a prize. October 27, 9:30 a.m. to 12:30 p.m. Admission charged. Everyone welcome.

DANVILLE

Royal Canadian Legion Danville-Windsor #41. Armistice Banquet, November 2. Entertainment with Mike Patrick from 3 p.m. to 5 p.m. Turkey Banquet being served at 5:30 p.m. Entertainment from 7 p.m. to 9 p.m. Admission charged. Reservations a must by October 24 as caterer needs a count for this date. Only 100 tickets. Reservations 819-848-1421 or 819-434-1005.

LENNOXVILLE

There will be a Flea Market on Sunday, Oc-

tober 20, 10 a.m. to 3 p.m., at the A.N.A.F. Unit 318 (Hut), 300 St. Francis Street, Lennoxville. To rent a table, please call Emily Smerdon 819-562-8683.

IVES HILL

Annual Turkey Supper and prize-giving of Sherbrooke-Compton Plowing Match will be held on Friday, November 1 at Ives Hill Community Hall at 7 p.m. RSVP before Tuesday, October 23 by calling Dianne Kirby 819-562-7145.

LENNOXVILLE

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser on Thursday, October 24, 4:30 p.m. to 7 p.m., in the school cafeteria (1 Academy St., Lennoxville). A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert. Tickets - Adults: \$8., child: \$6., family (2 adults, 2 children): \$25. plus \$3. for each additional child. A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes and support L.E.S. student's activities!

SOUTH DURHAM

Talent Show at South Durham United Church on Saturday, October 19 at 7 p.m. Admission charged. To reserve tickets call 819-858-2473 or 819-858-2558 (tickets also available at door). Light refreshments will be served.

AYER'S CLIFF

Fall Roast Beef Supper with all of the trimmings, on Saturday, October 26 at Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Admission charged and everyone is welcome!

THETFORD MINES

Craft Sale at A.S. Johnson/St. Patrick Schools on Sunday, October 20 from 10 a.m. to 3 p.m. Hot dogs, sweets, coffee and drinks sold at noon. A painting by artist Roland Dostie to be raffled. Sponsored by the School Foundation. Join us!

LENNOXVILLE

The Bishop's/Champlain Refugee Student Sponsorship Committee will be holding their annual Used Book Sale at Lennoxville United Church, 6 Church Street, Sherbrooke (Lennoxville Borough) on the following dates: Thursday, October 24 from 4 p.m. to 8 p.m.; Friday, October 25 from 11 a.m. to 8 p.m. and Saturday, October 26 from 9 a.m. to noon. If you have used books to donate to the sale please bring them to the church on Wednesday, October 23 from 1 p.m. to 6 p.m. or Thursday, October 24 from 9 a.m. to noon. All proceeds go to assisting our sponsored students.

LENNOXVILLE

Fall Rummage Sale at St. George's Church, 84 Queen St., Lennoxville from 9 a.m. to 5 p.m. on Thursday and Friday, October 24 & 25, and Bag Sale from 9 a.m. to noon on Saturday, October 26. For info, please call 819-562-6245. Save your \$\$\$ - shop with us!

RICHMOND

There will be a Crib Tournament on Saturday, October 19 at 1 p.m. at the Canadian Legion, Branch 15, Richmond, 235 College St.

N. Admission charged. Come and join in the fun. We will also be holding our Brunch on Sunday, October 20 from 9 a.m. until noon. Admission charged, 1/2 price for children under 12. Everyone welcome.

IVES HILL

Annual Family Bingo at Ives Hill Hall on Friday, October 18 at 7:30 p.m. Everyone welcome. Prizes for all ages. The annual Halloween Party will be held on Friday, October 25 at 7 p.m. For info contact: June Suitor at 819-837-2289 or Jennifer Sylvester at 819-835-1212.

