

665 con

# Leroy Blugh returns to Edmonton

John Edwards - Page 7

# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



## Winter Fun day was... fun!

Page 4

75 CENTS + TAXES

PM#0040007682

TUESDAY, February 12, 2013

## Destination Sherbrooke not for WestJet - yet

Sherbrooke is not among the first destinations chosen by WestJet in launching a new daily nonstop service.

Nanaimo and Fort St. John in British Columbia will be the served by a fleet of Bombardier Q400 next generation jets. WestJet's new Encore service, also will include a new daily service between Vancouver and Victoria.

In June 2012, 30 Canadian cities including Sherbrooke expressed interest in WestJet Encore service. Fort St. John and Nanaimo are the first cities to be served, but others will be added later, the Calgary-based company says.

"It is sad, but this announcement will not diminish our desire to attract a carrier to the airport in Sherbrooke," says Councilor Pierre Boisvert. "It's only a matter of time before we see an air link between Sherbrooke and other major cities. WestJet seems to focus a lot on the West and the good news is that the company has confirmed that the 28 other cities will be considered again."

Sherbrooke had placed great hopes on the presence of the Alberta company at Sherbrooke Airport to ensure the development of the infrastructure.

The aim was to establish a Sherbrooke-Toronto link, even making the Sherbrooke airport a hub for WestJet in Eastern Canada.

Last week, Mayor Bernard Sévigny met three Quebec government ministers on the subject of reviving the Sherbrooke Airport. The City is asking that Quebec pay a third of the \$29 million needed to expand and upgrade the airport so it can handle larger commercial aircraft.

## Pope Benedict XVI to step down Feb. 28



AP PHOTO/L'OSSERVATORE ROMANO, HO

In this photo provided by the Vatican newspaper L'Osservatore Romano, Pope Benedict XVI reads a document in Latin where he announces his resignation, during a meeting of Vatican cardinals, at the Vatican, Monday, Feb. 11, 2013. Benedict XVI announced Monday that he would resign Feb. 28 - the first pontiff to do so in nearly 600 years. The decision sets the stage for a conclave to elect a new pope before the end of March.

Gordon Lambie  
Special to The Record

In a move which had the whole world talking, Pope Benedict the XVI announced that he would be abdicating his papacy as of the end of this

month, for reasons of ailing health.

"After having repeatedly examined my conscience before God, I have come to the certainty that my strengths, due to an advanced age, are no longer suited to an adequate exercise of the Petrine ministry," Benedict said in a

papal bulletin, "in today's world, subject to so many rapid changes and shaken by questions of deep relevance for the life of faith...both strength of mind and body are necessary, strength

CONT'D ON PAGE 3

# THE RECORD

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Centennial Theatre

Helmut Lipsky & Mélosphère  
Friday, Feb. 22,  
8 p.m.

Box office/Reservations  
819-822-9692  
www.centennialtheatre.ca

Violinist and band leader Helmut Lipsky invites you to discover *Mélosphère* - a realm where there are no boundaries between musical languages on Friday, Feb. 22 at 8 p.m. at Centennial Theatre. Joined by singer Karen Young, pianist Matt Herskoviwtz, accordionist Vladimir Sidorov and Sherbrooke-based bassist Jean-François Martel, Lipsky proposes a program of music from the cd *Tempi con Variazioni*, which garnered the prestigious OPUS Prize of the Quebec Music Council in 2011, plus new original compositions of the members of the group and reimagined adaptations of standards of the classical world of music. A voyage through the space and time of music.

Melosphere, a space where Jazz, Classical, Tango, Latin, Gypsy, Rock, and music from various world cultures interact, creating a new, authentic, original and individual sound.

Weather



TODAY:  
FLURRIES,  
2 CM  
HIGH OF 1  
LOW OF -3



WEDNESDAY:  
CLOUDY  
HIGH OF -3  
LOW OF -5



THURSDAY:  
CLOUDY,  
FLURRIES  
HIGH OF -2  
LOW OF -10



FRIDAY:  
CLOUDY,  
FLURRIES  
HIGH OF 0  
LOW OF -8



SATURDAY:  
CLOUDY,  
FLURRIES  
HIGH OF 0  
LOW OF -6

Small Business Support Network to host  
Best Business Practices and Networking Sessions  
An evening of professional advice  
and networking

Five business consultants with a cumulated average of 20 years experience each will be present at the Memphremagog Community Learning Centre, in Magog, on Wednesday, Feb. 27 from 5:30 p.m. to 8:30 p.m., to meet with small and medium business owners from throughout the Eastern Townships.

During each meeting planned over the course of the year, participating business owners will benefit from the insightful and practical advice from business professionals while also networking with their peers.

"The goal of these meetings is to unite entrepreneurs from throughout the region and to provide them with an opportunity to build their capacity to grow their business, and answer their questions so they can validate their ideas hence help them make better business decisions," says Jacques Hébert, CEDEC Small Business Support Network (SBSN) Promo & Awareness Agent.

Each session will highlight various business topics ranging from how to identify a business opportunity to preparing a succession plan. Participants will be encouraged to network and share best practice experiences while having access to qualified business consultants specialized in various domains.

"We are confident that this format will meet the expectations of CEDEC SBSN members which are to learn, network with other business owners and explore new ways to increase profits," says Jacques.

The first event is organized in partnership with the Memphremagog Community Learning Centre and will be held at the Centre, located at 112 Bellevue Street, Magog. For only \$15 (members) or \$20 (non-members) participants will enjoy a delicious supper together while listening to our keynote speaker Aaron Patella and then will be encouraged to engage in conversations with our re-

source people

Aaron Patella is a Bishop's University graduate with over 20 years of business experience and over 1,000 hours of practical and theoretical training in leadership and excellence (leading groups, active listening, fixing objectives and action plans, etc.). Aaron Patella has launched three successful businesses in the last 15 years and has a wide range of experience in construction, telecommunications, tourism, retail sales, logistics and transport, real estate management and finance.

CEDEC SBSN ([www.cedec.ca/sbsn](http://www.cedec.ca/sbsn)) is an initiative of the Community Economic Development and Employability Corporation (CEDEC). CEDEC SBSN supports communities across Quebec by providing personalized business development services in English.

Source: Kirsten Hathaway.

Exhibition opening at the J. Armand  
Bombardier Museum - Expedition: Arctic

Close to 100 people gathered at the J. Armand Bombardier Museum, to attend the launch of the interactive exhibition - Expedition: Arctic produced by the Canadian Museum of Civilization in collaboration with the Canadian Museum of Nature. This exhibition, which relives the triumphs and tragedies that marked the Canadian expedition of 1913-18, truly won over the attendees.

The exhibits highlight the profound impact of the expedition through the discovery of new lands and a better understanding of the Inuit culture. More than 100 extraordinary artefacts are showcased, most of which are being shown to the general public for the very first time - work instruments and various supplies used by the members of the expedition, tools and clothing made by the Copper Inuit and a variety of fossils, plants, mammals and birds.

When visitors choose one of the 16 "Explorer Cards" (they're grouped into five categories - clothing makers, hunters, scientists, sailors, explorers) they experience the Expedition first hand, gaining an understanding of how



COURTESY

Nicolas Gauvin, guest of honour and France Bissonnette, honorary chairmanship.

this voyage of adventure and discovery unfolded (in chronological order). Visitors can track the movements of explorers Vilhjalmur Stefansson, R.M. Anderson and their companions, reliving the Expedition through the eyes of

each character.

