

Grace Christian Home celebrates

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TUESDAY, SEPTEMBER 23, 2014

New parking lot annoys Austonians

By Record Staff
AUSTIN

Some residents of Austin are crying foul after being informed by mail that forty new parking spots are being built on Route 112 to replace one on the other side of North Road, at the corner of Route 112.

The residents met with Mayor Lisette Maille on Aug. 22 to discuss the question and filed a 26-page document outlining various contentious issues related to the location they consider dangerous at the intersection of North Road. They claim to have been unanimously granted a moratorium by the councillors present to stop the project and consider alternatives.

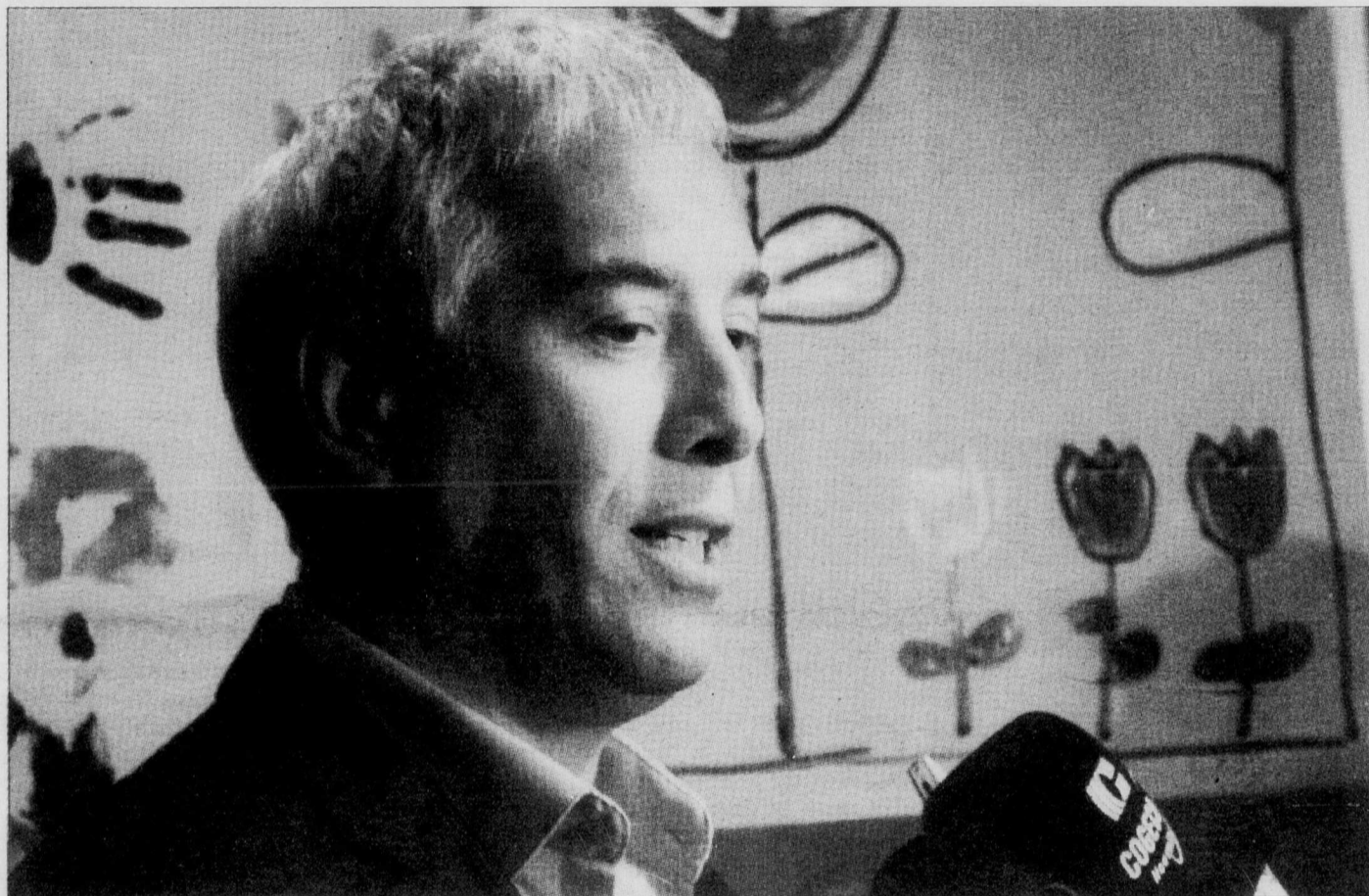
"Even the municipal inspector noted the consequences of a moratorium to the mayor," recalls Aline Côté, adding that the mayor had appointed two citizens to follow up. "There was no follow up."

Maille disputes this, however, saying that there was a request to examine all possible solutions and that this was done. She argued that breaking an agreement with the MTQ to recycle asphalt from Highway 112 onto the new parking lot would have generated additional costs of \$12,000 in addition to the \$18,000 material savings the deal would have meant for the town.

Citizens had proposed, among other alternatives, the acquisition of available land on the edge of Mount Orford, about a kilometre away. It is selling for \$135,000 and the municipality has opted to use a space it already owns on the other side of North Road, where there are already a dozen parking spaces.

The spaces are being provided for hikers who flock to the area, where the speed limit is 90 km/h, in numbers estimated at nearly 8,000 per year. Increasing traffic has led to parking in prohibited areas and a larger parking area is deemed essential.

Child services wary of government cuts



GORDON LAMBIE

Alain Trudel speaks at a press conference in Sherbrooke, Monday.

By Gordon Lambie

Alain Trudel, the director of child protective services for the Estrie region, said at yesterday's presentation of his annual report that he is concerned about potential government cuts to children's services and the negative impact they could have on a rising tide of referrals to the agency, known as the DPJ, across the province.

Drawing on the notion that a child's development is a product of his or her community, Trudel warned that cuts to funding for child and family services could lead to greater trials for families already burdened with a range of challenges, resulting in an undermining of

Quebec's stability as a society.

"If we don't invest in our children right now, then tomorrow we will have a problem with adults who can't function in society," Trudel cautioned.

The director explained that provincial referrals to the DPJ are up three per cent this year over last year, representing part of an overall increase of 17.3 per cent in referrals since 2010.

He used 2010 as a marker year because at that time, he said, organizations offering services to children and families had their budgets cut by the government.

He made a direct link between the loss in family programming and the increase in calls to child protection, and

suggested that there is a risk that the Liberal government's drive to optimize budgets could lead to a similar spike if not handled properly.

"There's a reflection to be made in Quebec as to what the issues are," Trudel said. "We can maybe optimize some services, I have no problem with that, but not if it impacts activities for vulnerable children."

The director explained that he places the priority on services for children and vulnerable families because in his experience the task of overcoming abuse is not one of a quick fix.

CONT'D ON PAGE 3

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LOW 3



THURSDAY:
SUNNY
HIGH 23
LOW 7



FRIDAY:
SUNNY
HIGH 23
LOW 9



SATURDAY:
SUNNY
HIGH 23
LOW 10

Mosaic art show coming to Coaticook

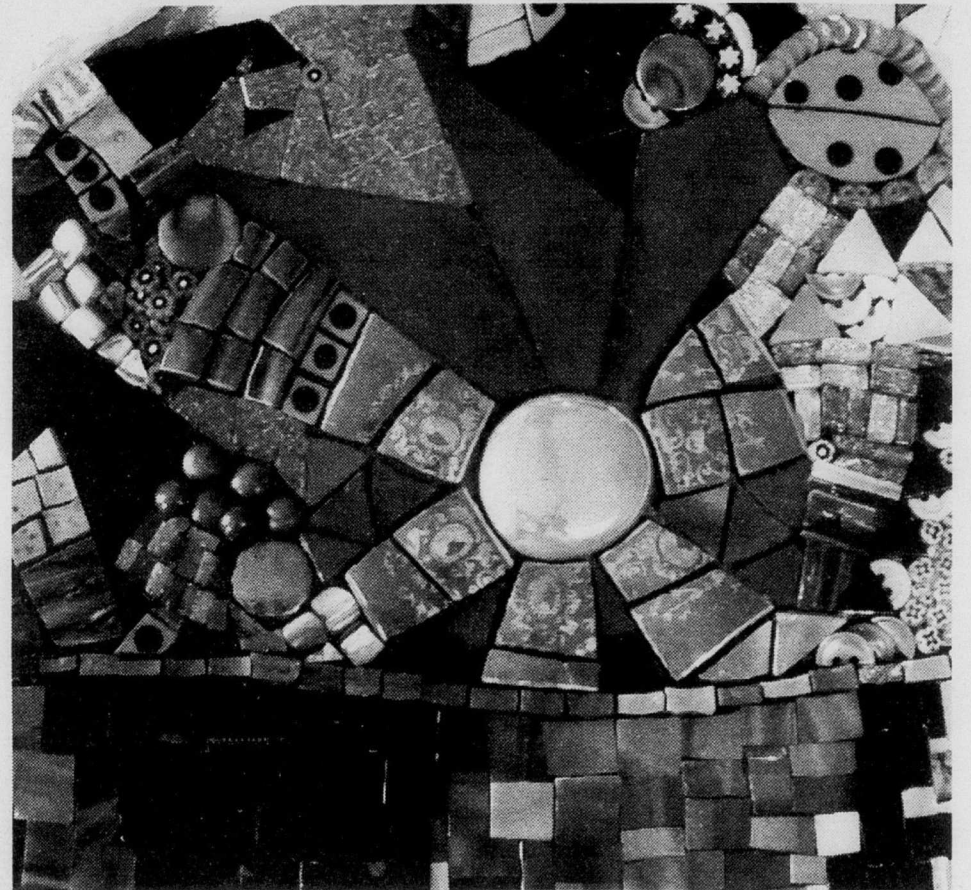
COATICOOK

The Beaulne Museum in Coaticook is proud to present the exhibition "Sourires composites" from the mosaic artist Isabelle Marissal. The exhibition runs from Oct. 5 to Nov. 16. The grand opening will be held on Sunday, Oct. 5 at 2 p.m. The public is invited.