RICHMOND

Please join us for a Soup Luncheon at St. Anne's Church, 171 Principale Street South, Richmond on Saturday, October 19 from 11:30 a.m. to 1 p.m. Bazaar table opens at 11 a.m. Sample our selection of soups and assorted homemade pies for dessert. Treat your taste buds in a friendly atmosphere.

RICHMOND

The Richmond County Historical Society Harvest Luncheon will be held on Sunday, October 27 at noon at Le Temps des Cerises Restaurant, 79 du Carmel St. in Danville. A delicious meal will be served and special certificates to long-term property owners will be presented. The guest speaker will be Rachel Garber who will present the 100 Objects Project which is a fascinating look at the history of Quebec through the objects of the English-speaking community. Reservations are necessary by October 24, contact 819-826-1923 or 819-826-2793. Cancellations should be made 48 hours before.

LENNOXVILLE

St. Francis Naturalist Valley Club meeting, Thursday, Oct. 24 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel Gratham St., Lennoxville. Program: Sophie Calme, professor and researcher at the University of Sherbrooke will give a program titled, "An Endangered Mayan God: King Vultures and the Changing Landscape of the Yucatan Peninsula." Everyone welcome.

AUSTIN

MS Branch 2000 social afternoon on Sunday, October 20, 1:30 p.m. to 6 p.m., Municipal Hall, Millington Road, Austin, with Jimmy Edwards & The Country Folks. Slight charge on chips & soft drinks to help cover costs. Light snacks served at 4 p.m. Everyone is encouraged to bring a few sandwiches or a dessert to keep our cost down. Our Hill Billy afternoon has been postponed until November. A date will be posted later. Raffle. Half & half.

LENNOXVILLE

Lennoxville and District Community Aid will be holding its annual general meeting and a general information session, Monday, October 28 at 1:30 p.m. at our new location: 164 Queen Street, Suite 104, Borough of Lennoxville, Sherbrooke. All our volunteers, clients and the general public, interested in finding out more about our organization are welcome. An overview of the mandate and objectives of Community Aid will be presented at that time. Please note the Lennoxville & District Community Aid

Foundation will hold their annual general meeting at 1 p.m. For further information, please call Sylvie Gilbert Fowles at 819-821-4779.

RICHMOND

Rummage Sale at Richmond Melbourne United Church, 247 Principale St. South, on Saturday October 19 from 9 a.m. to noon. Proceeds go to Richmond Melbourne United Church.

RICHMOND

On October 26, the Richmond Youth Fair Committee is having a Country Fundraising evening with entertainment by Mike Patrick and guest Chantal Paradis beginning at 8 p.m. Come and join us at the Richmond Legion, 235 Principale, Richmond. Limited space. Tickets are available, please call Sarah Fowler at 819-826-3717.

LENNOXVILLE

Come support the Lennoxville Girl Guides! We will be selling chocolate mint Girl Guide cookies on Saturday, October 19. Join us at 6 Church Street, Lennoxville from 10 a.m. until 1 p.m. If you are unable to make this time, just give us a call at 819-580-0643.

BROOKBURY

Pot-luck supper will be on Saturday, October 19 at 5:30 p.m. at the Brookbury Hall. Come and bring a dish of food to add to the supper, and enjoy an evening visiting with friends and neighbours. Everyone welcome.

LENNOXVILLE

Military Reenactments: Who, What, Where... Donald Watson will speak about his experiences participating in reenactments of battles as a member of the Quebec Historical Corps at this month's gathering of the Lennoxville-Ascot Historical and Museum Society. Everyone is welcome to join us and learn more about this interesting topic on Monday, October 21, 2013 at 7 p.m. at 9 Speid St., Sherbrooke.

DANVILLE

The UCW of Danville Asbestos Trinity United Church will hold their Christmas Bazaar and Luncheon in the Church Hall on October 26 from 11 a.m. to 1:30 p.m. Baking, handcrafts, white elephant table. Everyone welcome.

LENNOXVILLE

Come chit chat with old friends while listening to soft old country music with Susie on Saturday, October 19 starting at 8 p.m. at Edifice Queen, 269 Queen St., Lennoxville (the old church). Admission charged. Bring your own refreshments. All welcome.