Expedition: Arctic is an invitation to travel into the heart of our collective past, by way of one of the most fascinating adventures in Canada's history. "This is an epic adventure that every citizen of the country, from coast to coast to coast, ought to know something about," said Nicolas Gauvin, the guest of honour at the event and Director, Travelling Exhibitions, Planning and Partnerships for the Canadian Museum of Civilization Corporation. Mr. Gauvin said he was delighted to partner with the J. Armand Bombardier Museum and hoped this first collaboration would lead to others that would benefit both the institutions and their visitors.

The North and the achievements associated with it, will also be highlighted in an extra component to the main exhibit entitled the Plaisted Polar Expedition - the first such foray into the North Pole on land, using motorised vehicles.

Expedition: Arctic runs until Apr. 7. For more information, please contact Sandra Miville, Communications and Public Services Officer: [s.miville@fjab.qc.ca](mailto:s.miville@fjab.qc.ca) or 450 532-1552

Ben by Daniel Shelton



# LOCAL NEWS

There have been 14 negotiating sessions, many of which held in the presence of a conciliator.

## Blue Mountain workers walk out

SHERBROOKE

Workers at the Blue Mountain Wallcovering plant in Sherbrooke walked off the job Monday morning after unsuccessful negotiations with the company.

At a meeting on Feb. 9, workers rejected the company's final offer by 94 per cent and renewed a five-day strike mandate it had issued its leadership last September.

There have been 14 negotiating sessions, many of which held in the pres-

ence of a conciliator, the two sides are at an impasse, according to CSN de l'Estrie president Denis Beaudin.

The 25 workers at the plant have been without a contract since December of 2011.

## Soil decontamination still not done

SHERBROOKE

Decontamination of the land around a former Irving oil depot is still not complete, more than two years after the beginning of work. The Ministry of the Environment is being patient in this case even though a new schedule set last year has not been respected.

"They have about four weeks of work to complete the rehabilitation of the land," says Renée Plamondon, regional spokesperson for the Ministry of the Environment.

Work is likely to resume in the spring, after the thaw. In the meantime, the Department will not issue a notice of violation against the company, which is no longer using the depot located at the corner of Hertel and Quatre-Pins.

A year ago, the Department issued a

notice of violation because Irving Oil's decontamination of the land, begun in the fall of 2010, was not completed in a timely manner. The second and final phase of the work should have been completed no later than July 2011.

The company was then engaged to finalize the project by the end of 2012. When work is completed, some 8,000 tons of soil from the 170,000 sq. ft. property will have been decontaminated, which is equivalent to about 500 ten-wheel trucks filled to the brim. The transaction is expected to cost more than half a million dollars.

In 2010, the company failed, in its attempt to remove the residential status of the land, which would have allowed it to decontaminate under less stringent criteria. If the city had acceded to this request, about half of the contaminated soil could remain in place. The municipi-

pal authorities refused to reclassify the land as they want the King Street West property, next to Sherbrooke Honda, for residential purposes.

According to an analysis prepared in 2007, the soil and groundwater are contaminated with hydrocarbons. At the time, the Ministry and Irving had assured that the contaminants do not pose a risk to the Magog River, located 150 metres from the property.

The study, undertaken by Inspect-Sol, however, indicated that some of the contaminated groundwater in the area of one of the observation wells "would be intercepted by the sewer on Hertel St. The groundwater not intercepted flows into the Magog River."

When the decontamination of the site is completed, monitoring of groundwater quality will be carried out for at least two years.

## City makes progress on pension deficits

The city of Sherbrooke may have turned a corner with regard to eliminating the deficits of municipal employee pension funds with better-than-expected returns on investments brightening a formerly gloomy picture.

Over the last two years, returns have exceeded the 6 per cent rate targeted, helping to relieve pressure from a 2010 total deficit of \$89 million, costing the City some \$9 million a year.

In 2012, the yield reached 9.4 per cent for the municipal employee plan, and 10.65 per cent for the police fund, said city treasurer, Francois Poulette. This is about 50 per cent higher than the target rate of 6 per cent set during the last actuarial study in 2010.

In addition, the City developed a strategy for repayment of the actuarial deficits that seems to be working. In short, it borrowed money at very low interest rates to repay a portion of the actuarial deficit in one shot.

The City has also recently issued bonds totaling \$38 million. Poulette expected a borrowing rate of 3.5 per cent, but was able to obtain 2.48 per cent guaranteed for an average of 4.8 years. This \$38 million will be paid into the actuarial deficits in 2013, in addition to the annual payments of approximately \$9 million.

If the performance of pension funds for 2013 amounts to 6 per cent, the City will save \$1.3 million by proceeding in this way. Assuming a yield of 9 per cent, the savings will rise to \$2.6 million.

The next actuarial study is expected in late 2013.

## Pope Benedict

CONT'D FROM PAGE 1

which in the last few months, has deteriorated in me to the extent that I have had to recognize my incapacity to adequately fulfill the ministry entrusted to me."

At the time he was chosen to be Pope in April of 2005, the former Cardinal Joseph Ratzinger of Germany was the oldest new pope in nearly 300 years, at 78 years old. Eligibility to become pope ends at 80, so in some ways yesterday's move is not surprising, despite the fact that the last time a pope abdicated the

position was nearly 600 years ago, and under very different circumstances. According to the Vatican, only four out of the 260 men who have acted as Pope have ever abdicated the position.

Locally, there is surprise, but also a sense that the move is justified.

"In these days Bishops retire at 75," said Father Pierre Doyon of St. Patrick's Catholic Church in Sherbrooke, "It's a surprise, certainly, but I think also a wise move." Doyon spoke of the leadership of the Roman Catholic Church as

being a heavy cross to bear, saying that as Benedict came to this decision after personal reflection and meditation, it is certainly the right decision.

The decision comes just before the beginning of the Christian season of Lent, a busy time for the Pope. While there is a veritable media frenzy underway regarding the news of abdication and the inevitable selection of a new pope, the process, which is quite extensive, has yet to begin.

## Magog continues River Road upgrade

The Town of Magog has announced that it will be spending \$1.1 million to improve a one-kilo-

metre stretch of the River Road. The section lies between Bolduc Street and the end of the work com-

pleted last summer, near the Cep d'Argent vineyard and the Venise Golf club.

### CORRECTION

In a LINK article published on Monday, Feb 11, the names of the girls did not coincide with the photo. Note that in the photo printed the names from left to right are:

Frédéric Asselin  
Elisabeth Vincent (Guy)  
Margaret Gagné  
Elisabeth Morin  
Catherine Léger

Also, Robert McDuff is the correct spelling.

### FUTURE SHOP

On page 9 of the February 8 flyer, the Sony 300-Watt Smart 3D Blu-ray Home Theatre System (BDVE190) (WebCode: 10202049) was advertised with incorrect specs. Please be advised that this home theatre system is 300-Watt, NOT 1000-Watt, as previously advertised. Also, on page 4, the Koodo logo was incorrectly advertised with the BlackBerry Z10 product. Please be advised that Future Shop will not be carrying the BlackBerry Z10 with Koodo at this time. We sincerely apologize for any inconvenience this may have caused our valued customers.

## COOKSHIRE FAIR ANNUAL MEETING

Sawyerville Community Center

Saturday, February 16

at 10:00 a.m.

Everyone is welcome!

### Travel Vaccination Service

- Hepatitis A and B
- Typhoid
- Update your immunization schedule

Thursdays 10 a.m. to 11:30 a.m.