The exhibit "Sourires composites" is very lively and part of an actual and current worldwide practice within the contemporary mosaic artists. And, within weeks of the 10th edition of International Mosaic Gatherings in Chartres, France, the time is very appropriate.

The artist explores the dimensions of a composite mix between abstract and intangible material from emotions, along with good concrete tiles. Of course, this exploration comes from her joy to create as well as by the visitor's appreciation of the final work. For the artist, a smile conveys a powerful esthetic which she interpellates with the medium of mosaic. The simple idea to make the attempt to decline some of the subtleties that a smile can conceal with the help of fragments of materials, from shapes and disparate colors, is of great delight to the artist.

Traditional materials include ceramic, porcelain, glass, as well as materials or objects from different places diverted from their usual vocation (recycled materials and objects) are used. Isabelle Marissal has been practicing this



COURTESY

Isabelle Marissal, a mosaic artist, will be showing her works at the Beaulne Museum.

passion for more than ten years now. Mostly self-taught, it is important to her to transfer a significant portion of her human experiences, professional, spiri-

tual, intellectual as well as humanist in her artistic approach.

Source: Beaulne Museum

Old Stone House cheese and apple tasting on Sunday

BROWNINGTON, VT.

Celebrate fall and food at the Old Stone House Museum's annual Cheese and Apple Tasting on Sunday, Sept. 28, from 11 a.m. to 3 p.m. The event will be held in and around the Samuel Read Hall House, the big gold house on the corner of Old Stone House and the Hinman Settler Roads. Visitors will be able to taste and purchase locally produced cheese and other dairy products, apples, maple products, honey, smoked meat, baked goods, spirits, wine and beers, and more.

There will be over 30 varieties of heirloom apples, sliced up on plates, to sample. The museum apple press will grinding and pressing apples all day, and serving up cups of the sweet essence of the apple harvest. There will be a "Good Ole Apple Pie" contest at 2 p.m. Besides bragging rights, the winner will take home a hand-forged pie spatula made by Courtney Mead at the Moffat Forge, the

Old Stone House Museum's teaching blacksmith shop. There will also be an apple chomp contest where kids are challenged to take a bite of an apple dangling from a string in mid-air, which is quite an amusing spectator sport.

The event also includes an heirloom vegetable exhibit. People are invited to bring in old varieties of vegetables they have grown from heirloom seeds, along with the name and story behind the variety.

Admission to the Cheese and Apple Tasting is \$8 (US), but free for those over 90, under 12, or people who bring an apple pie for the contest or an heirloom vegetable, with the story behind it, for the exhibit. Admission includes a free self-guided tour of the first floor of the Old Stone House Museum, with the new special photography exhibit "Newport Now and Then." Visitors can also tour the Lawrence Barn, with sleighs, carriages, boats, sugaring and logging equipment, and the new barn raised in

2012 beside the Old Stone House, with antique agricultural equipment and the timeline of the History of Agriculture in Orleans County.

The fall foliage will be at its peak in Brownington this weekend, and the drive to the museum from Orleans Village up Frog Pond Lane, through a tunnel of bright orange and red sugar maples, is as pretty as any in the state. You can also drive, or walk, up the road to the Observatory on Prospect Hill, for a 360-degree view of the surrounding countryside, including Lake Memphremagog, Jay Peak and Willoughby Gap, and on a clear day, Mount Washington. The museum grounds, with six authentic preserved 1830's buildings, and the surrounding historic Brownington Village are on the National Register of Historic Places.

For information, call the museum at 802-754-2022, or visit www.oldstonehousemuseum.org.

Source: the Old Stone House Museum

Ben by Daniel Shelton



LOCAL NEWS

We're better at pointing out what's wrong than highlighting what is being done well.

Final accused convicted for Cleveland armed robbery

Record Staff
SHERBROOKE

The fifth and final person involved in a robbery of a home in Cleveland Township in March 2011 will spend at least the next four years in prison after being convicted Thursday of armed robbery, which carries a four-year minimum sentence.

Jose Gabriel Flores-Saravia was also been convicted on charges of kidnapping and breaking and entering for events that occurred March 29, 2011 where the victim suffered gunshots to the legs. Despite his request to be released prior to sentencing, scheduled for Sept. 25, Saravia remains in deten-

tion.

An emotional Saravia expressed his frustration to Judge Claire Desgens of the Court of Quebec before being escorted to his cell by correctional officers. "Why do I not have the right to speak? If the truth had been told, I would not have been convicted," he cried.

Saravia had already been a pain to security personnel at the Sherbrooke courthouse during proceedings and the day of the verdict was no exception. As the reading of the judgment progressed, Saravia became nervous, turning in his chair and avoiding the judge's gaze.

Obviously unhappy at the guilty verdict, the accused threw out a few words from the

prisoners' box before pacing up and down. Monitored by three special constables, a friend and brother of the accused in the courtroom lashed out at the Sûreté du Québec investigator who led the investigation as they left the court. One of them was prevented from returning for further proceedings.

After hearing the testimony of five witnesses during the three-day trial, Judge Desgens determined that the evidence presented by Crown prosecutor Claude Robitaille had convinced her beyond a reasonable doubt that Saravia was involved in the home invasion with Jean-Marie Maxime, Gloria Lopala, Daphnée Nozalis, and Nadine Pierre. Maxime has been sentenced

to nine years in prison in the case, while the other three received sentences of nine, 12 and 15 months in prison, respectively.

The victim, a 60-year-old from Cleveland, had shots fired at him during the robbery.

The five criminals had headed to the victim's home in the morning and stole a large amount of money. The robbery went awry when they realized that the property owner was still there. The two men used a gun to rob the sexagenarian.

Defense attorney Ariane Bergeron-Saint-Onge relied on a defence based on the identification of her client, but circumstantial evidence convinced Desgens it was the accused who

was on the scene

Saravia was identified by one of his accomplices at trial and the licence plate number of the vehicle used in the crime matched that of Saravia's. In addition, his cell phone record corresponded to communications made in the Richmond area on the date and time of the crime. At trial, the victim also described the defendant as having pointed a gun during the robbery.

"It was indeed the accused who was driving the vehicle the day before the event and who was on site the day of the robbery (...). The circumstantial evidence is convincing and compelling," Desgens concluded.

Weekend robbery, vandalism puzzle Memphremagog cops

Record Staff

The Memphremagog Police have opened an investigation following a robbery at a Magog business in Magog and vandalism at a golf course.

At about 8 p.m. Sunday, one or more suspects broke into the Bell Mobility store at Galeries Orford.

"An alarm system notified a company official," said Police spokesperson Paul Tear.

"According to initial findings, the suspect could have been hiding inside the mall at closing and broke a window to steal items in the back room. We do not yet know the nature or value of the stolen items," he

added. Police have no suspect in this case.

Elsewhere, between Saturday and Sunday, a driver had fun damaging the practice green of the golf course at the Manoir des Sables in Orford Township.

"Damage of at least \$2,000 was caused," Tear said.

Police are asking anyone with information about these crimes to contact the Memphremagog Police or Crime Stoppers at 1-800-711-1800.

Child protective services wary

CONT'D FROM PAGE 1

He explained that while there are many factors that go into creating an abusive family situation, it is almost always true that children who have lived through abuse face challenges in their adult lives.

He pointed to a 2003 study that suggested that abuse in childhood would have an estimated \$15.3 billion fallout in costs of social services in Canada over the course of the lifetimes of those involved.

That figure, and the fact that it is 11 years old, in mind, he put a strong emphasis on the fact that badly planned cuts could compromise Quebec's future from its very foundation.

With regard to the work of the DPJ in the Eastern Townships, Trudel explained that there are a lot of misconceptions he has to fight against.

"It's not true that we will solve all the problems of every family in the Eastern Townships," the director said. "35 years after our founding, we are sadly still far from a world without mistreatment in Quebec."

As evidence of that, he shared that referrals were up by 12.67 per cent in the region last

year, with significant increases in the Haut Saint-Francois, Des Sources, and Granit municipalities.

Despite the increase in referrals, however, Trudel underlined social disengagement, rather than abuse, as the main issue that Quebec's society as a whole needs to overcome.

"Everyone should be paying attention," the director said. "We need to be aware of what's happening with our siblings' children, or those of our friends. This is not just a matter of making the call (to the DPJ), because people sometimes treat referrals as a way of shirking their own responsibility to the children around them."

Trudel explained that one of the major issues he sees is the fact that people who are facing challenges of one kind or another become marginalized by their neighbours and communities.

