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Clarke & Sons & Tri-U,
Lennoxville

Austerity claims regional youth forum

Record Staff

Wednesday was a dark day for youth in the region, with the announcement by the Quebec Youth Secretariat of the end of funding to all regional youth forums in Quebec, including that in the Eastern Townships. "Stopping the funding for the Forum Jeunesse Estrie is the end of funding for the organization, administered by and for young people in the region. It also means the final layoff of four dedicated employees and the loss of their expertise.

"With the recent announcement of the abolition of regional conferences of elected officials, the sad news is one step closer to the outright destruction of the regional level, that is critical to the development of the Eastern Townships," said a perturbed Alexandre Blanchette, chairman of the regional youth forum.

The chairman went on to lament the human aspect of the Forum's closure, in particular the fact that the remaining four administrators have lost their jobs.

Since its creation in 2000, the youth forum co-ordinated 15 projects and dozens of youth actions on structural issues such as dropouts, attraction and retention of youth, citizen participation, and diversity. Since 2009, nearly \$3 million has been used in many youth initiatives through the Regional Youth Investment Fund.

"In addition to the [RYIF], the Youth Forum reached hundreds of youth through parliamentary simulations and workshops to promote their civic participation," Blanchette added.

"In exercising its mandate in the role of youth field advisor it served as an incredible school for training 15-to-30-year-olds to occupy positions of influence. ... It is difficult to explain what just happened and utter darkness in which we have been in for the last several weeks," the now-former Forum chairman stated.

Coaticook gorge back for Round 2 of Foresta Lumina



GORDON LAMBIE

Marie Belzil and Gabriel Pontbriand of Moment Factory with Steve Roy of Radio Canada and Simon Madore of the Gorge.

By Gordon Lambie
SHERBROOKE

Foresta Lumina, the star event of the Coaticook Gorge Park's 2014 season will be back for a second round in 2015. Representatives of the park and the community held a press conference on Wednesday to announce the return of the attraction as well as the changes that will come into effect in June to help build upon the success of the first year. Last summer, more than 72,000 visitors visited to the park between the months of July and October.

"This great project, unique in its genre, brought people from all over," said Coaticook Mayor Bertrand Lamoureux. "It allowed people to take a new look at our town and our region."

Already a significant player in East-

ern Townships tourism, the Gorge Park has committed significant energy to improving upon the success of Foresta Lumina. Among the improvements visitors can expect are an expanded route, taking in more of what the park has to offer; a new waiting area designed specially by Moment Factory, the company that designed the attraction as a whole; and updated and expanded infrastructure in the form of an online ticket service and improved telephone systems. The park's website has also been enhanced in order to handle higher amounts of traffic.

"We believe that the visitors' experience should begin at home," said Simon Madore, President of the Development Society for the Coaticook Gorge. "That's exactly what the new website and online ticket service will

allow."

The team from Moment Factory said that the Foresta Lumina has been an extremely rewarding project for them.

Accustomed to work doing light and special effects for pop-music shows, designer Marie Belzil added that she has never worked on a production that has had such concrete and measurable positive impact on a community.

"We're happy to be back," Belzil said, "it's unimaginable the number of calls we got from all over the world about this project."

The park will have room for 1,750 visitors every night as of June 20, although tickets are available online as of now.

More information about the park and its attractions and deals is available at www.forestalumina.com

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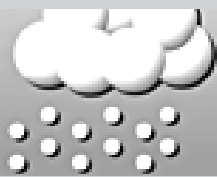
Weather



TODAY:
RAIN
HIGH 7
SUNRISE: 5:49
SUNSET: 7:44



FRIDAY:
60% CHANCE
OF SNOW OR
RAIN
HIGH 3
LOW 0



SATURDAY:
PERIODS OF
SNOW OR
RAIN
HIGH 7
LOW -1



SUNDAY:
PERIODS OF
RAIN
HIGH 8
LOW 2



MONDAY:
CLOUDY,
SHOWERS
HIGH 9
LOW 2

HEALTH MATTERS

Support, treatment available to mothers to manage incontinence after childbirth

By Lauren La Rose
The Canadian Press

Nadia Germain was keen to get back into shape after giving birth to her second child. She returned to the gym six weeks after delivery and her determination was strong — but her body was faltering.