Rachel Lajeunesse  
Sylvie Lussier  
Marie-Claude Lapointe

 **Jean Coutu**  
Santé Beauté

147 Queen Street  
Lennoxville

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## Memphremagog Police roundup

Memphremagog police continue their crackdown on drunk driving with another two inebriated drivers pulled off the road over the weekend.

At about 3:30 Saturday morning, a

20-year old man from Saint-Laurent was "was intercepted on Principale St. West in Magog and was found to have more than the legal limit of alcohol in his blood. His license was suspended immediately for 90 days, as a young driver

is subject to zero-tolerance.

The second driver was arrested after he cut off another vehicle on Sherbrooke Street in Magog on Saturday afternoon. The 44-year old man from Granby had more than twice the alcohol

limit permitted by law. He was released on a promise to appear pending criminal charges.

The man's license was suspended for 90 days and his vehicle seized for 30 days.

## Anti-fluoridation campaign goes online

The Coalition Trifluvienne pour une Eau Très Saine (C.T.E.T.S.) in collaboration with the Regroupement de citoyen(ne)s pour une eau saine à Richmond is continuing the campaign against water fluoridation despite the decision by Richmond council to continue the controversial practice.

The two groups have begun a petition on the National Assembly website asking the government to organize a parliamentary committee on the issue to shed light on the scientific, health, economic and legal aspects of the issue and to

make a decision on the demand to an end to the fluoridation of drinking water program currently espoused by the government.

Last February, Trois-Rivières city council decided, in a 10-6 split vote, to continue the fluoridation of their drinking water, as did Richmond last week. In Trois Rivières, the coalition claims, the population was never consulted. In Richmond, the decision was made primarily as a result of financial penalties the province would impose if fluoridation were discontinued.

Current government policy is to ensure that at least half of the Quebec population had access to fluoridated water by 2012, a project that has been extended to 2014, largely the result of local resistance to the objective.

More information concerning this controversy is available on the Action Fluor Québec website: [www.qve.qc.ca/afq/afq.htm](http://www.qve.qc.ca/afq/afq.htm).

Interested citizens are encouraged to take a few minutes to sign the petition, regardless of whether or not they live in a city that is fluoridated.

"Despite the very political nature of this issue, it's important that citizens' voices are heard. Therefore, anyone who has an email address can sign the petition once, regardless of age and it is not even necessary to live in Quebec," says Jean-Francois Gaudette, spokesperson for the CTETS.

The petition is available at the following address until Feb. 20, 2013: <https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-3465/index.html>

## Catherine Walker invited to International Conference

North Hatley cellist, Catherine Walker, is being honoured with an invitation to teach at the International Suzuki Method Conference to be held at the end of March of this year. This conference takes place every four years in Matsumoto, Japan and she will be the only Canadian cello teacher on their prestigious international faculty.

In 2006, Walker-exchanged her large private studio in Montreal for life in the Eastern Townships. She enjoys teaching her class of enthusiastic children and adults of all levels and directing an adult cello ensemble.

After receiving a Bachelor of Music degree (performance-cello) from McGill University in Montreal, Catherine Walker continued her studies in Lau-

sanne, Switzerland with famed cellist Guy Fallot. Upon her return to Canada, she started her training in Suzuki pedagogy with Yvonne Tait and considers herself a life-long learner.

She has been working with children and training prospective Suzuki Method teachers for over thirty-five years and is also an active clinician, teaching at workshops and Institutes throughout

Canada, the United States and England.

In 1988, Catherine Walker spent six months at The Talent Education Institute in Matsumoto, Japan where she studied with Shinichi Suzuki, the inspirational founder of the Suzuki Method.

Dr. Suzuki's vision that "Every Child Can Learn" has brought the joy of music-making to the lives of thousands of children around the world.

## Magog flips the switch

The Town of Magog is making the leap into the modern electric age with the purchase of electric vehicles and the installation on its territory of seven charging station to service them.

Over the next two years, Magog will be putting four public-use stations at strategic points; the Town Hall parking lot, the arena, Parc des Braves, and l'Association du Marais-de-la-Rivière-aux-Cerises (LAMRAC).

The town will also be installing three stations for its own use behind city hall,

at the public works department, and at the water treatment plant.

This is all part of Magog's desire to encourage sustainable living and development. Council has also expressed its belief that this type of infrastructure will reduce its emission of greenhouse gases and encourage young people, families and businesses to establish themselves in the area.

The town also hopes to benefit from Quebec government grants, for the purchase of electric vehicles and for the installation of charging stations.

## Winter Fun day in Lennoxville



AL BARBER

Gordon Lambie  
Special to The Record

The Borough of Lennoxville held its annual Winter Fun Day on Saturday of this past weekend. One of several municipal fun days help throughout the year, Winter Fun Day has brought children and families out to enjoy the pleasures of winter for the last 23 years.

"It went very well this year," said Judith Gagnon, head of leisure activities for the borough, relating that the event saw nearly 500 participants at the height of the day.

Gagnon related that owing to insufficient snow accumulation, there were some activities that had to be cancelled like the fort construction

and the popular sliding hill. Despite this, she said that the turnout was in keeping with past years.

"It's never been cancelled in 23 years," said Gagnon, "because there are always enough activities of different kinds to keep the tradition going despite lack of snow or poor weather."

This year's activities included inflatable games, broomball, indoor games and crafts, snowshoeing, and the traditional horse drawn sleigh ride. According to Gagnon, the snowshoeing and broomball activities were among the most popular.

"People really like the event." She said, indicating that the families of Lennoxville were not about to let a little change in plans take away from their annual winter fun.

**DOOR PRIZES** **GREAT MUSIC**

**3rd annual  
BENEFIT DANCE  
for  
RELAY FOR LIFE  
TEAM BRAVEHEARTS**

SATURDAY, FEBRUARY 16 at 8 p.m.  
at the A.N.A.F. "Hut"  
300 St. Francis, Lennoxville

**Music by Slightly Haggard**  
Tickets: \$10., available at the door

Info: 819-837-2363  
janet@mcelreavy.com

Please join us in the fight against Cancer!

## Orford Recovery Fund 2012 campaign ends just short of goal

ORFORD TOWNSHIP

The Mount Orford Recovery Fund released the results of its 2012 fundraising campaign yesterday, having received \$255,000 from the community, representing 85 per cent of its \$300,000 goal. Local municipalities contributed \$118,000, 24 companies have offered sponsorships worth \$54,860 and 64 individuals have contributed \$35,720. In addition, there is the non-recurring \$37,000 contributed by the Board of Directors of Trolley Magog in the dissolution of that organization.

Fund President Vicki May Hamm, announced that "We are obviously pleased with these results because we are very close to the goal. It's almost a half-million dollars that the Fund has managed to collect over two years. Moreover, for the five years of the campaign, businesses, municipalities and individuals have committed amounts close to a million."

"We had hoped to get there by year two and we have shown that those who signed a donation or sponsorship for five years have lived up to their commitments. The nice surprise is that many donors and sponsors renewed their committed contribution in 2012, proof that they believe that the involvement of the media can make a difference" said the Mayor of Magog.