Rather than supporting the most vulnerable people in our society, he said, those who are referred to the DPJ, or make the call themselves, end up stigmatized and viewed as bad parents.

"The message I want to send to the population is

never hesitate to ask for help," the director said. "A parent who asks for help and has confidence in social services is a good parent."

Trudel emphasized that his job, and that of all the DPJs in Quebec, is not about judging parents and telling them they're bad, but about helping them be better.

He encouraged the population and society as a whole to fight the stigma facing those who are working to try to make things better.

"We're better at pointing out what's wrong than highlighting what is being done well," he continued, saying that the government has a problem with waiting until things are in a disastrous state before trying to make them better.

Trudel also pointed out that the DPJ is not all about taking

children away from their families, and said that he often faces that misconception as an obstacle to getting people to look for help.

In this region, he said, 50.6 per cent of cases retained by the DPJ are monitored in their own home, with an additional 10.5 per cent moved to the home of someone with a significant family connection.

Lastly, Trudel shared that while those support professionals working with the DPJ often hear horror stories, it is only the very worst of them that ever become public, and those cases are exceptions, rather than the rule. Instead, he chose to focus on

the cases where a bad situation is turned around because someone sought out help.

"Maybe if someone had reached out a hand in aid (in the worst cases), we wouldn't end up in these situations," he said.

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Abundant harvest starts with good soil

Stephen Goddard
Special to The Record
LENNOXVILLE

School is now back, and with September 23 being the first official day of fall, the weather is in transition. Some days are still warm but we have had frost at night. This is also when we do the final harvesting in the garden.

The carrots in my small garden are still growing vigorously, but this past weekend I pulled up my bean, pea, and tomato plants and sent them to my compost pile after gleaning the last pods and fruit of the season. It is important to remove any diseased plants from the garden. If your composting reaches a high enough temperature, it will kill the plant diseases and allow you to recycle the nutrients that the plants have absorbed from the soil.

As a certified arborist with the International Society of Arboriculture, my expertise is with trees, but I have had a small vegetable garden for many years now. Both trees and vegetables involve soil and growing things and so naturally I have enjoyed getting involved with Foundations for Farming Canada and helping with the model garden by Green Ridge Baptist Church in Lennoxville.

One thing I planted this year in my own garden was an heirloom variety of bush beans. From a single, 14-foot long,



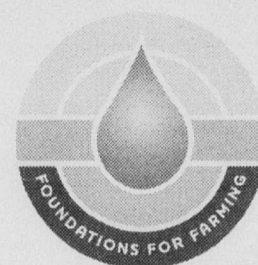
COURTESY FOUNDATIONS FOR FARMING CANADA

Stephen Goddard tending to the crops at the F4F garden in Lennoxville.

row, my family and I ate our fill of fresh, delicious beans.

In addition, we blanched and froze another 20 one-litre bags full of our own healthy, nutritious beans for those snowy winter days. I give these details not just to share how happy I am with my harvest but to make the point that you do not need a large garden to get an abundant harvest.

Yes, I know what you might be thinking. You would like to have a vegetable garden, but ... it is a lot of time and work! Agreed, but the right methods will decrease the work time and increase the harvest. Spring to fall, the growing season, is my busiest time of year with my tree service business (ArboExcellence) but I find I enjoy the time and effort put into my garden even more at harvest



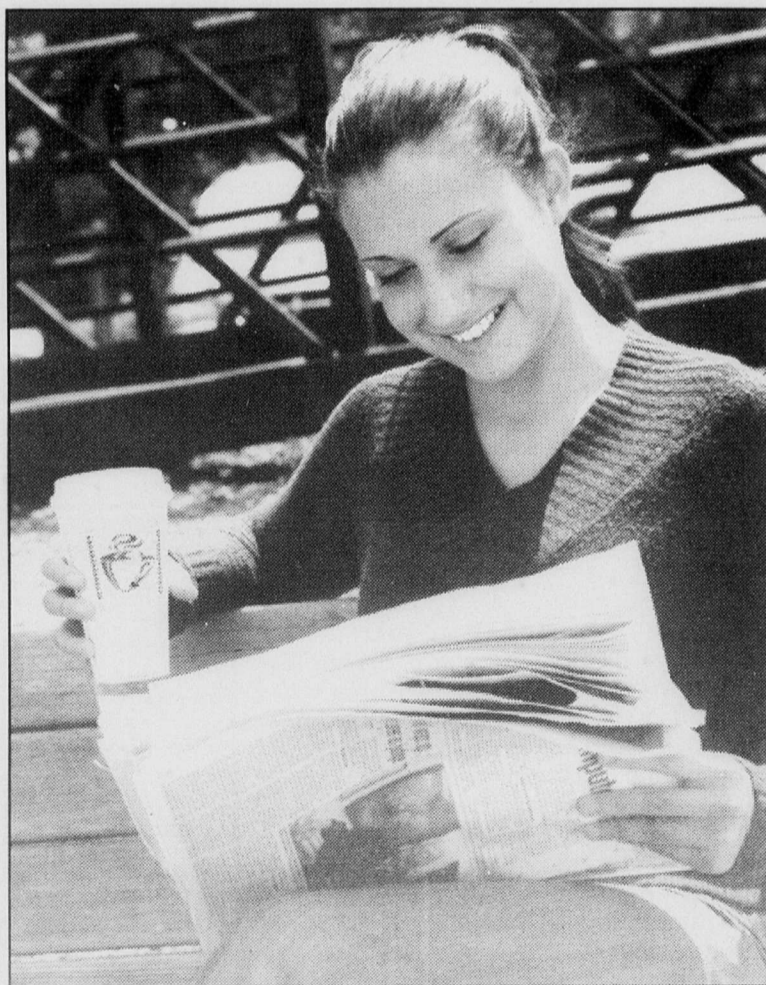
time.

In Canada, with the quantity of food in our grocery stores, we don't always think about the quality of our food or where it comes from. This is not the case in places like Africa, where Fff began, and may not always be the case here. Part of the ministry of Fff is to train people in methods of sustainable agriculture. Some of the topics covered in the training focus on caring for the soil through minimal tillage, composting and mulching, preserving and giving back to the soil so that it will continue to produce healthy, nutritious food both now and in the future.

A plentiful harvest starts with good soil. In the biblical parable of the sower (Luke 8:5-15), the seed that fell on good soil yielded a crop a hundred times more than what was sown. In my next article, I will go deeper into what good soil is like and how to improve your soil when what you have to start with is far from ideal. Happy harvesting!

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Speedy biker now walking - and \$3K lighter in the wallet

Record Staff
SHERBROOKE

Sunday at around 2:30 p.m., an Eastern Townships highway patroller caught a 24-year-old man driving his motorcycle at a very high rate of speed on Highway 410, near kilometre 4.9 (between King West and University).

The Sherbrooke resident was caught on radar going 185 km/h, just slightly above the posted 100 km/h speed limit.

During the traffic stop, the policeman also noted that the young man's driver's licence was no longer valid, following an earlier offence.

The patroller issued two tickets to the offender, one a ticket for \$1,326 and 18 points for excessive speeding and another for \$1,889 for driving without a valid licence.

In addition, his ability to get a driver's licence was suspended for seven days, as set out in the Highway Safety Code and his motorcycle was seized for a 30-day period, as set out in the code for cases of driving without a valid licence.

Thus, this was a reckless action for this young man who, in addition to driving at a very high rate of speed without a valid licence, was transporting a passenger on his motorcycle at the time he was pulled over.

Grace Christian Home Celebrates

New addition, new 90-year-old Mrs. Clair Fisk

By Rachel Garber
Special to The Record
NORTH HATLEY

Grace Christian Home celebrated Sunday afternoon, with lots of hymns and hearty good cheer. Some 60 people – board members, residents, staff, family and friends – sat in the newly enlarged and refurbished tea room in the Grace Christian Home. In front of them, a ribbon stretched across the hallway of a brand new addition to the home. President of the board Brad Willms presided.

A significant part of the celebration was the presence of retired nurse Clair Fisk, who just turned 90. She had been the first matron of the Grace Christian Home when it opened in 1957. That was 57 years ago. She stood with a shining smile in front of a birthday cake overflowing with red roses, the edible kind. She gave thanks to Dr. W.J. Klinck, who founded the Massawippi Christian Retirement Homes, the corporation that shelters the Grace Christian Home on the Huntingville edge of Lennoxville and the Connaught Home in North Hatley.

"The Home wouldn't be here without him," she said. She mentioned "Mr. and Mrs. Buchanan, and also Mr. Reynolds" who also helped start up the Home. Then she thanked her family members who had come for this occasion from far and wide. "They really put themselves out," she said. "From Japan, from Arizona, from Winnipeg. It's just wonderful that they all came. They tried to keep it a secret, but they couldn't." She laughed, and so did everyone else.

Her cake and her speech came just after the ribbon-cutting ceremony, an affair that required three pairs of hands. One pair belonged to Fisk herself. An-

other belonged to Peggy Munkittrick. She and her husband, Harold, were among the original board members when the Grace Christian Home opened. The third pair of hands belonged to Michael Page, executive director of the Massawippi Christian Retirement Homes.

Behind the ribbon was the pièce de résistance, a \$1.5-million addition to the Grace Christian Home. Its short hallway led to several new facilities. A state-of-the-art bathroom with a large roll-in shower, for bathing while in a wheelchair. An extended kitchen area, to meet government building regulations. An examining room for residents' doctor visits. "We used to have to take the residents down to the basement to see the doctor," said Page.