...

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, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, 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.

At every reunion, "he" is always there

THURSDAY, OCTOBER 17, 2013

Annie's Mailbox

Dear Annie: I'm 76 years old, and my 55th college reunion is coming up soon. I'm not sure I should attend.

At every reunion, "he" is always there. We had a beautiful senior year and were very much in love. I expected a ring for graduation, but it never happened. After graduation, we moved apart and met up during the summer, sharing fall weekends attending football games with friends. After the last game, I felt a change. He never called or wrote. Through a mutual friend, I heard that he got back together with an ex-girlfriend and married.

We had the right love, but the timing was bad. I receive a Christmas card and note from him every year. At every reunion, I want to be friendly and neutral, but I end up with my composure gone. I act like a spoiled teen, and he gets a chip on his shoulder.

Now I want to go to say thanks for all we shared. I have had a great life. I never married, but my life has been full with a wonderful career, loyal friends, loving family, travel and entertaining. My years of fantasizing

about my ex-boyfriend were over long ago.

We may never see each other again, and I don't want my life to end with this bitter feeling. So, should I drop him a note and say, "I'd love to see you and your wife at the reunion"? What do you say? — A Very Ex College Girl

Dear Ex: Since he attends every reunion, you don't need to send him a note in advance, giving him the impression that his presence is the main reason you would be there. He may already think this. Don't reinforce it. More importantly, are you certain you can behave in a friendly, neutral manner? Neither your track record nor your letter is convincing. If you attend, we suggest you practice what you plan to say in advance so you don't end up ad-libbing something you regret. Socialize with others as much as possible. If that doesn't work, you can always send him a note with your annual Christmas card, telling him what you want him to know.

Dear Annie: I own a small barbershop. Some of my

customers' cellphone etiquette is quite frustrating. When they pick up their phone, it can interfere with my ability to cut their hair. If they continue to talk or text, it's even more annoying. I can't provide them with a quality haircut when I have to move around them or wait for them to finish. When other customers witness this delay, they grow impatient and want to leave. This occurs more often than you might think.

What is an effective approach for letting my customers know that taking calls or texting is off limits once they sit in my chair? I don't want to alienate anyone, but I'd be blamed if they got a poor haircut. — Concerned Cutter in N.Y.

Dear Concerned: It is perfectly proper to post a sign in your shop saying that cellphone use is prohibited while in the chair. You also can ask each customer as they sit down to turn off their cellphone. They wouldn't want to lose an ear.

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

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.

"ENA'Z BXL YNW JMOOKJJ XY TNM
GBAZ XZ; IMJZ EN GFBZ TNM RNHK
BAE SKRXKHK XA, BAE XZ GXRR ONLK
ABZMWBRT." — EBHXE YWNJZ

Previous Solution: "The great challenge of adulthood is holding on to your idealism after you lose your innocence." — Bruce Springsteen

TODAY'S CLUE: f sjanba l

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KIT N' CARLYLE



HERMAN



"\$2.85? Here, take the \$3 and drive another 100 yards."

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THE BORN LOSER



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URGENT

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Warren Streets (18)

If interested in one of these routes,
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CLASSIFIED

AUCTION

**The entire contents of
a barn full of antiques
for the estate of JEAN LAPORTE
697 Dufferin, Stanstead, J0B 3E2
Sat., October 19, 2013 at 10 a.m.**

To be sold: furniture of all styles; ar-
moires; chest of drawers; file cabinets;
jukebox; benches; chairs; wood stove;
harmonium; secretaries; signs; mir-
rors; lamps; frames; doors; windows;
chandeliers; lanterns; sleds; tools;
dishes; etc. Lots of other articles too
numerous to list.

Photos at www.encheres-ab.com

Note: This is a very nice auction not to
be missed. Mr. Laporte was a well-
known antique dealer.