Hamm also thanked the Orford 911 organization, particularly Claude Gérin, who was the principal architect of the second season. "He has shown tremendous energy and you can see that his efforts have been successful and continues to be so in 2013 because we can already predict that new sponsors and donors will join our ranks," she adds. The press conference was also

an opportunity to introduce participants to the co-chairs of the campaign in 2013. Danielle Bolduc, President of the Caisse Desjardins du Lac Memphremagog which has already given \$40,000 in stimulus funds on a commitment of \$100,000 over five years, and Lloyd Langlois, Olympic freestyle medalist, director of Cirque des Étoiles of Magog and a fervent user of the Mount Orford ski resort.

Hamm and Gérin also paid tribute to Raymond Gagné, who died recently, for his unwavering passion for "the mountain." He was also a major player in Orford 911 for which he worked hard and helped to increase the number of members to 3,000 people. He was also an early advocate of the creation of the Recovery Fund, firmly convinced that the community should contribute to infrastructure investments and promote the ski resort. "His leadership, determination and enthusiasm to our group is greatly missed but will remain an inspiration to us all," said Gérin, his friend and colleague on the Orford 911 board.

Hamm finished by launching the start of the 2013 campaign and urged businesses and individuals to contribute fully now that they are assured that we have a "conscientious and efficient manager and all amounts paid by the Fund are invested in capital that enhances the competitiveness of the ski hill and can lead to new prosperity. We are already hard at work for 2013 and we will soon have great news to announce," she added.

Those interested to learn more about the recovery fund or contribute are invited to visit the Fund's website at [www.fondsmontorford.com](http://www.fondsmontorford.com) or to contact Jocelyn Jussaume the Memphremagog CLD at 819 843-8273.

## ETSB schools and centres are 'Hooked on School'

The Eastern Townships School Board (ETSB) is proud to be participating in the fourth edition of Hooked on School Days which is on all this week till Friday, Feb. 15. School perseverance is an ongoing challenge and Hooked on School Days represent a specific time during the year to highlight the mobilization and rally around youth.

This time of the year is a decisive moment in the school year. Some of the students interest in school may decline during the period after the Christmas holidays and exams, and before spring break and more exams.

Youth, parents, teachers, professionals, support staff, partners, media, municipalities and local leaders are invited to get involved in supporting the success of young people. Keeping young people from dropping out of school before graduating is a community affair.

This year, over 50 activities will take

place throughout the week in ETSB schools and centres. To find out what activities are taking place in your area, follow the ETSB Facebook page throughout the week.

School personnel will be wearing the green and white ribbons for school perseverance to show their commitment in supporting young people in their efforts and in their school success.

During the Hooked on School Days, the population is invited to post messages of encouragement on the Hooked on School Days Perseverance Bulletin Board to publicly demonstrate support for school perseverance at [www.jpsestrie.ca](http://www.jpsestrie.ca)

To find out more details about Hooked on School Days and the different activities in the region visit the calendar of activities on the Hooked on School Days website at [www.jpsestrie.ca](http://www.jpsestrie.ca)

Source: Sharon Priest.

## Townshippers' Association submits brief in response to Bill 14

SHERBROOKE

With the proposed legislative changes of Bill 14 threatening to oppress the already fragile English-speaking community, Townshippers' Association has voiced its concern in a brief filed to the Quebec National Assembly's Committee on Culture and Education.

Introduced to the provincial government last December, Bill 14: An Act to amend the Charter of the French language, the Charter of human rights and freedoms and other legislative provisions proposes several amendments to Quebec's French language charter, which would primarily affect statutes and regulations governing the use of language in businesses, educational institutions and municipalities.

In its brief, Townshippers' Association has expressed its considered opinion that, if adopted "as is," Bill 14 will

further weaken the minority English-speaking populace, such as that living in the Eastern Townships of Quebec, causing them to feel even more disenfranchised from their roots and identity.

The Association is calling on the National Assembly to recognize the historical and contemporary contributions of English-speaking communities throughout Quebec, from those with ancestral ties to more recent immigrants, who each enhance the fabric of this great province.

Bill 14 will be submitted to public hearings beginning on March 12, 2013.

Townshippers' Association is a non-profit, non-partisan community organization that has been serving of the English-speaking community of the historical Eastern Townships, since 1979.

Source: Corrinna Pole

## Sherbrooke Roadwork

Wellington St. South

Location: 1041 Wellington South.

Nature of the work: Replacement of water main valve.

Duration: Tuesday, Feb. 12, 8 a.m. - 4 p.m...

Impact on circulation:

Street blocked for southbound traffic, slowdowns are expected



Anglicans in the Eastern Townships  
St. Francis Deanery,  
Anglican Church of Canada

### Ash Wednesday Services - February 13

Cookshire, St. Peter's Church  
45 rue Principale.  
2 p.m.

Danville, St. Augustine's  
72 du Carmel  
10 a.m.

Georgeville, St. George's  
34 ch. Magoon Point  
4 p.m.

Lennoxville, St. George's  
84 Queen Street  
7 p.m.

Lennoxville, St. Mark's Chapel  
Bishop's University  
4:30 p.m.

Magog, St. Luke's  
20 rue des Pins  
2 p.m.

North Hatley, St. Barnabas  
640 ch. Sherbrooke  
7 p.m.

Waterville, St. John's  
60 Compton Street  
7 p.m.

### Lenten Book Group

(Weekly during Lent)

5 p.m. to 7 p.m., St George's Church, Lennoxville  
For more information, call 819-346-5564.

Lenten Tuesdays: February 19 and 26 and March 5, 12, 19 and 26

Soup Supper Provided  
4:30 p.m. Holy Eucharist  
7 p.m. Sung Compline

# EDITORIAL

Our governments must, first and foremost, foster companies' competitiveness and encourage them to invest more in our economy.

## How far can a government go in jeopardizing a private company's competitiveness?

By Yves-Thomas Dorval

In the legal proceedings between the Québec government and Air Canada following the closure of Aveos in 2012, the courts are charged with the task of determining whether the company - even though it still currently employs more than 2,400 people to maintain its airplanes, including 750 in Montréal - is respecting the obligations stipulated in the law.

This raises some crucial questions: To what extent does a law, however well-intentioned it might be, need to go to jeopardize a private company's competitiveness, and what role should the government play to encourage the maintaining and creation of jobs?

According to the information we have, when Aveos was founded in 2004, Air Canada seemed to have made considerable efforts in helping the business to develop the airplane maintenance market by providing financial support, among other things, and by awarding the company various maintenance contracts for its airplanes.

These contracts should have helped to ensure the financial stability Aveos needed so it could develop its own business model by diversifying its clientele. As with any private company, Aveos's success was at that point dependent on its ability to effectively compete in the marketplace through the quality of its services and its price for such services.

One must admit, however, that over the years Aveos has been unable to remain competitive and has failed to solidly and sustainably position it-

self among the leaders of this niche market and specific clientele.

The fact Aveos was unable to diversify its clientele shows it probably wasn't competitive and, as a result, Air Canada was paying more than it would have if it had been doing business with other suppliers. And this brings us to the basic question we asked in the title, a question which on the one hand raises the crucial issue of companies' competitiveness and, on the other hand, the role the government should play in this regard.

It should be noted there is strong competition in the airplane services industry; companies' profit margins are extremely thin and the risk factors are ever-present. An airline carrier's competitiveness depends a great deal on its ability to strictly control its operating costs.

While no one disputes that the government has an important role to play in maintaining and creating jobs, should it go as far as taking legal action against a company so the company carries on with unprofitable business activities? It would seem that questions need to be raised about what legislative changes and courses of action are to be undertaken by our governments.

Beyond the good intentions, we have to face economic reality. By their actions our governments must, first and foremost, foster companies' competitiveness and encourage them to invest more in our economy, in a perspective of collaboration and business partnership, rather than one of legal constraint.