Across the hall is an air-conditioned nurses' station, and an office for Sandy Klinck, the director of nursing. At the end of the hall is a spanking new loading dock for trucks bringing supplies and food. And tactfully hidden are improvements that account for a major portion of the expenditures – a brand new septic system and a three-stage generator that snaps into action automatically if the power fails.

"Just things to bring us up to code," said Page, "and at the same time to increase services for residents."

Grace Christian Home has 50 residents, he said, and about as many staff members. That's counting part-time and shift workers, too. The home's first language of service is English, although French services are also available. "It's a family kind of atmosphere, not institutional," he said. "You have a homey feeling."

The Home has 49 beds in the main building, four semi-detached units, and two private cottages. It offers a wide



RA GARBER

The ribbon is cut, inaugurating the Grace Christian Home's new addition. In the foreground are Michael Page, the Massawippi Christian Retirement Homes' executive director, and Clair Fisk, the founding nursing matron of the Grace Christian Home. The event also celebrated her 90th birthday. In the background are Roy Buttery and Steve Allatt, two of the Homes' board members, and Peggy Munkittrick (mostly hidden), a retired founding board member.

spectrum of care, said Page, from near autonomy to palliative care, so residents don't have to move if their health deteriorates.

The new addition and improvements were funded by donations accumulated over the years from residents, friends and family members, "people with connections to the Home," he said. The donations came through the charitable Dr. W.J. Klinck Foundation – so named after the founder of the Massawippi Christian Retirement Homes. It was founded in

2004.

Dr. Klinck was "one of the Eastern Townships' great humanitarians," says the Homes website, www.mcrh.ca. He founded the two Anglophone nursing homes under the auspices of the Christian Brethren Church. They are now operated by a volunteer board of directors "representative of most Christian denominations in the area," says the website.

Ra.writes@gmail.com



RA GARBER

The spacious new tea room comfortably accommodated a crowd of some 60 people celebrating the new addition to the Grace Christian Home last Sunday. The celebration consisted of introductions, scripture reading and prayer, but mostly hymns of praise and gratitude. Presiding was Brad Willms, president of the board of directors.

Coaticook golf event sets record

Record Staff

Thanks to a record turnout, the Coaticook MRC CSSS Foundation golf tournament on Friday brought in about \$40,000 for the organization.

"It's really something extraordinary," beamed Foundation President Jean-Pierre Dupuis. "To say that we are a close-knit community, I think we have proof of that."

In all, over 120 golfers set off on the links of the Coaticook golf club, and 220 guests showed up overall.

Of the money raised, \$10,000 was raised by the courage and generosity of Elizabeth Wuest, who sacrificed her hair for the cause. Her co-workers at Multi-X participated in large numbers in the fundraiser, as well as her boss, Louis Marier, who tripled donations from his employees.

"I already feel lighter," said Wuest as the first cut was made. "It's something to pass your hand over your head and not have hair," she laughed. "Seriously, I do not think we were going to raise as much as we did. I would like to thank the people for their generosity."

EDITORIAL

The objective guiding our thoughts is maintaining the existence of defined benefit pension plans while respecting current and future taxpayers' ability to pay.

Changes to municipal pension plans: A matter of fairness for taxpayers and future generations

By Yves-Thomas Dorval

Prior to adopting a position on Bill 3, the Quebec Employers Council took the time to listen to all parties affected by the issue and to analyze the arguments put forth by both sides. In light of these arguments, the Council has decided it needs to support the government and municipalities, but especially the taxpayers, in the adoption, in general, of the proposed changes to the law.

The pension plan situation in municipalities is unsustainable in the current context. The overall cost of pension plans in the City of Montreal has more than quadrupled since 2002, going from \$125.9 million to \$549.6 million in 2014. In its 2014 budget, charges related to pension plans represented 12% of the City of Montreal's expenses. Although the levels may vary, a similar situation exists in most of the major Québec municipalities.

While negotiations are always the best course of action, the extensive changes that are required, cannot be made without a redefining of the regulations and legislation. The objective guiding our thoughts on the issue is maintaining the existence of defined benefit pension plans while respecting current and future taxpayers' ability to pay.

The current problems with these pension plans aren't entirely due to market volatility or contribution holidays. We are definitely going through the longest continued stretch of low interest rates and a life expectancy that has grown considerably since these pension plans were implemented. But these factors weren't part of the equation when these pension plans were negotiated.

Additionally, the argument that, in past pension plan negotiations, employees in many instances made salary concessions in order to have a better pension plan in the municipalities isn't substantiated. In fact, based on data published by the Institut de la statistique du Québec, overall remuneration for municipal employees is higher than it is for public workers in the provincial, federal,

public and private enterprise sector.

What about the proposed changes?

The 18% cap on contributions (20% for police officers) seems fair to be in line with all of the taxpayers whose contributions are capped at this rate. For the same reason, the objective of a 50/50 sharing of the deficits seems relevant. Incidentally, the Bill provides for a period of negotiations between the parties to find ways that are best suited to each plan to pay down past deficits with a minimum impact on the participants; other aspects might also be considered, such as the age of retirement, types of benefits or member contributions, without it being a wall-to-wall type of approach.

In the area of past deficits, Bill 3 does not plan to eliminate indexation but to ensure it would be done when plans allow for such.

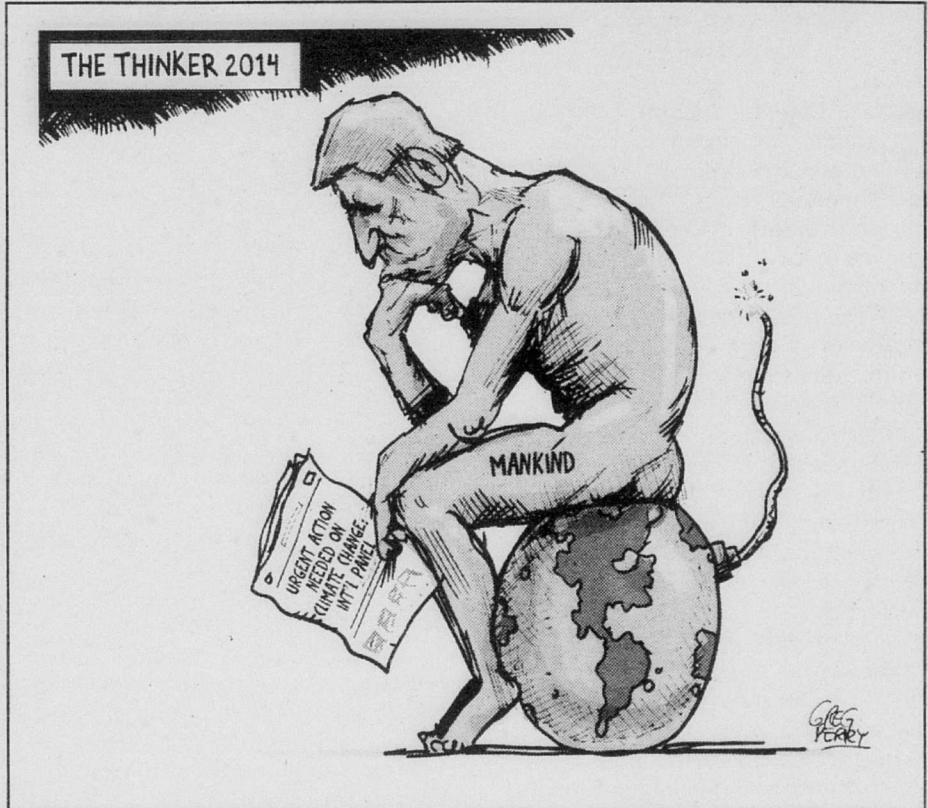
This being said, the Quebec Employers Council isn't comfortable with changing the terms and conditions of agreements that have already been signed. Clearly, collective agreements that are still in force should not be touched until they expire, unless the parties concerned mutually decide otherwise.

Meanwhile, it is hard to overlook the conditions under which these agreements were signed. Was there a fair balance of power when the cities had no recourse to the possibility of a lock-out and there was sometimes undue pressure, even intimidation, which removed any free reign for municipally elected officials? In some of the instances, did the arbitrators use the most effective criteria in settling the disputes?

In conclusion, we believe we need to support Bill 3, even though some slight changes should be made to the proposed legislation after the hearings.

The Quebec Employers Council has consistently asked our elected officials to have the courage to make the required changes in this regard, and this is why we are supporting the government in its initiative.

The author is CEO of the Quebec Employers Council.



Letter

DEAR EDITOR:

I read with concern the article by Ann Davidson on suicide (*Brome County News*, Sept. 16).

Sometimes the inner pain is so devastating that one just wants to end it. How does one take away another person's pain? Sometimes the outward appearance a person pre-

sents to others is happy, while inside there is chaos of pain.

Susan Mastine's article (*The Record*, Sept. 16), "Suicide isn't painless", is more empathetic. As Susan writes, "an intense suffering has become too much to handle."

JOHN SERJEANTSON
COWANSVILLE

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

101

Math solves problems

- You have 9 teenage boys and a few seconds to divide a pizza equally. Too late.