“I was having pain and I couldn’t balance, I couldn’t jump, I couldn’t follow any exercise classes,” recalled Germain, 31.

“I would either pee my pants or I felt like my pelvic floor was falling out of my body.”

Urinary incontinence — the loss of bladder control — had affected the Ottawa nurse prior to and after the birth of her eldest son, now 3 1/2. But after the birth of her younger son, now 14 months, Germain’s postpartum recovery proved far worse.

The boy had a broken clavicle, and use of a vacuum as well as an episiotomy were required during the natural birth. Now, it wasn’t just incontinence that was an issue: Germain experienced significant pain in her pelvic floor, the muscles which hold the uterus, vagina, bowel and bladder in place.

Stress urinary incontinence occurs due a lack of support from the pelvic floor, according to the Canadian Continence Foundation.

It can also be caused by damage to the sphincter muscles, which prevent the bladder from leaking urine when there’s excess abdominal pressure. Triggers in these instances could be coughing, sneezing, laughing, lifting or jogging.

Frances Stewart, nurse continence adviser at Women’s College Hospital in Toronto, said there’s no genetic predisposition to having incontinence. And there’s no evidence that having a C-section improves a woman’s chances of avoiding it.

Many women will experience some stress incontinence in pregnancy because of the weight of the uterus — but it won’t occur after birth, she noted. What’s more, Stewart said there can be other reasons for leaking urine, like an overactive bladder.

Many new mothers may be unaware that pregnancy and childbirth — especially complicated deliveries — and obesity are all risk factors for stress urinary

incontinence, which is more common in women, according to CCF.

Even after some four decades working in the field, Stewart said the subject of incontinence is still “in the closet.”

“Doctors don’t want to talk about it because they just say: ‘Oh well, it’s normal after you’ve had babies.’”

“It’s not till (women) start talking amongst their friends and realize that they’re not alone in this — that they can’t jump on the trampoline anymore and they can’t run for the bus.”

Since last November, Germain has been working with pelvic floor physiotherapist Monate Praamsma of Core Connections Physiotherapy in Ottawa.

To conduct an internal exam, Praamsma said they typically wait after mothers have been given clearance by doctors or midwives during the six-week post-delivery checkup to ensure the pelvic floor, internal organs and tissues have sufficiently healed.

“We can see the moms to check exactly what’s happening in their pelvic floor. We want to see: ‘Can they actually recruit those muscles properly? What’s the tone like? Is there any pain internally?’”

Even if women aren’t experiencing leaking right away, Praamsma said they’re still able to see them early on to work on postural training and diaphragm breathing. Moms also learn how to recruit their core by using proper body mechanics for breastfeeding, lifting and carrying their babies.

Prior to delivery, Praamsma said much can be done to help women prevent urinary incontinence by learning how to correctly activate their pelvic floors.

“A lot of people don’t do it properly,” she said.

“They start squeezing their bottom, they start squeezing their inner thighs, they squeeze all of their stomach muscles. That doesn’t provide a good contraction and support for the bladder.”

“Learning how to recruit other key muscles in their core like the deep abs, the deep back muscles and the diaphragm, we can do that all beforehand. It’s a great session for the women to learn how to prepare for labour.”

Praamsma said contracting muscles to stop the flow of urine or passage of gas are good ways for women to visual-



THE CANADIAN PRESS/JUSTIN TANG

Physiotherapist Monate Praamsma (left) works with Nadia Germain, a mother of two, on exercises to help with her pelvic floor health in Ottawa.

ize isolating their pelvic floors.

Germain said she has learned better control in contracting her pelvic floor muscles and the importance of co-ordinating exercises with proper breathing techniques.

“I know if I have to cough, then I squeeze in my pelvic floor and I hold it in and then I cough.”

In addition to performing Kegels (pelvic floor strengthening exercises), Stewart said it’s also important for mothers to avoid getting constipated.