*Yves-Thomas Dorval is President of the Quebec Employers Council.*

## Letter

### The coming debt crisis

DEAR EDITOR:

It was recently reported that Canadians owe an average of \$27,485 in personal debt. This follows the largest annual increase of personal debt since 2009. As someone who detests owing anybody anything, this is rather disturbing to me. And this is just the tip of the iceberg. It gets much worse, and there are no signs of it getting better.

Consider public debt for instance. The national debt is a whopping 605 billion dollars. Your share is \$17,000. The provincial debt is another 253 billion dollars. Your share of this is \$55,000. If Quebec were a sovereign country, it would be the 5th most indebted nation in the world. It grows over 20 million dollars per day. In 2010, municipal debt in Quebec was 21 billion dollars. Using the same ratio as the previous figure, your share of that is about \$4,500.

According to my calculations, your share of public debt as a Quebec resident and income earner is approximately \$77,000. If anything, my estimation is conservative as some of these figures are outdated. Add to this amount your personal debt. Add to that amount the unfunded liabilities of public pensions. Consider then the rising costs of health care as the population ages, and the devaluing of our currency due to inflationary policies.

We have yet to feel the pain of our reckless borrowing and spending, but the day of reckoning is rapidly approaching. The bottom line is this: we will never pay our debts. The time will come when even making the minimum payment will be too much. Interest rates will have to rise, and we would have exhausted all available credit. A form of default is bound to occur.

Whether default is declared or not is another question. Will we default on our creditors? Will we default on our promises (pensions, health care, day care, education)? Perhaps both? In any case it won't be pretty. Student reactions last spring to a proposed increase in tuition fees don't leave me hopeful. What if the cuts are much worse and a part of a larger series of cuts? This will be a true test of our moral character. Will we band together among friends, families, and communities? Or will there be social unrest? In our anger will we enviously blame the rich? Will we seek to steal their fortunes in an ill-fated at-

tempt to pay for our beloved social programs? These controversies are already taking place all over the world.

This problem is generations in the making and it requires careful analysis. We can definitely blame governments for excessive spending, corruption, poor management of public funds, and for not being up front with us. We can blame central banks for artificially low interest rates and inflationary policies. But we must...we must also look at ourselves and acknowledge our role in creating this mess.

In our prosperity we have become complacent. We've ignored the recklessness knowing that the problems would be dealt with at a later date. We've welcomed and embraced an unsustainable welfare-state and a centrally planned economy wherein government is our benevolent caretaker. We've handed power over to those who promise free stuff, well knowing that nothing is truly free. And many of us have added to our troubles by mismanaging our private wealth and by believing that excessive debt is acceptable.

Liberty is not a treasured value in our society. Perhaps we should consider what it has to offer. In the full knowledge that man is flawed and is thus unable to create the perfect society, liberty offers a different form of government. Its main role is to protect our individual liberties, allowing us to take care of ourselves. In it we are free to seek a better condition. It allows us to take risks and to fully assume the benefits or consequences. It allows market forces to work freely, without the mal-investment associated with massive government, keeping prices down through healthy competition. It restores the value of individual responsibility.

Some would argue that this form of governance is uncompassionate. The opposite is true. Massive government is what's leading to our impoverishment. More freedom leads to more wealth, and more wealth benefits everyone. Private wealth is much more efficient at helping the less fortunate through jobs, non-profit organizations, trust funds, and philanthropy. Government extraction of wealth from productive society is a hindrance, especially when we know that it leads to poorly delivered services, wasteful bureaucracies, corruption, and the bondage of monstrous debt we now face.

KEVIN RICHARD  
KATEVALE.

DEAR EDITOR:

The February 5 à 7 from Jeune Chambre de Commerce de Sherbrooke was greeted with enthusiasm by the guests present at ArtFocus (located at 94 King West, Sherbrooke). Among those present there were businessmen and businesswomen as well as many artists and art lovers from the Eastern Townships. The event was an based on an art's theme. Several visual artists of

the Townships had the chance to make themselves known during the exhibition which took place during the event.

Raphaëlle Cadoret from Dynamo-Creation, was master of ceremonies and organizer of the exhibition. The Ruby Sunshine band was present to provide music for the evening. Thank you to our official sponsor of the evening: Vital Space Architecture.

RAPHAËLLE CADORET  
SHERBROOKE

## THE RECORD

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QUEBEC:	1 YEAR	120.00	6.00	11.97	\$137.97
	6 MONTHS	63.00	3.15	6.28	\$72.43
	3 MONTHS	32.00	1.60	3.19	\$36.79

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

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# Local Sports

He posted a 19-30 overall record with Bishop's, but was 18-15 in his final four years, including three playoff berths, and a pair of five-game winning streaks.

## Former Gaiters coach Blugh returns to Edmonton

By John Edwards  
Special to The Record

Former Bishop's Gaiters football head coach Leroy Blugh is moving on to the CFL. Blugh, who led the Gaiters from 2005-2010, was named the defensive line coach for the Edmonton Eskimos on Monday.

Blugh, one of the most decorated players in Gaiters history, returns to the CFL club where he spent most of his 15-year

playing career. Blugh spent 11 seasons with the Eskimos, winning the CFL's Most Outstanding Canadian Award in 1996, and a Grey Cup in 1993, and was twice named to the CFL West Division All-Star team.

As a coach, he was named the Quebec University Football League Coach of the Year in 2007, as the Gaiters posted their first winning season since 1995. He posted a 19-30 overall record with Bishop's, but was 18-15 in his final four

years, including three playoff berths, and a pair of five-game winning streaks. Blugh, a first-round CFL draft choice himself, had seven of his players drafted by CFL teams, including four in the Top 10.

Blugh spent 2011 and 2012 as the Defensive Line coach at Queen's University, where the Gaels twice qualified for the OUA semifinals and four of his players were named OUA First Team All-Stars.



### BISHOP'S UNIVERSITY BASKETBALL

## Gaiters knock off Stingers

Bishop's, McGill share top spot in men's division

By Mike Hickey  
Special to The Record

The Bishop's Gaiters men's team continued their drive to a provincial title Sunday afternoon when they recorded a convincing 85-71 win over the Concordia Stingers in a game that was originally scheduled to be played last Friday night but was rescheduled because of the weekend storm.

The win allowed the Gaiters to remain in a tie with the McGill Redmen for first place in the RSEQ with identical 9-4 records, two games ahead of the third-place Stingers.

The visitors jumped out to a quick 11-2 lead but the Gaiters settled down and took their first lead of the game, 20-18, when Tim Hunter drained a three-pointer. Bishop's held a slim two-point advantage at halftime and put the game out of reach in the second half when a 24-10 run provided Bishop's with a double-digit lead they would not relinquish.

Jeremy Leonard-Smith paced the Gaiter attack with a 23-point, six-rebound performance while Mike Andrews added 20 points and 10 rebounds. Point guard Scott Ring overcame early foul trouble to score 12 points and register a game-high eight assists.

With three games remaining in the regular season head coach Rod Gilpin

knows that every game is an important one as Bishop's aims for its first league championship since 1999.

Gilpin was pleased with his team's play but knows that its three remaining games are all crucial contests as Bishop's aims for a regular season crown and home court advantage throughout the playoffs.

"We had a very balanced attack with five players in double digits," said Gilpin. "Mike Andrews played very well. We have a must-win game this Wednesday when we host Laval."