Auction visit as of 8:30 a.m. the morn-
ing of the auction. Les Encheres A/B
are not responsible for accidents,
stolen objects or damages occurring
on the premises on the day of the auc-
tion.

Terms: Cash, debit, Visa, Mastercard.

Canteen on the premises

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AUCTION

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Saturday, October 19

at 10:30 a.m. sharp

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more!

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Bilingual auctioneer & liquidator

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**THE
RECORD**

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Bulwer card party

A 500 card party was held at the Bulwer Community
Center on Thursday, October 3, with 7 tables in play.

Prizes were: Ladies 1st, Meryl Nutbrown, 7280; 2nd, Cathy
Jacklin, 5660; Grayce Betts won the consolation.

Gents 1st, Clayton Lackie, 6240; 2nd, Clyne MacDonald,
5660; Bob Jacklin won the consolation.

The cash prize winners were Meryl Nutbrown, Claudette
Waite and Bruce Batley.

Special prizes: 9 No Trump without Joker, Frances O'Hara;
Any 10 Bid, Grant Taylor; Skunks, Bob Jacklin.

Door prizes: Mabel Mackay, Bruce Batley, Harris Olsson,
Keith Bennett, Jean Lackie, Celina LeBlanc, Greta, Alan
Bullock, Isabel Nelson, Mayotta Taylor, Delmar Fisher,
Claudette Waite, Helena McComb and Verna Westgate.

Submitted by Ron Pinchin

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SUDOKU

Difficulty: 4 (of 5)

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

10-17-13

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Your Birthday

THURSDAY, OCTOBER 17, 2013

Give a unique spin to whatever you do this year, and you will capture attention and encourage new friendships. Looking for ways to make personal improvements will lead to fresh information that will also motivate you to pick up skills or update your technological savvy.

LIBRA (Sept. 23-Oct. 23) — Share your thoughts, but don't force your desires on others. Keeping your life simple will help you avoid encounters that are time-consuming. Put time aside for fun.

SCORPIO (Oct. 24-Nov. 22) — An unusual change you make at home will enable you to master a skill or perfect a talent. An interesting emotional connection will inspire you to finish what you start.

SAGITTARIUS (Nov. 23-Dec. 21) — Life can be refreshingly simple, so refrain from making it complex. Take matters one step at a time, and you will get everything done correctly and efficiently. Nurture important relationships.

CAPRICORN (Dec. 22-Jan. 19) — Expect the unexpected and be prepared to counter any negative or difficult situation that arises. Keeping close tabs on what everyone is doing will help you maintain peace and balance.

AQUARIUS (Jan. 20-Feb. 19) — Alter what you need to in order to feel good about a job or commitment that someone has asked you to complete. Focus on self-improvement and raising your profile.

PISCES (Feb. 20-March 20) — Turn an

idea into a profitable investment, keep your options open and discuss plans with someone you want to spend more time with. A contract or settlement will improve your cash flow.

ARIES (March 21-April 19) — Partnerships will be uncertain. Be open to discussion and prepared to compromise. Stick to the rules and avoid dealing with authority figures, institutions or government agencies.

TAURUS (April 20-May 20) — Listen to someone you respect, and you'll get a different outlook on a confusing situation. Don't feel obligated to make a decision or change something in your life just because someone else does.

GEMINI (May 21-June 20) — A personal situation can influence the way you deal with work. Make a point to finish whatever is expected of you. Don't let false information lead to a mishap or an argument.

CANCER (June 21-July 22) — Check out what someone has to offer. Look for a lifestyle that motivates you to pursue the things that make you happy. Follow your intuition, and you won't be disappointed.

LEO (July 23-Aug. 22) — Bring about any changes that will help you be and do your best. Spending more time with people who encourage you will lead to better and happier circumstances.

VIRGO (Aug. 23-Sept. 22) — If you believe in your abilities and remain determined in your plans, you can make things happen. Don't sit back when you have so much to gain. Call in favors.