“When your bowel is full it pushes up against your bladder and it can make you incontinent,” she said.

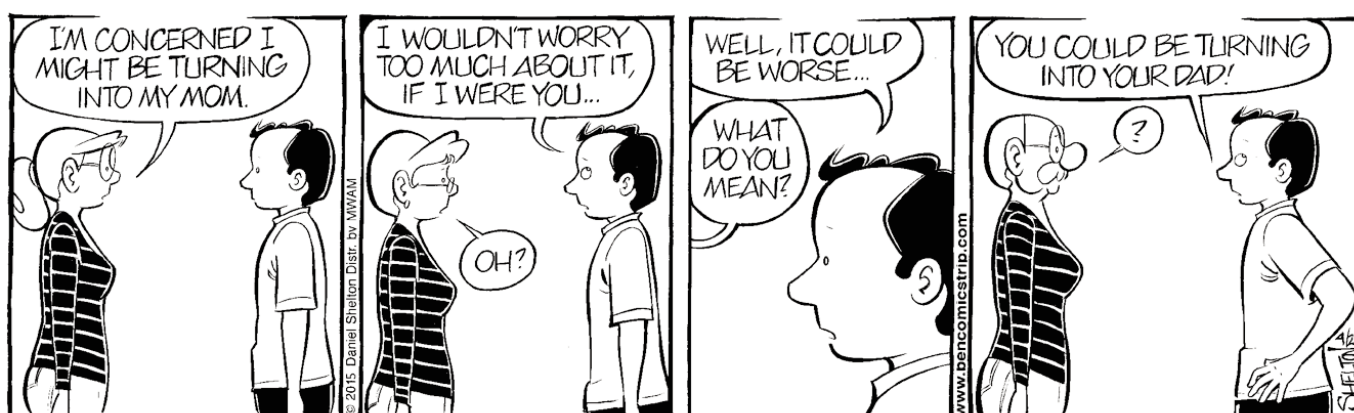
“It also causes patients to strain, and of course, a lot of straining can enhance incontinence. It can also give them a prolapse, a herniation of some area of the pelvic floor.”

If conservative management like Kegels, limiting fluid intake and bladder training don’t work, Stewart said surgery is “the definitive cure.”

However, no surgical correction or big intervention can be done until they’ve finished their childbearing years, she noted.

“There is help, and they shouldn’t think they’re going to be incontinent for the rest of their lives — because they’re not.”

Ben by Daniel Shelton



LOCAL NEWS

"It is very ambitious," Bertrand said, "but the concept of a master plan assumes that regular revisions will take place as time goes on."

Sherbrooke unveils 2020 vision

By Gordon Lambie
SHERBROOKE

Sherbrooke's city council approved a finalized version of the Downtown 2020 master plan on Monday night, following the revision and adjustment of the original proposed draft based on feedback from various public consultations.

Intended to give a flexible view of urban revitalization in Sherbrooke over the coming decades the plan aims, among other things, to double the downtown population and create a new way of life for local residents.

According to Jean-Pierre Bertrand, chairman of the consultation committee for the downtown 2020 plan, the full extent of the changes proposed in the

plan could end up costing as much as \$600 million.

"That takes in a lot of things, though," Bertrand said, emphasizing that the estimate takes in both public and private investment.

"Infrastructure revisions, renovations and construction on private property; it's the overall figure that takes in lodging, institutional and infrastructure costs, among many other things."

The plan as a whole reimagines Sherbrooke's downtown as a cultural hub with a thriving and distinct local community. The revisions approved on Monday are primarily in terms of added details regarding the precise definitions of different sectors within the downtown, clarifications on the approaches proposed to making Sherbrooke a

"smart city."

"It is very ambitious," Bertrand said, "but the concept of a master plan assumes that regular revisions will take place as time goes on."

The consultation committee president recognized the fact that there are a number of concerns that have been expressed about just how realistic the plan is, particularly with regard to the revitalization of Wellington Street South, but said that such concerns are essentially par for the course in the world of master-plans.

"There are people who believe that Wellington Street South offers a very significant challenge," Bertrand said.