There is little time to enjoy the victory. The Gaiters are back in action Wednesday when they host the Laval Rouge et Or in a doubleheader beginning at 6 p.m. They wrap up the regular season with a pair of road games, this Friday night at McGill and the following Thursday, February 21 at Concordia.

The women suffered a 69-45 loss to the second-place Stingers. As in previous games the Gaiters played hard for 40 minutes but a lack of execution proved costly as they committed 30 turnovers and were outrebounded 39-30.

Sherbrooke native Gabrielle Chamberland was Bishop's top scorer with 11 points while Riley Shkimba had 10 points and Catherine Rondeau pulled down 10 rebounds.

### BISHOP'S UNIVERSITY ATHLETICS

## Andrews named Athlete of the Week

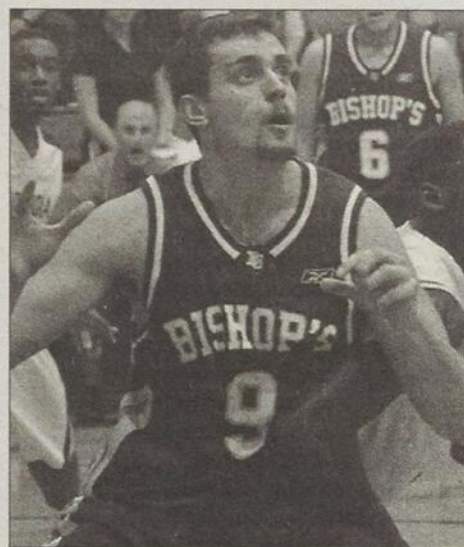
Marty Rourke  
Bishop's University

Mike Andrews of the men's basketball team is the Provigo Robert Lafond Athlete of the Week. Andrews and his Gaiters teammates topped the Concordia Stingers 84-71 on Sunday, February 10 in a key RSEQ matchup.

The third year Oakville, Ontario native dominated the paint in the Gaiters' lone contest of the week. The game originally scheduled for Friday night was postponed due to inclement weather. The cold outside did not affect the 6-foot-10 education major. He scored 20 points on 10-11 shooting, grabbed 10 rebounds, had four blocks and two assists in the matinee in Mitchell Gymnasium.

"Mike played a very strong game for us," said Gaiters head coach Rod Gilpin. "He controlled the paint and that was a key to our success."

The victory moved the Gaiters (9-4) two games up on the Stingers (7-6) and back into a tie for first place in the RSEQ with the McGill Redmen (9-4). Bishop's will host the Laval Rouge et Or (3-9) in Mitchell Gymnasium on Wednesday, February 13. The men's game at 8 p.m. follows the women's matchup, which is



FILE PHOTO/MATT HICKEY

Mike Andrews

slated for 6 p.m.

### Honourable mention

Acey Maves, Women's hockey: Maves had two goals and two assists in four games this past weekend. The Polar Bears were competing in an MIWHL tournament in Fredericton. The rookie was a leader for Bishop's as they posted a 0-3-1 record and collected their first league point of the year.

## BASKETBALL AT BISHOP'S

### Bishop's vs Laval

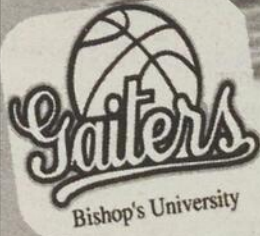

#### Wednesday, February 13, 2013

### DOUBLE HEADER

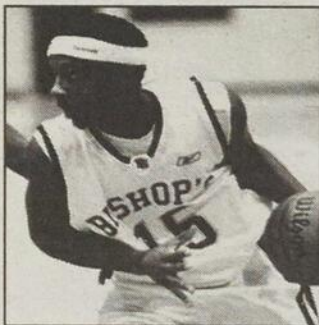
#### 6 p.m. & 8 p.m.

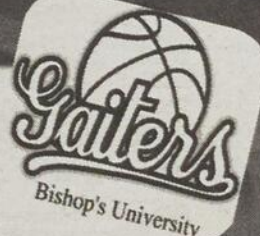
at the J.H. Price Sports Centre

General Admisson: Adults \$8., High School & CEGEP Students \$5., BU students \$3.





"Proud sponsor of the Bishop's Gaiters"





65556



"Proud supporter of the Bishop's Gaiters"

**Death**



**Edgar  
(Buster)  
COATES**

Passed away peacefully at the CHUS Fleurimont on Friday, February 8, 2013 at the age of 89. Edgar Buster Coates beloved husband of Thelma Walker and loving father of Gene (Donna Wood), Dale (Elaine Mackenzie), Hank, Lawrence (Carmen Mackenzie) and Patricia (Les Healey), Mona (Mike Horvath), Della (Jean Mason) and Wyatt. Edgar was the cherished grandfather of eighteen grandchildren and 9 great-grandchildren. He is survived by his brother Russell,

his sisters Lila Girouard, Thelma Turnbull, Inez Dutton, many nieces, nephews, and many friends.

Resting at the Cass Funeral Home, 50 Craig St., Cookshire, where friends may call on Wednesday, February the 13, 2013, from 7:00 to 9:00 p.m. and on Thursday, February 14, 2013, from 1:00 to 2:00 p.m., followed by the funeral service at 2:00 p.m. with Reverend Wanda Dillabough officiating. Interment in the Bury cemetery at a later date.

Memorial donations in Edgar's memory may be made to the charity of your choice.

**CASS FUNERAL HOMES**  
50 Carig St., Cookshire QC  
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cass@casshomes.ca  
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**In Memoriam**

**QUINN** - In memory of a cherished couple, Alma (February 12, 2012) and Osborne (April 8, 1997).

*My body is gone  
But I'm always near,  
I'm everything you feel,  
See or hear.  
My spirit is free  
But I'll never depart,  
As long as you keep me  
Alive in your heart.*

Lovingly remembered by  
**DIANA & DOUG GILLAM**  
(daughter & son-in-law)  
AND FAMILY

**QUINN, Alma**

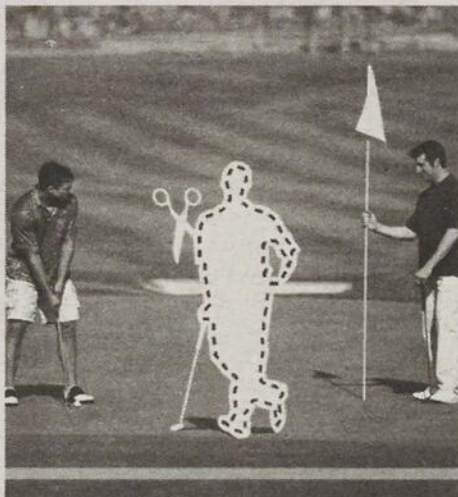
*My Mother, who gave me the best of her life,  
Who cherished my secrets, my sorrows, my strife,  
Who taught me to love, who taught me to pray,  
My Mother in heaven, God bless her today.*

Miss you,  
**DALE & LENNY**

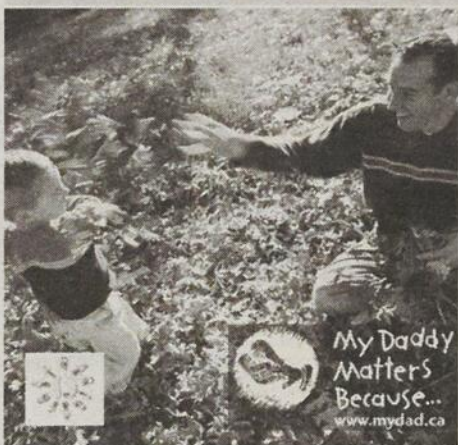
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**Death**

**ASK DOCTOR K**  
by Anthony L. Komaroff, M.D.

**Natural sources of sweetness are better than artificial**

**DEAR DOCTOR K:** I'm trying to lose weight, so I've switched to artificial sweeteners. But are they really a good alternative to sugar?