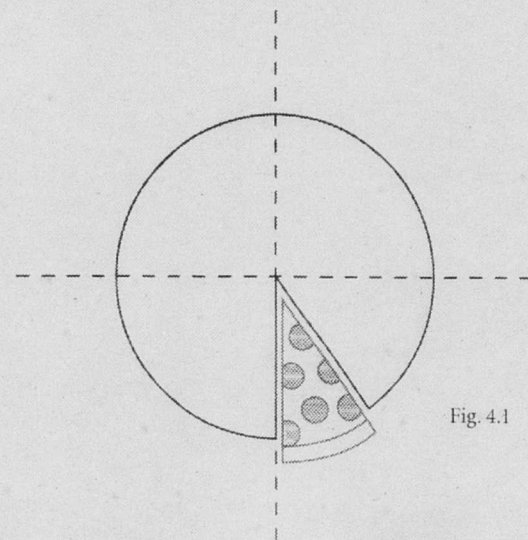


Fig. 4.1

THE RECORD

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PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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Local Sports

"The character of the guys is what made the difference."

Cougars rally to beat Vieux-Montreal, 38-28

Champlain moves into first place with victory over old rivals

By Mike Hickey
Special to the Record
MONTREAL

The Champlain College football team's special teams sparked a second half rally that enabled the Cougars to rebound from a 26-15 deficit and defeat the Vieux-Montreal Spartiates 38-28 in a Collegiate Division 1 game in Montreal.

The victory, coupled with the Vanier Cheetahs' 35-12 victory over Campus Notre-Dame-de-Foy enabled Champlain to take over

sole possession of first place in the Northeast Conference Saturday night with a 5-1 record. The Cougars' only loss this year came at the hands of Notre Dame, who defeated them 33-25 in the second week of the season.

Head Coach Jean-Francois Joncas said after the Vieux-Montreal game that the team's character was a key factor.

"The character of the guys is what made the difference," he said. "When we were down 26-15 the group fought back and it

was a great win.

Champlain used big plays to turn the game around. Quarterback Michael Arrada tossed two touchdown passes to Bechir Janfaoui, including one of 82 yards. The turning point of the game was provided by the special teams when Thomas Bertrand-Huron returned a kickoff 88 yards for a major.

"That (Huron's kick return) was the play that changed momentum and got us back in the game," Joncas said. "They had just scored and then Thomas re-

turned the [kick] for a touchdown."

Running back Cedric Joseph, the league's leading rusher, once again led the Cougar attack as he scored a pair of touchdowns and ran for 120 yards on 22 carries. Arrada was efficient as he completed eight of 20 passes including two scoring strikes to Janfaoui and was intercepted once.

On the defensive side Cedric Lussier-Roy led all tacklers with 8.5 tackles while Samuel Brodrique and Kevin McGee had a

pair of interceptions.

Champlain will be back in Montreal this Saturday when they battle the undefeated Cheetahs in a battle of first-place teams that could be a preview of the Bol d'Or.

The Cheetahs lead the Southwest Conference with a perfect 6-0 record.

The game will pit the Cougars' league-leading offense, averaging over 45 points a game, against a Vanier defence that has allowed just 76 points in six games.

Blocked convert lifts Galt senior football to victory

By Galt Media Literacy Class
LENNOXVILLE

Shawn Paxton blocked a convert with ten seconds remaining as the Alexander Galt Pipers beat the La Ruche Carnicas 35-34 in the senior football play on Saturday afternoon in Magog.

La Ruche scored two touchdowns in the last five minutes of the game and looked to have all the momentum until Paxton came off the end of the line and got his hand on the convert at-

tempt.

The Piper sideline erupted in excitement as Paxton's teammates jumped all over him.

Galt led 14-0 after the first quarter when running back Will Simard scored two rushing touchdowns on 12- and 19-yard runs.

The Piper offence took a huge blow at the end of the quarter when veteran fullback Sean Giddings broke his arm on a routine play. He will join running back Jared Chute on the injury list. Chute broke his hand last

week.

With multiple injuries to the running game Simard stepped up in a big way as he rushed for 226 yards and two more touchdowns. Matthew Sullivan Weare chipped in with a rushing major of his own with an 8-yard dash in the fourth quarter.

For his part, Paxton had a monster game as he made all five of his convert attempts and had nine tackles on defence.

The La Ruche defense picked off two passes and had a fumble recovery for a touchdown in the

fourth quarter to keep their team in the game.

However the Piper defense proved to be better throughout the day with six interceptions of their own. Cornerback Loic Defosses picked off three, while Paxton, Louis Dimitri Goupil, Will Breton and Michael Handfield Gosselin each had one.

The win improves the Pipers' record to 2-0 and tops in their division. They will host La Ruche next Saturday on Halsall Field at 10 a.m. for their home opener.

Pipers soccer keeps on rolling

By Galt Media Literacy Class
LENNOXVILLE

The Galt senior soccer teams picked up three wins in last week's ETIAC play, as Galt went 5-2-2 overall.

The girls from Galt traveled down Highway 55 on Wednesday to take on the Richmond Raiders and came home with a 5-1 win. The Pipers jumped out to a quick 3-0 lead in the first half with goals from Shannon Brouillet, Chelsea Moore and Eliza Stevens. Brianna Grapes and Grace Maclean scored in the second half as the girls from Galt cruised to a 5-1 victory. Alyson Michaud broke the shutout with a nice goal of her own.

Two days later, the girls traveled down Highway 10 to take on the Vikings from Massey-Vanier. Veteran coach Mark Learned had his team jumping again as they scored two quick goals in the first two minutes of the game and coasted to a 3-0 win. Striker Sarah Landry scored seconds into the game when she drilled a shot past the Viking keeper. Kaylee Robidas deflated the Vikings when she scored minutes later with a nice shot to the far post. The Pipers

demonstrated good ball control the rest of way as Brianna Grapes sealed the Piper victory when she scored a nice goal in the top corner.

The senior boys improved to 2-0 in league play after they defeated the Richmond Raiders 4-1. The boys from Galt showed their great depth and skill throughout this contest as four different players hit the score sheet. International student Alexandre De Carvalho con-

verted an early give-and-go to give the Pipers the lead. Midfielder Jacob Page scored later in the first half with a low shot to the far post to give Galt a 2-0 lead at halftime. Raider forward Daniel Uebrecht narrowed the Piper lead early in the second half when the ball bounced off a Galt defender into the net. However, forwards Tristan Boivin and Vincent Delange scored minutes apart to secure the win.

In other action last week, the Junior girls suffered their first loss in nine years, as they fell 6-0 to Massey-Vanier. Galt had earlier tied with Stanstead, 2-2.

The Junior boys had to settle for a 3-3 tie at Stanstead, after letting a 3-1 lead slip away.

The Bantam boys scored late to defeat Richmond 2-1 in their home opener, while the Bantam girls fell 2-0 to the Raiders. They rebounded to beat Massey-Vanier 7-3 on Friday.

Reid and Austen, BU Athletes of the Week

Record Staff
LENNOXVILLE

Golfer Lindsay Reid and lacrosse player Mason Austen were named the Bishop's University athletes of the week yesterday.

Austen, from High River, Alberta, led the Gaiters offense in their 11-5 loss to McGill in Montreal on Wednesday night and their 19-9 win over Ottawa Saturday night at Coulter Field. The fourth-year midfielder scored two goals against McGill and had five goals and one assist against Ottawa.

Reid, a third-year Gaiter from Beaconsfield, Quebec, fired

rounds of 81 and 77 to finish in a tie for sixth at the second university golf tournament of the year, in Mirabel, Quebec. Her performance led the Gaiters to a fourth-place team finish.

Austen will lead the Gaiters when McGill visits Lennoxville on Thursday night to open Homecoming weekend. The start time is 8:30 p.m. on Coulter Field.

Reid is next in action at the provincial university golf championships, slated for October 5-7 at the Laval-sur-le-Lac Golf Club.

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



COURTESY BISHOP'S ATHLETICS

Mason Austen of men's lacrosse is the BU male athlete of the week.

Ouellet nabs QJHL honour

Record Staff
SHERBROOKE

Champlain Cougars goalie Shawn Ouellet is the Quebec Junior Hockey League defensive player of the week.

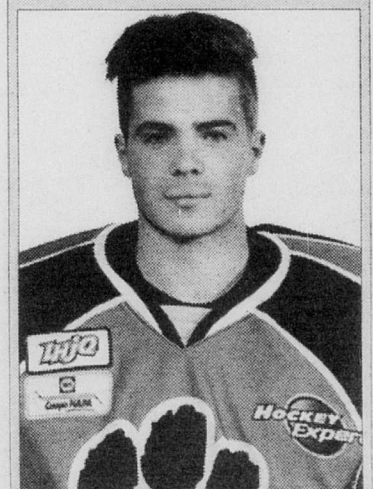
The 19-year-old helped the Cougars to a pair of wins over the weekend.

On Friday, he allowed two goals on 17 shots in a 3-2 shootout win at Saint-Léonard, while on Sunday he made 18 saves in a 9-2 victory over Montreal-East.

Overall this season, Ouellet has played in three games, posting a 2-1-0 record, and allowed seven goals on 73 shots, giving him a 2.25 goals-against average and a 0.904 save percentage.

Offensive honours went to the Princeville Titan's Francis Therrien, who scored nine points in three games last week.

The Cougars are back in action on Friday, when they visit Longueuil and return home on Sunday to face Sainte-Agathe.