"They are correct, but the plan offers management tools over a period of 20-25 years. Remember what Wellington

North looked like twenty years ago? Remember the Granada theatre 20 years ago? The building that houses the Museum of Science and Nature was once abandoned and open to the elements: changes have taken place. It is audacious to have these objectives for Wellington South, but at the same time we can't make a plan to develop the downtown and not have specific objectives for a part of the territory that is so in need."

Reactions to the newly approved plan were generally positive from the council, with particular praise coming from councillors Annie Godbout and Serge Paquin, although one resident voiced a concern during the meeting's question period that it is easy to make up grand plans only to see them evaporate in troubled economic times.

Peladeau moves closer to PQ leadership as rival pulls out of race

The Canadian Press
QUEBEC

The front-running Pierre Karl Peladeau moved even closer Wednesday to becoming Parti Quebecois leader when one of his biggest rivals pulled out of the race and lined up squarely behind the business mogul.

Bernard Drainville, realizing that his chances of succeeding Pauline Marois had all but vanished, confirmed the switch at a news conference in which he referred to Peladeau several times as a team player.

"I said from the very beginning that I was in the race to win and those who know me know I always play to win," said Drainville, perhaps best known in English Canada as the architect of the PQ's doomed values charter.

"I gave everything I had and my team gave everything they had. But you have to face facts. In the last few weeks, the vote crystallized and Pierre Karl has managed to forge a clear majority.

"Knowing that, it would make no sense to continue. Because, to keep

going, I would have had to mount a hard campaign, very hard, too hard. And you can't be too egotistical in something like this. You have to think of the team, you have to think of our party and you have to think of our cause."

Drainville, 51, said he and Peladeau discussed several issues in meetings on Tuesday and Wednesday, including the ever-thorny independence question.

He said they agreed to consult PQ members at least six months before the September 2018 election to ask them about the party's approach to sovereignty and about whether there should be an independence referendum in the first mandate of a PQ government.

"So members will have a say in that decision and Pierre Karl agrees with that," Drainville added.

His withdrawal leaves three other leadership candidates besides Peladeau: ex-cabinet ministers Alexandre Cloutier and Martine Ouellet and Pierre Cere, a spokesman for a group that represents the unemployed.

Drainville had been quite vocal as of

CONT'D ON PAGE 4

Magog delays boat ramp opening

Record Staff

The opening of the Magog municipal boat ramp, originally scheduled for April 24, has been delayed because the current water level on the Magog River is too high.

However, citizens can still obtain stickers or user certificates from the Harbourmaster at 353 Hatley Street. As of Friday, the Harbourmaster's hours

will be from 6 a.m. to 6 p.m. Stickers grant access to the ramp to wash their boats, as well as to park a vehicle with a trailer. To obtain a sticker or user certificate, citizens must have their boat's registration certificate and a valid identification card.

The price for stickers is \$50 for Magog residents and \$375 for non-residents.

The new opening date has not been determined.

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THE CANADIAN PRESS/JACQUES BOISSINOT

Parti Quebecois Opposition MNA Bernard Drainville, right, closes his eyes as his colleague and supporter, MNA Sylvain Gaudreault, applaud, at a news conference Wednesday at the legislature in Quebec City. Drainville is leaving party's leadership race and will support frontrunner Pierre-Karl Peladeau.

2015 Volkswagen Golf Sportwagon



The real sport wagon



By Mathieu St-Pierre

Austin, TX - This compact utility "thing" is huge. Suddenly, it's as though everyone shopping for a car realized that bigger is far from better and that "correct size" is truly the way to go.

The station wagon breed hangs precariously from a thread, and has been for a few decades, but in my mind it has always been that correct size. Most manufacturers gave up on the segment - few still see their worth - and to them, I extend a personal thank-you. The rush to join the subcompact CUV category is further detrimental to the survival of the wagon and as such, introducing a new version of a small wagon, the only remaining small wagon in North America, takes guts - and potentially deep pockets.