**DEAR READER:** Sugar may be the most important dietary cause of obesity in America today. When you consume it as part of a whole food, such as fruit, it's digested along with other nutrients. These nutrients, such as fiber and antioxidants, help control sugar's effect in your body.

But when you add table sugar to a food or beverage, it's stripped of these other nutrients. As a result, the sugar can cause spikes in your blood sugar and insulin. This can pave the way for heart disease, diabetes and liver damage.

The FDA has approved five artificial sweeteners. These are acesulfame, aspartame, neotame, saccharin and sucralose. (Plant-derived stevia is not counted in the same "artificial sweetener" category.)

When artificial sweeteners were first introduced, there was concern that they might increase the risk of cancer. That has never been proven. But artificial sweeteners may cause headaches and

other unpleasant reactions in some people.

I have a number of patients who drink large amounts of sodas or soft drinks with artificial sweeteners each day. They don't take in many calories, but they sure take in a lot of gas — and their belly responds accordingly. It is not the artificial sweetener that has made them belch, burp and other things. But it has encouraged them to "gas up."

Like you, most people use artificial sweeteners because they want to lose weight. And in the short term, artificial sweeteners may help to do just that.

But there's concern that over the longer term, artificial sweeteners may actually promote weight gain. How so? Artificial sweeteners are hundreds to thousands of times sweeter than table sugar. If you get used to the mega sweetness of artificial sweeteners, then healthful, satisfying foods that are less sweet — such as fruits and vegetables — may not seem sweet enough. You might then respond by not eating enough of these healthy foods.

We have more information on healthy food choices in our Special Health Report, "Healthy Eating: A Guide to the New Nutrition." You can find out more about it at my website, AskDoctorK.com. We describe in detail what foods are healthy and what foods are not. We also teach you how healthy eating can easily be delicious, as well.

If artificial sweeteners are helping you lose weight right now, that's great. But over time, try to lessen your dependence on them. Instead, go for fresh fruit and other natural sources of sweetness

TUESDAY, FEBRUARY 12, 2013

**Universal Uclick Almanac**

Today is the 43rd day of 2013 and the 54th day of winter.

**TODAY'S HISTORY:** In 1554, Lady Jane Grey, who reigned over England for nine days in 1553, was beheaded.

In 1909, the National Association for the Advancement of Colored People (NAACP) was founded in New York City.

In 1999, the U.S. Senate voted to acquit President Bill Clinton on charges of perjury and obstruction of justice, bringing his impeachment trial to a close.

In 2008, General Motors offered buy-outs to its more than 70,000 union workers after posting a \$39 billion loss in 2007.

**TODAY'S BIRTHDAYS:** Charles Darwin (1809-1882), scientist; Abraham Lincoln (1809-1865), 16th U.S. president; Franco Zeffirelli (1923-), director; Bill

Russell (1934-), basketball player; Judy Blume (1938-), writer; Arsenio Hall (1956-), actor/comedian; Josh Brolin (1968-), actor; Darren Aronofsky (1969-), filmmaker; Christina Ricci (1980-), actress; Robert Griffin III (1990-), football player.

**TODAY'S SPORTS:** In 1878, Harvard baseball player Frederick Thayer received a patent for the catcher's mask.

**TODAY'S FACT:** Charles Darwin replaced Charles Dickens on Britain's 10-pound note in 2000, reportedly in part because Darwin's beard would make forgery more difficult.

**TODAY'S QUOTE:** "Nearly all men can stand adversity, but if you want to test a man's character, give him power."  
— Abraham Lincoln

**TODAY'S NUMBER:** 207,000 — workers employed worldwide by General Motors in 2012.

**TODAY'S MOON:** Between new moon (Feb. 10) and first quarter moon (Feb. 17).

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**

Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$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: classad@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.

### 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.

"TEJ KH SDEW JKRAZHR EWJE TEJ KHT  
VDIWE. TEJ KH SDEW WDL SWDNF WF  
DT VDIWE JKH YJVE SDEW WDL SWFK  
WF IZFT SVZKI." — JAVJWJL NDKGZNK

Previous Solution: "If you wish to make an apple pie from scratch, you must first invent the universe." — Carl Sagan

TODAY'S CLUE:  $d \text{ equals } a$

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### KIT N' CARLYLE



### HERMAN

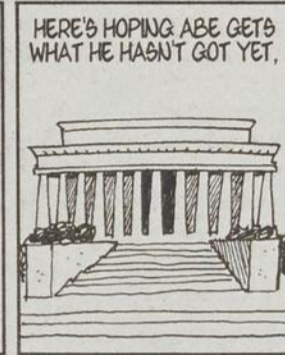


"Here he is, Mom. He fell off the tractor."

### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



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**001** Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

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## Lennoxville Golden Age

February 5 - The Club met for a regular meeting. Members play 500 at ten tables. One of our biggest crowd. Card winners were Irene Humphrey 4940, high ladies; Dufferin Annesley 4220, men's high; Doris Coates 1720, ladies low and Terrill Painter 1080, men's low. High overall was Irene Humphrey with 4940. Congratulations.

Four members joined, namely John Kingston, George and Louise Peasley and George Martel. Welcome to the Club. Guests were Doug Robinson and

Bob and Edith Wesbroom. Welcome back to Carol Hobbs, Nora Patterson and Carl Speck. Hope all enjoyed.

We enjoyed a meal of hearty stew, salad, pickle beets, rolls and finished off with delicious apple and cherry pie, coffee and tea. Thank you and your helpers for all the good things you do for us. Jamie and Georgie did a find job decorating for Valentine's.

There are many birthdays in February. I'll mention two special birthdays though. John McDonald is 99 years

young on February 7. He's doing well at the Manoir. Mildred Cameron turns 96 on February 8 (she is at the Wales Home). Enjoy your day.

Door prizes were given to Gwen Wilson, Bev Nutbrown and Louise N. Valentine's draw winners were Gordon Humphrey, Elsie Mills, Ferne and Grace, and Eleanor McElrea.

It was a very busy meeting. Take care. God bless all.

Submitted by Margaret Vintinner

## Advance directives put you in control of your care

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

**DEAR DOCTOR K:** I've been very ill and have been hospitalized several times in the past year. I don't have a fatal disease, just a chronic illness. Should I have an advance directive? Can you tell me about it?

**DEAR READER:** What if you suddenly get very sick, due to accident or illness, and cannot communicate what type of medical care you want to receive? Advance directives are legally binding documents that allow you to control how you are treated if and when you can't speak for yourself.

As long as you are able to make and communicate decisions, your word overrides any advance directive. These documents take effect only when you're unconscious or too ill to make your wishes known.

The most common misconception my patients have about advanced directives is that they will lose control over the medical care they receive. I explain that the opposite is true: The advance directive is the way you gain control over the medical care you receive.

Advance directives include three parts: the health-care power of attorney, living will and do-not-resuscitate order (DNR). You may wish to have any or all of them.