THURSDAY, OCTOBER 17, 2013

Two steps back and one forward

by Phillip Alder

Joan Konner, who inter alia has more than a dozen Emmys from the National Academy of Television Arts and Sciences, said, "Procrastination gives you something to look forward to."

Procrastination when the dummy comes down is a good idea because it is beneficial to look forward to the 13 tricks. This deal benefits from clear thinking at the beginning. South is in three no-trump. West leads his fourth-highest spade and East puts up the king (denying the queen). What should declarer do?

South's auction — a takeout double followed by a minimum no-trump bid — showed a good 18 to 20 points. North bid three no-trump because he counted an extra point for his five-card suit and expected his partner to be able to place the missing high cards based on the bidding.

South starts with only four top tricks: one spade, two hearts and one club. He can get two diamond and four club winners, but he will presumably have to lose the lead twice because East needs the club king for his opening bid.

Declarer must let East win the first trick. This sacrifices one spade trick, but gains nine in the long run. South takes the third spade, plays a club to dummy's

North 10-17-13			
♠ 10 7			
♥ 6 5 2			
♦ Q 8 5			
♣ A 10 9 8 2			
West			
♠ Q 9 8 5 3			
♥ 10 9 8 7			
♦ 10			
♣ 6 4 3			
East			
♠ K 6 2			
♥ Q J			
♦ A 7 6 4 3 2			
♣ K 5			
South			
♠ A J 4			
♥ A K 4 3			
♦ K J 9			
♣ Q J 7			
Dealer: East			
Vulnerable: North-South			
South	West	North	East
			1♦
Dbl.	Pass	2♣	Pass
2 NT	Pass	3 NT	All pass
Opening lead: ♠ 5			

ace (the king might drop singleton), and concedes a club. Here, East has no riposte.

If declarer takes trick one, then when East gets in with, say, the club king, he returns the spade six (higher of two remaining cards) and West plays his three to keep communication with his partner. Then the contract fails, the defenders taking three spades, one diamond and one club.

CROSSWORD

Across

- 1 Fur tycoon
- 6 "Due Date" co-star Galifianakis
- 10 Rock blasters
- 14 Conveyed
- 15 Bassoon cousin
- 16 Wreak havoc in the streets
- 17 "Victor at Little Bighorn"
- 20 Zilch
- 21 Fantasy game brute
- 22 Latin lesson word
- 23 New Year's ____
- 24 "2006 "Survivor" setting
- 28 Attacked
- 30 November honoree
- 31 "I'm an idiot!"
- 32 Abs strengthener
- 33 Leave port
- 35 Apportioning word
- 36 "Nursed, in a way

- 39 Gp. that houses strays

- 42 Bowlers and trilbies
- 43 Millionaire's retreat
- 47 Strudel ____ mode
- 48 Jon Hamm's "Mad Men" role ____ Draper
- 49 Vocation
- 50 "All-in-one appliance
- 54 Dye holder
- 55 Classy
- 56 Fish you can smoke
- 57 Ricky portrayer
- 58 Handy person suggested by the starts of the answers to starred clues
- 62 Nebraska native
- 63 Like Iago, say
- 64 Rice/Lloyd Webber musical
- 65 Trees used to make longbows
- 66 Attends to one's whistle?
- 67 Unreactive gas

- 24 Consiglieri's boss

- 25 Penn et al.
- 26 Contained opening?
- 27 "Too noisy!"
- 29 Big band instrument
- 33 Defensive effort
- 34 Ctrl-____Delete
- 35 Correct
- 37 Superhero with a hammer
- 38 Even once
- 39 Chain ____
- 40 Give a sop to
- 41 Money maker
- 44 Not vacant

- 45 Charge for using, as an apartment

- 46 Potter or jeweler, e.g.
- 48 Style of a historic Miami Beach district
- 49 Get gooey
- 51 Outdoor outings
- 52 Bright again
- 53 Argues ineffectively
- 57 Comic Chappelle
- 58 Almond ____
- 59 Select group?
- 60 Roman salutation
- 61 T. ____