Calculated wagon risk

In 2014, the Volkswagen Auto Group (VAG) sold for over \$215-billion worth of cars, trucks, and all other automobile-related products and thus have said deep pockets. Despite the abundance of money, Volkswagen are no fools; being alone in this segment ensures sales, however few.

The 2015 Golf Sportwagon is but one member of the Golf family, but where I'm concerned it is the most versatile, and the prettiest. A hatchback is already flexible, but by extending the roofline a generous number of millimetres, a whole new world of options opens up.

Macho wagon

The MK7 generation of the Golf, introduced roughly a year ago, is stunning. In the compact car segment, many try to emulate the classy and contemporary design of the car, but few manage to copy it properly, let alone match it.

Volkswagen took that Golf, stretched its butt, kept the proportions in check, and created not only a capable family car but also one you would be proud to find in your driveway or garage. The signature Golf front end is intact and (if you can) the optional distinct LED headlights are superb.

The MK7 Sportwagon is all Golf. The "D" pillar is a carryover from the Golf's "C" pillar while the taillights are also reminiscent of the hatchback's. The final product is muscular and handsome. Also: Tornado Red is back!

Breezy cabin

Getting in the Sportwagon is done with ease: door openings are wide, and sliding a baby seat in the rear is child's play. Four adults can sit with plenty of room to spare. Want boot space? The Golf Sportwagon makes light of many small CUVs thanks to its 860 litres (!) of volume with the rear bunch in place. Put that down and the volume grows to 1,880 litres (!!).

The MK7's dashboard is another element that ties into the Golf's overall level of class and sophistication. The ergonomics are straightforward and one has to love the available flat-bottom steering wheel. The only foible has to do with the HMI screen that will be updated for the 2016 model year. Bottom line: in typical VW fashion, fit and finish are worthy of a pricier car.

Smart power

At launch, the new 2015 Volkswagen Golf Sportwagon will be powered by two of the most efficient and agreeable 4-cylinder engines currently available. The standard mill is the EA888 turbocharged 170-horsepower 1.8L TSI, while the sole option here resides in the excellent EA288 turbocharged 150-horsepower 2.0L TDI.

The 1.8T surprises me every time thanks to its effortless delivery of power. Its 200 lb-ft of torque (with the 6-speed auto - 185 with the 5-speed manual) is on tap as early as 1,600 rpm all the way to 4,200.

The TDI's the charmer, and although the TSI is powerful and frugal, I'd opt for the fuel-burner every time (big surprise) - 236 lb-ft from 1,750-3,500 rpm kicks' the pavement's butt. What's more, max hp eagerly lines

up as of 3,500 upholding forward thrust. With a smart right foot, average combined fuel-consumption could be as low as 6.5L/100 km.

DSG's the answer

Transmission selection resides between a 6-speed manual and a 6-speed DSG when TDI is selected. Now, I'm not getting old, I've become more pragmatic and figure I should work smarter, not harder. The DSG is the epitome of automatic transmissions and (thanks to the wheel-mounted flappy paddles) is as engaging as it is easy to live with.

Drives like a VW

Taking to the road with the Golf Sportwagon poses no compromises over the 5-door hatchback. In fact, the bonus is that you can stuff more gear in the trunk, thus avoiding putting a cargo box on the roof, improving drag, efficiency, and looks. The slight weight increase over the hatchback is barely noticeable through the car's controls. Steering assistance is nicely judged and the car's ride quality is unflappable. Providing comfort with a sporty accent, the Sportwagon feels as sure-footed as the hatchback.

As the only car of its kind, the 2015 Golf Sportwagon is not only a no-compromise family car, but it will never be a bore to drive. This is a win-win for parents who love to drive and have a small family to lug around.

Me?

If I'm to speak for myself, the Golf Sportwagon is all I need. The coming addition of VW's 4motion AWD system will seal the deal where I'm concerned. With my intentions firmly on starting a family, this is the ideal car. I will have to wait for the 2017 model year...

The 2015 model year will be short, as the 2016s will arrive in the fall and with it will come a new HMI interface. Already arriving in showrooms, pricing for the '15 starts at \$22,495 for a base Trendline 5-speed TSI. A loaded Highline TDI DSG with a few options retails for just over \$36k. If our CDN dollar continues to nose-dive, it is conceivable that pricing for this car will increase, if ever so slightly. Something to think about.