COURTESY

Shawn Ouellet

In Memoriam

RUSSELL, Fay - In loving memory of a dear mother, grandmother and great-grandmother who passed away September 21, 2012 and our brother, Garth, who passed away September 23, 1954.

Loved and sadly missed by,
THE FAMILY



The Arthritis Society

SEPTEMBER IS ARTHRITIS AWARENESS MONTH

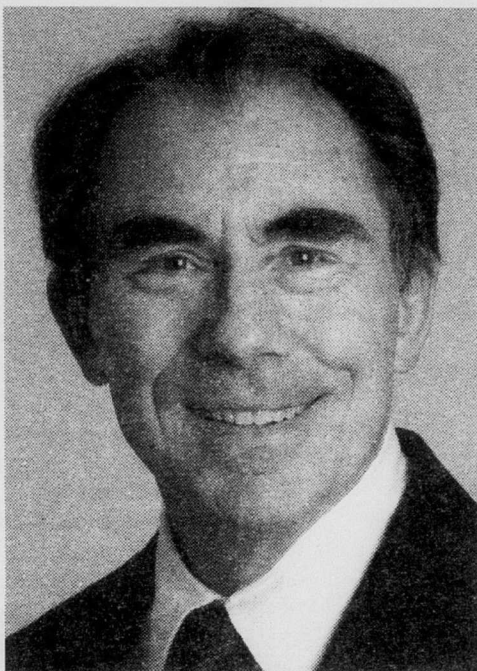
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Diet, lifestyle changes can ease discomfort of gerd

ASK DOCTOR K



By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: Can lifestyle changes help relieve my heartburn?

DEAR READER: Heartburn is an uncomfortable burning sensation that radiates up the middle of your chest. It results from a condition called gastroesophageal reflux disease (GERD), or "reflux." With GERD, stomach acid surges up into the esophagus, the "swallowing tube" that connects our mouth to our stomach.

Our stomachs make acid to help digest food. The lining of our stomachs is built to resist injury from the acid. The lining of the esophagus, however, is easily injured by acid.

To protect the lining of the esophagus from acid, there is a circular ring of muscle where the esophagus joins the stomach. It's called the lower esophageal sphincter, or LES. The ring opens to allow food we've swallowed into the stomach. Then it clamps down, preventing acid from reaching the esophagus.

In GERD, the LES doesn't clamp down enough. As a result, stomach acid squirts up into the lower esophagus. This irritates the lining, causing the sensation of burning. (I've put

an illustration of this process on my website, AskDoctorK.com.)

Fortunately, diet and lifestyle changes can help prevent reflux. Here are some things you can try:

- Eat several smaller meals throughout the day, rather than one or two big meals. A stomach full from a big meal (and acid) is more likely to cause GERD.
- Relax when you eat. Sit down and eat slowly. Stress increases stomach acid production.
- Remain upright after eating. Try not to bend over or strain to lift heavy objects for at least three hours after eating. This raises pressure in your stomach, which causes stomach contents to reflux up into the esophagus.
- Avoid eating within three hours of going to bed. Do not eat bedtime snacks. Food (and acid) in the stomach refluxes more easily when you're lying down.
- Lose weight. Excess pounds increase pressure on the stomach and can push acid into the esophagus.
- Loosen up. Avoid tight belts, waistbands and other clothing that puts pressure on your stomach.
- Avoid foods that can trigger reflux: high-fat foods, spicy dishes, tomatoes and tomato products, citrus fruits, garlic, onions, milk, carbonated drinks, coffee (including decaf), tea, chocolate, mints and alcohol. They all relax the circular muscle and make reflux more likely.
- Stop smoking. Nicotine stimulates stomach acid production. It also impairs the function of the muscle that keeps food and acidic juices in the stomach.
- Chew (sugarless) gum. It increases saliva production, soothing the esophagus and washing acid back down to the stomach.
- Discuss your medications with your doctor. Certain drugs, including aspirin and other NSAIDs, oral contraceptives, narcotics, certain antidepressants and some asthma medications can cause heartburn.
- Raise your bed's head. Elevate the head of your bed by placing a wedge under your upper body. Don't elevate your head with extra pillows. That makes reflux worse by bending you at the waist.
- Exercise wisely. Wait at least two hours after a meal before exercising.
- Try herbal remedies. Certain herbs, including chamomile, ginger and licorice, may help relieve heartburn symptoms.

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

Datebook

TUESDAY, SEPTEMBER 23, 2014

Today is the 266th day of 2014 and the second day of autumn.

TODAY'S HISTORY: In 1806, Lewis and Clark's Corps of Discovery returned to St. Louis from its exploration venture to the Pacific coast.

In 1845, the New York Knickerbockers baseball club was founded.

In 1846, astronomers Urbain Le Verrier, John Couch Adams and Johann Gottfried Galle discovered the planet Neptune.

In 1952, vice presidential candidate Richard Nixon gave his famous "Checkers" speech, denying allegations of improper campaign financing.

TODAY'S BIRTHDAYS: Victoria Woodhull (1838-1927), journalist/activist; Walter Lippmann (1889-1974), journalist/philosopher; Mickey Rooney (1920-2014), actor; John Coltrane (1926-1967), saxophonist/bandleader; Ray Charles (1930-2004), singer-songwriter; Julio Iglesias (1943-), singer-songwriter; Bruce Springsteen (1949-), singer-songwriter; Jason Alexander (1959-), actor; Ani DiFranco (1970-), singer-songwriter; Anthony Mackie (1978-), actor.

TODAY'S FACT: Nintendo, known today as the video game company responsible for the creation of the Wii U console, was founded by Fusajiro Yamauchi in Kyoto, Japan, on this day in 1889. The company originally produced handmade playing cards.

TODAY'S SPORTS: In 1988, Jose Canseco of the Oakland A's became the first member of Major League Baseball's "40-40 club," hitting 40 home runs and stealing 40 bases in a single season.

TODAY'S QUOTE: "The great challenge of adulthood is holding on to your idealism after you lose your innocence." — Bruce Springsteen

TODAY'S NUMBER: 33 — surviving members in Lewis and Clark's Corps of Discovery. Only one member of the party died during the nearly 8,000-mile expedition.

TODAY'S MOON: New moon (Sept. 23).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

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

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

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

Uplands is delighted to be hosting a collection of works by aboriginal artist, Ena Greyeyes, titled "Windows on a Life". The exhibition will showcase Ms. Greyeyes' life as an aboriginal woman from her early childhood to today. The exhibit will be on display until October 26, 2014. Uplands, 9 Speid Street, borough of Lennoxville is open Wednesday to Sunday from 1:00 p.m. to 4:30 p.m. Info: (819) 564-0409.

RICHMOND

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

NORTH HATLEY

It's not too late to get your tickets for the Tim Hus Travelin

Band Concert at the Piggery Theatre, Thursday September 25, 8 p.m. This is a benefit for St. George's Anglican Church, Ayer's Cliff 100th Anniversary. To reserve your tickets call 819-843-0823 or 819-838-4952, ask for Barb.

RICHMOND

Rummage Sale at St. Anne's Church, 171 Main St. South, September 27, 8 a.m. to noon. Bag Sale at 8 a.m. (clothing and linens), Box Sale at 10 a.m. (includes everything). Several independent tables (food, handicrafts, antique dishes, collectibles). Set up Friday, September 26, 9 a.m. to 2 p.m.

LENNOXVILLE

The Hope Community Church Seniors Lunch, the first one of the season, will be held at noon on Thursday, September 25 at 102 Queen St., Lennoxville. Entrance is from the parking lot. Elevator available. The next lunch will be October 29.

LENNOXVILLE

St. Francis Valley Naturalist Club meeting, Wednesday, September 24 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel-Gratham St., Lennoxville Borough. Program: Laura Boisvert-Marsh, botanist specializing in plant ecology, will speak about "Plants in a warming climate." Everyone is welcome.

BULWER

500 card party at the Bulwer Community Center on Thursday, September 25 at 2 p.m. for the benefit of the Community Center. Card game followed by distribution of prizes and light lunch. Admission charged. For more info contact Peggy Roy in the evenings at 819-875-3571. Next card party on October 9.

MAGOG

St. Paul's U.C.W. Fall Chicken and Biscuit Supper, and home-made pies, at 211 des Pins, Magog on Saturday, September 27 from 5 p.m. to 6:30 p.m. Admission charged. All are welcome!

LENNOXVILLE

September 25, Soup Lunch, 11:30 am to 1:30 pm, St. George's Anglican Church, 84 Queen Street. 3 soups, rolls, beverage, dessert. Price: by donation. All proceeds benefit needy people and projects in the Townships.

DANVILLE

Legion Brunch, 136 Grove Street, on Sunday, September 28 from 9:30 a.m. to 12:30 p.m. Everyone welcome. Admission charged.

LENNOXVILLE

Giant Pumpkin and Harvest Festival, Sunday, September 28 from 11 a.m. to 4 p.m. Artisans and Farmers' Market, musical entertainment, fresh apple and pumpkin pie, hay rides, crafts for children, giant pumpkin contest. Games for children and other family activities (from noon to 4 p.m.), face painting by Mimi-Papillon, autumn themed games, outdoor activities (depending on weather), obstacle course, bowling and more! Join us at the Fire Hall, 10 Samuel-Gratham. Information: 819-569-9388. Sponsored by The Giant Pumpkin Association - Clark & Son, Lennoxville Volunteer Firefighters Association and the Borough of Lennoxville - Ville de Sherbrooke.