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

Down

- 1 Sawyer employer
- 2 "Same here!"
- 3 Poseidon's staff
- 4 ____ Day vitamins
- 5 Authority on a field
- 6 Masked hero who debuted in the 1919 story "The Curse of Capistrano"
- 7 Stunned way to be taken
- 8 Member of the fam
- 9 Casual greeting
- 10 Cookie shop enticement
- 11 Ferdinand's love in "The Tempest"
- 12 Ph.D.'s further studies
- 13 Jeanne d'Arc, for one: Abbr.
- 18 Old geezer
- 19 "Come no closer!"

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
47					48					49				
50				51				52	53				54	
								56				57		
58						59	60				61			
62						63					64			
65						66					67			

Seven tricks to boost your energy

FROM CONSUMER REPORTS®
by the editors of Consumer Reports

Sometimes caffeine or sugar might seem like the only fix for that 3 p.m. slump, notes Consumer Reports. But in some cases, fatigue has more to do with the mind than with the body, according to Dr. Roy Sugarman, a neuropsychologist in Sydney.

Use the right techniques and you can feel more energized—even without that afternoon latte. Consumer Reports suggests these seven ways to do just that, based on tips from Sugarman and recent medical research:

— Stand up and move. Your brain equates being seated to being stuck and responds by restricting energy. If you have to sit for long periods for work or other reasons, try standing up every 45 minutes and performing a few lunges. “Nothing too strenuous, but these stretches can give you more energy by telling the brain that you’re still mobile,” says Sugarman, who serves as director of applied neurosciences at Athletes’ Performance, a company that trains professional and Olympic athletes. Or even better, see whether a stand-up desk is an option.

— Spread out your tasks. Whether it’s paperwork or physical errands, break your workload into small, manageable assignments that you can spread over the course of a day or an afternoon. That helps you avoid the “push/crash” cycle, in which you do too much all at once, then are exhausted for a while. For best impact, try to alternate mental tasks with physical ones.

— Rock out, then have a chat. “Music, even of low intensity, seems to prevent performance decrements over time,” according to the American College of Occupational and Environmental Medicine (ACOEM). Stay stimulated by playing soft background music, especially if it helps cover up the continuous hum of an air conditioner or other white noise, which can induce drowsiness. The organization also recommends socializing throughout the day via “actively involved” conversations; no eavesdropping on others’ conversations or relying on only electronic communications.