A health-care power of attorney permits you to name a health-care agent (proxy) to make medical decisions on your behalf. I strongly urge all my patients to do that. Why? Because if you don't, then you will lose control of who speaks for you. The doctor may ask several close relatives to come to a consensus. Conflicts may ensue and decisions may be delayed. Some of my patients stop there, trusting that the person to whom they have given power of attorney will know what they want done if they cannot speak for themselves.

A living will allows you to describe your goals for medical treatment. A do-not-resuscitate order (DNR) specifies that you don't wish to be revived if your heart or breathing stops. Without a DNR, people treating you must assume that you consent to treatment.

The key element of a living will and of a DNR order is distinguishing those various different circumstances that may apply when you are unable to speak for yourself.

You can be very sick and still have a good chance of recovery, or a slim chance of recovery. You may have a good chance of recovering with a high level of function, or it may be likely you will have only a very low level of function. You may be 50 or you may be 90. You may have family and friends or you may be alone in the world. You might want to be treated differently given different combinations of these circumstances.

We have more information on advance directives in our Special Health Report, "The Health Care Power of Attorney and Living Will." (Learn more about this report at AskDoctorK.com, or call 877-649-9457 toll-free to order it.)

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

# SUDOKU

Difficulty: 3 (of 5)

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2-12-13

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PREVIOUS SOLUTION

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HOW TO PLAY:

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

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Sculpteur

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# 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

## LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, February 12 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

## WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, February 26 at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

## LENNOXVILLE

Valentine Tea and Food Sale on Saturday, February 16, 2 p.m. to 4 p.m., in St. Andrew's Presbyterian Church Hall, 256 Queen St., Lennoxville. Sponsored by St. An-

drew's Guild. Admission charged.

## STANSTEAD

Card parties on Thursdays, February 14, 28 and March 14, 1:30 p.m., in the Catholic Church basement, Stanstead (Beebe). For more info, call 819-434-1683 or 819-876-7308. All welcome.

## EUSTIS

Sugar-on-Snow, 2 p.m. to 4 p.m., on Sunday, February 17 at the Eustis Church Hall. Doughnuts and coffee. Hot dogs will be sold. Please come and bring a friend and support the Ladies Guild. See you there.

## LENNOXVILLE

Amazing Love at Sherbrooke Women's Connection. There will be lovely musical melodies by the Frazer Family. Debbie Roy has fantastic crafts for those who love to use duct tape. Our inspirational speaker is Yolande Langlois. Come hear about her encounter with amazing love! Both women and men are cordially invited on Thursday, February 14 at 9:30 a.m. It will be in the hall at ANAF Hut, 300 St. Francis Street, Sherbrooke. There is an entrance fee that covers the program. For more information, please call Pat Bryant: 819-562-8560 or sherbrookewc@yahoo.ca

## ROCK ISLAND

Shrove Tuesday Pancake Dinner, February

12, Stanstead South United Church, Church St., Rock Island from 4:30 p.m. to 6:30 p.m. An amazing variety of casseroles, tea, coffee, with pancakes and local maple syrup for dessert. Everyone welcome. Admission charged.

## DANVILLE

Pancake Supper, Tuesday, February 12, 4:30 p.m. to 6:30 p.m., at Trinity United Church Hall, Danville. Pancakes and sausages, fruit salad, cookies, tea and coffee. Fundraiser for the Sunday School children.

## NORTH HATLEY

St. Barnabas Church is holding a Pancake Supper on Tuesday, February 12 at the North Hatley Community Centre, Capelton Road, from 5 p.m. to 7 p.m. Admission charged. All welcome.

## RICHMOND

Mardi Gras Pancake Supper, Tuesday, February 12, 4:30 p.m. to 6:30 p.m., at the Richmond-Melbourne United Church, 247 Principale South, Richmond. Admission charged. All you can eat pancakes, sausages, apple sauce, tea and coffee. Proceeds to support Quebec Sherbrooke Presbytery Youth Work.

## AUSTIN

M.S. Branch 2000 County Afternoon, Sunday, February 17, 1:30 p.m. to 6 p.m., Austin

Municipal Hall. Come spend the afternoon with some toe tapping dancing music of Jimmy Edwards and the Country Folks. Admission charged and homemade chicken and rice soups for sale, coffee, tea and desserts are free. Raffle and half/half. See you there folks.

## BULWER

Bulwer Quebec Farmers Association will meet on Thursday, February 14, 8:30 p.m., at the Bulwer Community Centre. Pot-luck lunch. We look forward to seeing you there.

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This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 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.

# Is it possible to move forward without dealing with the past

TUESDAY, FEBRUARY 12, 2013

## Annie's Mailbox

**Dear Annie:** Twenty years ago, my wife had an affair with a co-worker. It ended when he moved back to his home state 2,000 miles away. At the time, I asked my wife to go to counseling with me. We made it to one session before she pronounced our marriage "healed."

Sixteen months ago, out of the blue, this same guy contacted my wife via email, and they began communicating. I discovered they were planning to meet in Las Vegas. I begged her not to go, but she was convinced she loved him and had to know if they should be together. The month before her trip, I endured more pain than I've ever experienced. I set up counseling sessions for us with separate therapists, arranged a meeting with our pastor and lost 20 pounds from the stress.

In the end, this creep flaked out on their Vegas rendezvous, probably because he couldn't see himself leaving his children for her. She also was reluctant to leave our kids. However, the breakup crushed her, and she initially refused to work on our marriage. Finally, we went to a joint counseling session, but when the therapist made reference to her "profound betrayal," that was that.

My wife refuses to rehash what happened. I'm worried that the only reason she is recommitting to our

marriage is because the other man gave up on her. Things just don't feel the same. She insists she's done with this guy, but who really knows? Is it possible to move forward without dealing with the past? — Torn Up in California

**Dear Torn:** Maybe, but not if your wife is using your marriage as her rebound relationship in order to soothe her heartbreak. That's a temporary commitment. Refusing to examine the reasons behind her vulnerability to the affair leaves open the possibility of repeating the betrayal — and this is undoubtedly what most worries you.

You cannot force your wife to work on this, so please get counseling for yourself, on your own. You need to learn what you can live with.

**Dear Annie:** Nobody ever addresses how someone's death affects the animals left behind. Dogs especially look forward to the return of their "master" each day with great anticipation. When my husband is away on vacation, our dogs wait at the door for hours and go through the same ritual each day until he returns.

When a loved one dies, the pet has no comprehension that this person is not coming back. When one of

our dogs has passed on, we always lovingly place them in an open box where the remaining animal can be alone with the deceased for at least a half-hour. That seems to help them understand and reach closure of some kind.

Why can't we bring the animal to the funeral home or other appropriate setting and let the animal be with their friend one last time? It's the least we can do for our animal friends who give us unconditional love and companionship without asking for anything in return. — Rocky Mount, Va.

**Dear Va.:** Some funeral homes allow dogs as "comfort animals" for the bereaved. It is likely they would also permit an animal to attend a viewing before the service. It is certainly not an unreasonable request.

**Dear Annie:** "Don't Want a Contest" feels his fiancée's 13-year-old son is jealous. Please tell him to back off. It is normal for a single mom and her son to have this sort of closeness, and the boy will grow out of it.

My husband accepted my close relationship with my only child. My son would also sit in between us and want to snuggle in bed, but he came to accept my husband without resentment. My son died at age 15 from cancer. I never would have forgiven myself or my husband if I had missed out on one hug. — Understanding Mom

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FROM FEBRUARY 11 TO 15, 2013