BURY, COWANSVILLE, MAGOG, RICHMOND
Wednesday, Sept. 24, 10 a.m. to noon, Townshippers' Association presents a free live Community

Health Education Program (CHEP) videoconference session "Backs and Balance: Keep Your Back Strong" with Kinesthesiologist Catherine St-Pierre. Spaces are limited so please reserve in advance. For videoconferences at the Memphrémagog Community Learning Center (CLC), located at Princess Elizabeth Elementary School, 120 Bellevue St., Magog; Eaton Valley CLC, Pope Memorial Elementary School, 523 Stokes St. Bury; and the Richmond & Region CLC, Richmond Regional High School, 375 Armstrong St, Richmond; contact Shannon Keenan, sk@townshippers.qc.ca or Debbie Bishop, db@townshippers.qc.ca or call Townshippers' Sherbrooke office at 819-566-5717. For the Cowansville session, held at Massey Vanier High school, 224 Mercier St, room 507 in the admin building, contact Kate Murray, km@townshippers.qc.ca, at Townshippers' in Lac-Brome 450-242-4421.

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, September 28 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

HUNTINGVILLE

CANCELLATION: Princess Rebekah Lodge #4, IOOF, is sorry to have to announce to our loyal customers that we must cancel our Chicken Pie Supper scheduled for September 28, 2014. Sickness, work schedules and prior commitments have left us very short of workers. However we will be back and anxious to serve you in November at the regular date and time. Thank you for your understanding.

SAWYERVILLE


The first Harvest Festival organized by the Sawyerville Community Garden will be held on Sunday, October 12, at the Auberge-Bistro Sawyerville starting at 8:45 a.m. There will be lots of learning and lots of fun. Admission is FREE, but there is a charge for dinner. Shuttle to the community garden by horse and wagon. Workshops, demonstrations, and displays on gardening, harvesting from the wild, growing nut trees, timber frame construction, and much more. You'll even learn how to braid garlic! Activities for children include pressing old fashioned apple juice, making corn husk dolls, face painting. Bring your bikes for a guided bicycle tour of 3 hours or of 1 hour starting at 9 a.m. from Sawyerville. For more information call (819) 889-2480 or email jcsawyerville@hotmail.com.

RICHMOND


Rummage Sale at Richmond-Melbourne United Church, 247 Principle South, on Saturday, October 18, 9 a.m. to noon. Donations welcome. All proceeds go to the Richmond-Melbourne United Church.

• • •

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



25th Anniversary



Happy 25th Anniversary to
Garth and Marcia Lowry
September 23, 2014

Congratulations!
Lots of love from
their 5 children
family and friends

I say it's my money and my business

TUESDAY, SEPTEMBER 23, 2014

Annie's Mailbox

Dear Annie: I am a widow in my mid-70s and am comfortably well off. A year after my husband's death, I moved to an apartment in a smaller city in order to be closer to my daughter's family. However, they have their own lives and rarely include me in anything except holiday dinners. None of the fun things I envisioned doing with my grandchildren has happened, and I don't have any old friends in the new city.

I did meet a widower, "Jim," at a church social. We share a lot of common interests and enjoy going out to dinner and movies together. The only downside is that Jim lives entirely on his Social Security check, so I always pay my own way on our "dates." My daughter says Jim is after my money, which may be true, but then sometimes I think she is, too. She's always asking how much money is in the grandchildren's college funds and whether I am dipping into it to pay my expenses.

Jim and I are thinking of taking a Mediterranean cruise in which we would share a cabin and I would pay for 75 percent of the combined cost, based on the

fact that my yearly income is three times his. We have already taken some short weekend trips and got on very well.

My daughter is livid. I say it's my money and my business. She said that her father never would have dreamed that I would be subsidizing a cruise for a boyfriend. Frankly, I wouldn't have either, but that's the situation. I don't want to alienate her. What's your advice? — Sugar Momma

Dear Momma: Your daughter needs reassurance that Mom is not being taken advantage of, and that you aren't spending all of your money on some guy. Please let her know that you love her and your new relationship won't change that. If you have promised money to the kids' college funds, reassure her that you won't use the money to splurge on Jim.

But also tell her that you are too young to sit at home. Surely she wants you to be happy in a way that doesn't require her to provide your entertainment. If she hasn't met Jim, please introduce them so she can see what a good companion he is for you. We also rec-

ommend you try to meet some female friends, because your entire social life shouldn't be dependent on one man.

Dear Annie: I am a 9-year-old boy who needs your help with my 14-year-old brother. He sometimes gets emotional and makes fun of me and has mood swings. He is having minor problems in school and says that all the other students look up to him. I really care about him.

Also, I am having some trouble in school with adding and subtracting decimals. Any ideas? — Agitated Student and Caring Brother

Dear Agitated: Your brother is going through some changes that are both physical and emotional. He'll be OK, but it will take a little time. If he bullies you, please talk to your parents about it. You also can vent to your school counselor or a favorite teacher who may be able to help you develop coping strategies.

As for decimals, we wish we could make it simple in a short sentence, but we recommend you ask your math teacher for some after-school tutoring. There may be another student in your class who is acing the subject and would be able to help you out.

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.

"ZXP SYNFKMDFCCO CYNRYI UBXP
XCH. ZXP DFCC XD CMUZK NWH VXCXB
NBY KZYMB CNIK HNOI." — UYXBUY
SFBWI

Previous Solution: "RIP Don Pardo ... even waiting in line for ice cream he sounded like the King of Earth. I think he was." — Mike Drucker

KIT N' CARLYLE



HERMAN



"I've got two other applicants to see before I make my final choice."

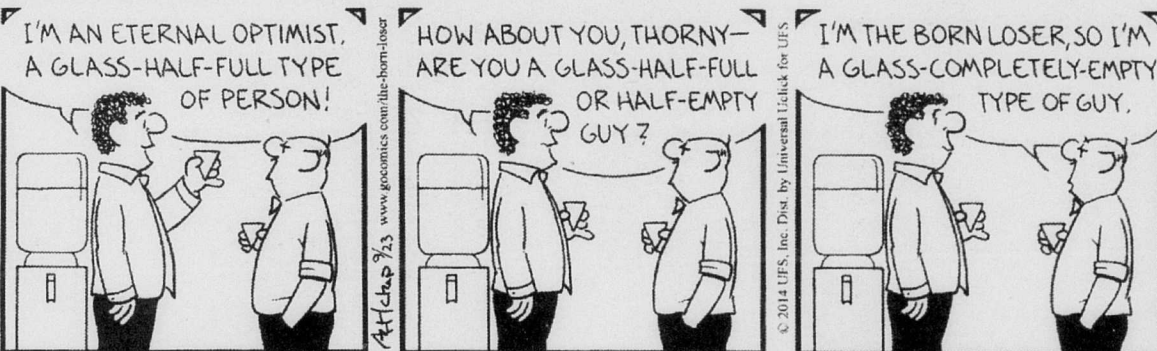
ALLEY OOP



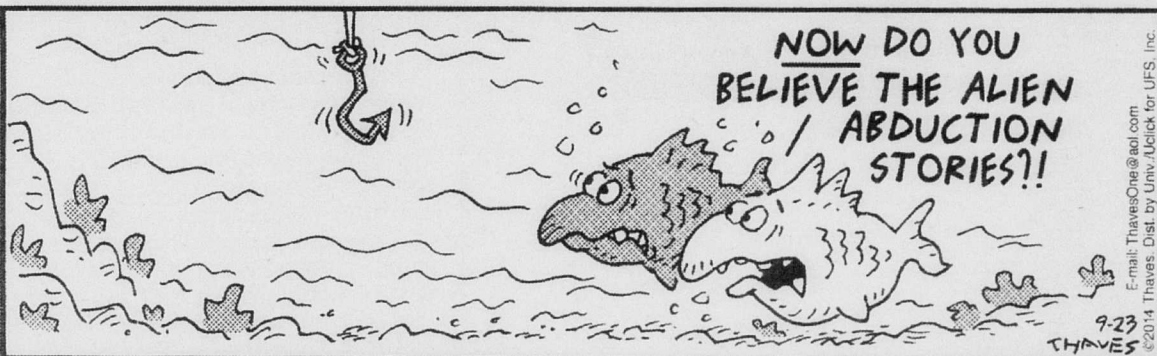
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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 THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

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**

035 For Rent

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050 Rest Homes

CONNAUGHT HOME IN NORTH HATLEY has a private third-floor room available immediately. Full licensed nursing care 24/7, social activities included (music concerts, bingo, movies, bible study, tours and local area visits, etc). To receive an application form and arrange for a tour, please call Donna at 819-842-2164 ext. 21 or visit www.mcrh.ca

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DRIVERS WANTED: AZ, DZ, 5, 3 or 1 with airbrakes. Guaranteed 40 hour work week + overtime, paid travel, lodging, meal allowance, 4 weeks vacation / excellent benefits package. Must be able to have extended stays away from home for 3 months at a time. Experience needed: valid AZ, DZ, 5, 3 or 1 with airbrakes; commercial driving experience. Apply online at www.sperryrail.com under careers, FastTRACK application.