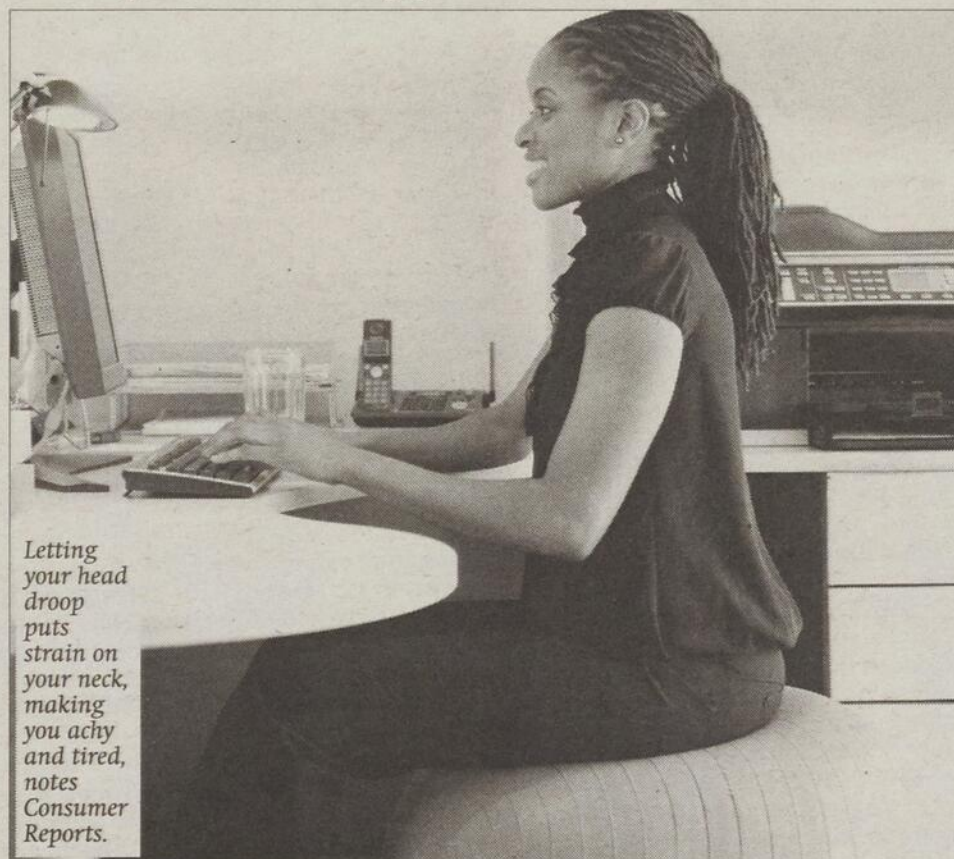
— Bring green into your space. A Taiwanese study found that office workers reported feeling less nervous or anxious when a plant was visible nearby. That’s an important benefit, because anxiety can burn up a lot of your energy. The study’s authors stated that nature’s

beauty aids in recovery from mental fatigue and “generates opportunities for cognitive restoration.” And other research has linked vegetation to increased productivity. Not a plant person? Simply looking at objects with bright greens and reds — a wall hanging, for example — can have a similar effect, Sugarman says.

— Light it right and stay cool. The ideal lighting for any work space is bright but indirect; overhead light shining straight down on you can cause glare and eyestrain, according to ACOEM guidelines for fighting fatigue published in 2012 in the Journal of Occupational and Environmental Medicine. Aim lighting toward the walls or ceiling instead, and keep the thermostat set at 68 to 72 degrees Fahrenheit, temperatures that are too high can slow down your mental function.

— Check your neck. If you need another reason to sit up straight, Consumer Reports suggests that you consider this: For every inch your head tilts forward, the amount of weight your neck has to support doubles, a chore that could affect your daily level of fatigue. Whether sitting or standing, keep your shoulders back, your spine straight and your head held high above your neck.

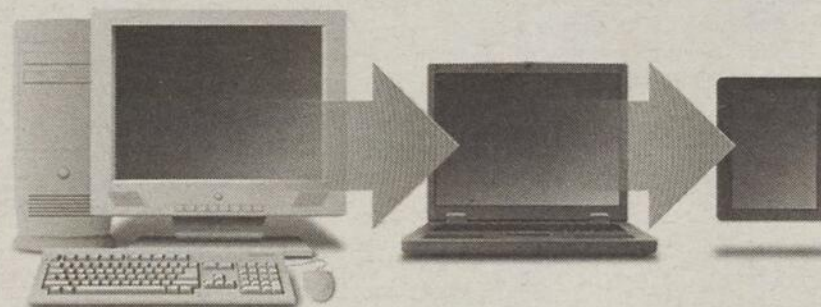
— Fake a snooze. A quick nap is a great way to restore energy, but it’s not always practical in the middle of the day. Instead, simulate the effects of a nap using this breathing strategy: Try taking quick, short in-hales followed by slow, drawn-out exhales for at least 3 minutes and no more than 20. “When we breathe in, it puts our nervous system into a fight-or-flight mode, meaning we’re using energy,” Sugarman says. “But when we breathe out, it signals rest.”



Letting your head droop puts strain on your neck, making you achy and tired, notes Consumer Reports.

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THE
RECORD

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Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change.

The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander, victim and bully**. The site also features a database of links to other anti-bullying websites.

Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to:

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