Metro expects food price increases have peaked after rising for more than a year

By Ross Marowitz
The Canadian Press
MONTREAL

Grocery chain Metro says prices for meat and produce have likely peaked after more than a year of accelerating growth.

"We expect somewhat lower levels in the coming months as we cycle the meat price jump of last year and also the decline of the Canadian dollar," CEO Eric La Fleche said Wednesday during a conference call to discuss second-quarter results.

The Montreal-based retailer said the price of its "aggregate food basket" increased 4.0 per cent in the quarter ended March 14.

Meat prices were up more than 12 per cent in February compared with a year ago, according to Statistics Canada. Metro said prices of canned goods and non-perishable groceries have been stable.

Same-store sales at locations open at least a year were up 4.5 per cent. That marked an acceleration from the four prior quarters as past merchandising strategies - including an improved fresh food offering and a reorganization at the Food Basics discount banner - gained traction.

Lower fuel prices are also believed to have driven higher consumer spending at the chain's stores in Ontario and Quebec, the company said.

Total revenue grew six per cent to \$2.707 billion, including a contribution from the Premiere Moisson bakery business acquired last year.

Despite rising food costs, Metro said intense competition and consumer reactions have prevented it from fully passing along the increases to consumers. As a result, it has focused on other products to drive increased traffic along with larger purchases in a move to deliver strong margins.

La Fleche said Metro's loyalty program has been a key strategy. Personalized discounts are designed to get consumers to shop more frequently and spend more at Metro stores. It recently launched a digital online personalized flyer that allows consumers to save on products they buy.

RBC Capital Markets analyst Irene Nattel said Metro's results suggest conditions are improving for Canadian food retailers.

Metro's ability to pass through higher food costs to consumers "should extend to Loblaw as well, suggesting upward bias to expectations," she said in a brief research note.

During the quarter, Metro's net profit increased 15.2 per cent to \$111.6 million. That amounted to 43 cents per share on a diluted basis, up from 36 cents in the second quarter of 2014.

Analysts had expected 42 cents of net income on \$2.67 billion of revenue, according to estimates from Thomson Reuters.

Besides its own operations, Metro's investment in convenience store operator Alimentation Couche-Tard delivered \$16.3 million in earnings, up from \$11 million a year earlier.

Metro said it is examining some former Target locations that could house Metro locations if they become available.

The retailer is also beginning to add more urban stores to take advantage of the condo boom in Toronto and Montreal. A Metro store recently opened west of downtown Toronto and one in Montreal's Griffintown redevelopment is slated to open next spring.

"We're keen to open a few stores where it makes sense, where the economic returns make sense," La Fleche said, adding that high rents make some sites unworkable.

Drainville

CONT'D FROM PAGE 3

late in his criticism of Peladeau but recent opinion polls have put him in third place behind Quebecor's controlling shareholder and the second-placed Cloutier.

The winner will be chosen May 15. If none of the candidates gets 50 per cent of the vote plus one, a second ballot will be held, with the leader

announced May 22.

Ouellet held a news conference shortly after Drainville's and made it clear she will battle on.

"The race continues and it is far from over," she said. "We think there will definitely be a second ballot. There are a lot of undecided party members but I think that indicates there will be a second round."

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The Border Report

Belknap has a vivid memory of the history of the border area

BORDER LINES

Merrick Belknap: a living source of history

By Matthew McCully
Special to The Record
STANSTEAD

A town's rich history helps define its character. In Stanstead, the go-to guy for learning about the area is Merrick Belknap.

Not only did his ancestors have a hand in a number of townships landmarks as builders, Belknap is busting at the seams with stories and anecdotes about the region.

Always interested in history, 92-year-old Belknap could recount what life was like in Stanstead during the Second World War as a guard at Dominion Textile, or describe the grisly robbery and murder of W.K. Baldwin, which took place in the store built by Belknap's father.