FULL TIME/PART TIME high speed internet and satellite TV installers required. Start immediately. Rural Sherbrooke and surrounding areas. Email resume to melissa@highspeedcanada.com

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294 Events

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 Classified ads must be prepaid.

Thank You For Checking

Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

AUCTION

PEP'S RESTAURANT
 262 Queen St., Sherbrooke
 Wednesday, September 24, 2014
 at 6 p.m.

TO BE SOLD: All restaurant equipment. Preview at 3 p.m.

ROSS BENNETT
 Bilingual Auctioneer & Liquidator
 Tel.: 819-563-2020 or 819-572-5609
 See Ross Bennett or Scott Bennett on FACEBOOK for photos of the auction.

Lennoxville Golden Age

September 16 - Members turned out for a game of cards and chatting with friends. Joan welcomed the 59 members. We had two guests, Vi Derby and Bev Suito.

Cards were played at five tables (500), one table of Bridge and 3 members played Scrabble. The results of 500 are: ladies high Louise Peasley 4740, ladies low Pat Decouteau 2500. Men's high Gracye Betts, 4560 and men's low Bev Suito 2740 (both playing as a man).

Joan said Grace. Members served themselves as it was buffet style, which included scalloped potatoes, ham, carrots and turnip, green salad, beets, rolls, carrot cake and tea and coffee. Thanks Anita and Robert, a meal well done. Thanks Ann Blue and Elsie Moore, very well done.

Russell H. is resting comfortably. We wish him a speedy recovery.

Door prizes were won by Helen Nutbrown, Ron Taylor, Bill Heyman and Elsie Mills. Joan's goodies went to Bev Sterling and Kay Hartwell.

The next meeting will be held on September 30. Military Whist, please bring a small prize from home and be there by 1:45.

Note: Executive members, directors and head of committees will meet September 22 at 10 a.m., upstairs in the usual room.

Guess I got it all covered. Take care and God bless all.

Submitted by
 Margaret Vintinner

Looking to rent an apartment? Or want to rent one?
 Place an ad in the classifieds!
(819) 569-9525 or (450) 242-1188

SUDOKU

Difficulty: 3 (of 5)

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

9-23-14

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PREVIOUS SOLUTION

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

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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 (taxes included)

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Deadline: Friday, September 26 at 3 p.m.

Call 819-569-9525 or email classad@sherbrookerecord.com

All classified must be prepaid. We accept visa or mastercard. This promotion excludes businesses.

Your Birthday

TUESDAY, SEPTEMBER 23, 2014

Make it your mission to achieve what you have been yearning for. A current opportunity may not be available for long. Your dreams will be realized if you are courageous and decisive enough to take action. Don't wait for someone else to make the first move. Play to win.

LIBRA (Sept. 23-Oct. 23) — Lady Luck is in your corner. You will derive much satisfaction from a home improvement or renovation project. A hands-on approach will result in plenty of praise.

SCORPIO (Oct. 24-Nov. 22) — Your unselfish nature will win you admiration. Host an event that will bring together people with different interests. Your amiable nature will ensure a good time.

SAGITTARIUS (Nov. 23-Dec. 21) — If events take an unexpected turn, you may not recognize the person behind the scenes. Someone you have trusted in the past may be out to discredit you.

CAPRICORN (Dec. 22-Jan. 19) — You'll be overwhelmed by the many requests being made of you. Do what you can, but remember to take time for your own needs. If you make relaxation a priority, your day will end on a high note.

AQUARIUS (Jan. 20-Feb. 19) — It's time to deal with unresolved issues or projects. Matters have a way of piling up if you are not careful. Put in extra time and finish what you start.

PISCES (Feb. 20-March 20) — Go with the flow. Times are changing, and so are

you. An interesting partnership can be developed if you broaden your horizons and friendships. Forge ahead.

ARIES (March 21-April 19) — Your health should be your top priority. A better lifestyle can be yours if you make conscientious personal changes. Remember to look after the well-being of your pets, too.

TAURUS (April 20-May 20) — Organize a function that will bring together friends and family. Make arrangements to meet at an event, a park or even at home. The important thing is to have some fun.

GEMINI (May 21-June 20) — If you are diplomatic, you will win favors and support. A proposal you make will be accepted if you are progressive, not aggressive. Let your creative imagination take over.

CANCER (June 21-July 22) — A loved one will be concerned if you have been spending too much time helping others. Follow your heart and make amends once you have done what's necessary.

LEO (July 23-Aug. 22) — A newcomer to your circle will provide valuable insight regarding your image and how to promote yourself. Self-discipline will enable you to tackle unmet goals. Focus on moving forward and making money.

VIRGO (Aug. 23-Sept. 22) — You'll take others by surprise with your enthusiasm. A release of pent-up energy will have you hopping from one activity to another. Someone will show unexpected romantic interest.

TUESDAY, SEPTEMBER 23, 2014

The balanced fit or unbalanced fit?

By Phillip Alder

Fran Lebowitz said, "Food is an important part of a balanced diet."

This week we are looking at deals in which North and South have to decide which of two suits to choose as trumps. In general, a balanced fit — one where North and South have the same number of cards in the suit — will be preferable to an unbalanced fit — in which one player has more cards than his partner.

In this deal, if the balanced diamond suit is trumps, declarer can arrange an extra ruffing trick after drawing trumps and discarding the spade eight from the dummy on his fifth club. In seven diamonds, South takes one spade, five diamonds, six clubs and one spade ruff in the North hand.

If the unbalanced suit is trumps, (here the 6-4 club fit), there is an inevitable spade loser. South can win only 12 tricks, not 13.

The auction itself was exciting. South opened one club, planning to bid diamonds twice to describe his distribution and strength. If West had immediately overcalled four hearts, it would have made life very tough for North-South. North could have bid five diamonds, but East would have increased the inconvenience by raising to five hearts.

In the actual sequence, once South

North 09-23-14			
♠ A 8			
♥ J 10			
♦ J 10 9 8 7			
♣ K Q 6 4			
West			East
♠ K Q J 10		♠ 9 6 5 3 2	
♥ K Q 9 7 6 4 2		♥ A 8 5 3	
♦ 4		♦ 5 2	
♣ 3		♣ 9 7	
South			
♠ 7 4			
♥ —			
♦ A K Q 6 3			
♣ A J 10 8 5 2			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 ♣	1 ♥	3 ♣	3 ♥
4 ♦	4 ♥	5 ♦	Pass
5 ♥	Pass	5 ♠	Pass
7 ♦	Pass	Pass	Pass
Opening lead: ♠ K			

knew about the double fit, he control-bid (cue-bid) five hearts to suggest a grand slam. And when North was happy to control-bid five spades, South jumped to seven diamonds.

CROSSWORD

Across

- 1 Reduce to mist
- 8 Insubstantial stuff
- 11 Intro deliverers
- 14 Short outing for a jogger
- 15 From A to Z
- 16 The smile on a smiley face, say
- 17 Green gem
- 18 Where to leggo your Eggo?
- 20 Period of meaningful interaction
- 22 Having the wherewithal
- 26 Take to court
- 27 From square one
- 28 "That's using your head!"
- 33 Detach from the dock
- 34 Sharply delineated, as a contrast
- 35 Egyptian snake
- 36 Actress Charlotte
- 38 ___ Lanka
- 39 Scooby-__

Down

- 42 Living thing
- 44 Make responsible for, as chores
- 46 Planck's Nobel prize-winning formulation
- 48 Insulting remark
- 50 Equal: Pref.
- 51 Carnivorous dinosaur, briefly
- 52 Small musical interval sung in choral warmups
- 57 Let go
- 58 Movie equipment
- 63 "O, ___ fortune's fool!": Romeo
- 64 Start to practice?
- 65 Surreptitiously ... and a hint to 20-, 28-, 46- and 52-Across
- 66 8-Down treaters: Abbr.
- 67 Get at a store
- 68 Traditional Yuletide quaff

Across

- 24 Walk on a bad knee, say
- 25 Novelist Umberto
- 29 Divided nation
- 30 Teach a skill to
- 31 Jeweler's purity unit
- 32 Dublin-born
- 37 In every aspect
- 39 Couturier Christian
- 40 Shrek, for one
- 41 Black stone
- 42 Grand Canyon pack animal
- 43 Sudden wind
- 45 Chess pieces and board, e.g.

Down

- 46 Reservations
- 47 Barnyard animal, in totspeak
- 48 Ink squirter
- 49 Like some ancient calendars
- 53 Mummy's home
- 54 Genesis twin
- 55 Grandma
- 56 CPR providers
- 59 Canadian interjections
- 60 Stephen of "The Crying Game"
- 61 EPA concern
- 62 Arch city: Abbr.

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

- 1 Soul, to Zola
- 2 "A Christmas Carol" boy
- 3 Bullfight "Bravo!"
- 4 Debussy's "La ___"
- 5 Syria neighbor
- 6 Last letter of a pilot's alphabet
- 7 Mark similar to a hyphen
- 8 Waiting room waiters
- 9 Very much
- 10 Be in the game
- 11 Checking conclusively, in chess
- 12 ___ de cacao
- 13 Carpentry fastener
- 19 Performed really poorly
- 21 San ___ Obispo, California
- 22 Color of water
- 23 Cookout supply

1	2	3	4	5	6	7		8	9	10		11	12	13	
14								15				16			
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