"I'm not gonna live forever, I'm 92. Just another 20 years or so, unless you doubt me," Belknap laughed.

"If you have something, you can't just sit on it," he said, referring to his collection of artifacts and stories. "Maybe something could come of it."

Belknap has a vivid memory of the history of the border area after working on a project for the Colby-Curtis Museum. J.J. Parker was a photographer in the area between 1899-1949.

"I've always been interested in pho-

tography," Belknap said, taking on the task of developing all of the glass plates and negatives left behind by Parker.

"I worked on that over three winters," he said. "There were over 5000 photos."

Among them was a photo of "Big Jack" Garland.

Belknap explained that Garland was a homeless man in the area, who would spend a night here and there, and rely on the kindness of locals for the occasional meal. On a hot summer night, according to Belknap, Big Jack bedded down in the cold storage room in the Cemetery on Fairfax Street.

The following morning, Jack came out of the storage room, proceeded to have a big stretch, interrupting a family picnic. Believing they had seen a ghost, the family bolted for the car and peeled away, leaving the picnic behind.

"That was one day Big Jack got a good feed," Belknap joked.

A monument to Big Jack, built by Belknap's nephew, stands at Lakeview Cemetery in Baldwin Mills.

Belknap's great grandfather John was commissioned to build a covered bridge across the St. Francis River in Sherbrooke in 1838. The building tradition carried on to Belknap's father, who built a number of churches in the area including a Catholic Church in Cookshire and a United Church in Baldwin Mills.



MATTHEW MCCULLY

Maurice Belknap, 92, holding a replica of the stone he discovered on a trip to Schefferville.

He also built the three-storey Baldwin Store, which burned years later.

While he dabbled in carpentry, Belknap never got into building. He worked as a guard and switchboard operator at Dominion Textile during the Second World War, and continued on at Butterfield in the factory until it closed in 1984.

Another interesting piece of history in Belknap's possession, which he found in an old box of papers and correspondence from the war, was a letter from General Bernard Montgomery to Director of Military Operations Frank "Simbo" Simpson, dated Aug. 6, 1944.

In point form, the letter details the movements of allied forces against the Germans, and discusses strategies for further advancement to secure Carentan and Isigny, and head towards La Haye Du Puits to cut off the Cherbourg Peninsula.

If happening upon a secret letter from the Second World War in Stanstead seems like a rare find, how about a Viking relic?

Belknap's prized possession was found by his friend Marshall Lougheed during a hunting and fishing trip near Schefferville in Northern Quebec in 1976.

Wanting to bring fresh fish home, Lougheed dammed a brook nearby as a holding tank until their plane was ready to leave.

Looking around for stones to make the dam, he found a suitable stone covered in moss, sitting on top of a boulder.

As Belknap tells the story, Lougheed turned the stone over and was shocked to find a face carved into it.

"Wanna sell it?" Belknap asked Lougheed. "Sure, starting price is \$5,000," Lougheed replied, knowing full well he had found a real treasure.

Archeologists believe the carving is a Viking relic. The original stone now lives at the Colby-Curtis Museum. Belknap has a replica of the original.

FRONTIER ANIMAL SOCIETY

For Earth Day, Gaia wants a home

Two weeks ago we shared the story of our sweet black lab mix named Flash who was not adjusting well to shelter living. He was very stressed and barely eating. A reader of this column, who also happened to be a former adopter, was moved by his story and shared it with her sister Maria who lives in Montreal.

The following weekend Maria and her husband made their way to the shelter to meet him. Flash seemed to know they were his ticket out and charmed them to the core. Flash has been in his new home for almost a week and is settling in very well. He now has two doggy siblings and a big backyard to play in.

For those who read Flash's story, you may recall he arrived at the shelter with his buddy Gaia who is a four-year-old

golden retriever mix. While it would have been nice to place them in a home together we were confident that each would do well on their own and we were not concerned that Gaia would suffer a setback if Flash were to be adopted first. Gaia is a confident and even-tempered dog and adjusted quite well to shelter living. She notices Flash is gone, especially when in her kennel, but her spirits remain intact.

Gaia is a great dog. She is super friendly and playful and very engaged. She adores playing fetch and brings the ball right back so we can throw it again (and again and again)! She is a clever dog and has learned to push her braided rope toy under her kennel gate and then wait for someone to come along and throw it back in so she can jump up and



catch it. It is very cute.

She walks quite well on the leash, especially once she has had an opportu-

nity to play in the dog park. While Gaia can be somewhat exuberant she doesn't need a ton of exercise. She enjoys activity though and likes to be with people. She is dog social, tested well with cats and lived with a toddler. She is really very sweet and gentle.

Gaia is used to being in a home where she was not alone for long periods and where she always had the company of another dog. We think she will do best in a home that offers a similar environment for her.

If you think you can offer Gaia the wonderful home that she deserves please send an email to frontieranimal-society@gmail.com or, better yet, give our adoption co-ordinator Brenda a call. You can reach her any day of the week between 8 a.m and 8 p.m



My priority,
is compassion

Having gone through situations similar to those of the families I meet, I truly understand what they are experiencing and feeling. What motivates me in my work is to be able to help you in your journey and to be present for you before, during and also after the funeral.

Line Bachand
Family Counsellor

COMING SOON
New funeral complex
Fall 2015



STEVE L. ELKAS
FUNERAL HOME
CREMATORIUM

EDITORIAL

They simply don't have last names, which is hardly odd – since they are chimpanzees.

Habeus apeus



TIM BELFORD

Most of you out there, particularly if you are a fan of any of the numerous legal shows gracing the television screen, know what a writ of habeas corpus is. However, if you haven't seen Law and Order SUV or any re-run of L.A. Law let me explain.

Back in the days when Kings were Kings, Knights were Knights and pretty well everyone else were grime-encrusted peasants, the ruler had a nasty habit of turfing anyone that earned his wrath into the dungeon. No trial, no hearing no explanation, just a quick trip to some damp black hole somewhere in the castle's basement.

The worst of these holding cells was probably one called the "oubliette." This was basically a hole in the ground, the only access to which was through a grill in the top. As the word suggests it was literally meant to house the forgotten.

Now the English, being the English where a man's home is his castle and all that, decided this wasn't fair, especially since the King didn't discriminate between the common riff-raff and those of noble blood who often found themselves enjoying a stay in his or her highness' cellar as well. It had to be stopped.

Enter habeas corpus, which basically stated that no one could be unlawfully imprisoned, especially if they were then going to be forgotten for 40 or 50 years. The law, which dates back to the Assizes of Clarendon and the reign of Henry II, allowed a petition of habeas corpus to be filed by the monarch, the person himself or a third party, requiring whoever was in charge of the jail to explain why the prisoner was there in the first place. It didn't make a lot of difference for many of the accused since the jailer or whoever was in charge could just say, "Because the king told me to" which for many years was enough. But justice did

prevail and habeas corpus became a fixture of modern law, even though it kept its Latin name like so many legal terms, all designed to make the great unwashed believe lawyers' fees are justified.

Things, however, may be about to change. Recently, a judge in New York granted a writ of habeas corpus to Hercules and Leo. Their last names are not being kept secret, as you might expect, because of any court-ordered publication ban. They simply don't have last names, which is hardly odd – since they are chimpanzees.

The Nonhuman Rights Project (NhRP) applied for the writ on behalf of Hercules and Leo who they claim are being "unlawfully detained" demanding they be transferred to the Save the Chimps animal sanctuary in Florida.

The NhRP has been campaigning for years now claiming keeping chimps in labs, as pets and as performers is just as unlawful as the cruel and unusual punishment now banned in the case of human prisoners. Essentially, they want Chimpanzees and other intelligent creatures such as whales, elephants and dolphins to have "human" rights.

The case is now in the hands of Justice Barbara Jaffee of the New York Supreme Court. If she rules Leo and Hercules indeed have "human rights" look out. The legal system will be swamped over night as animal activists march with banners proclaiming, "Free the Budgies!", "Take Back the Zoo!" and "Down with the Leash!"

Lawyers will give up their old ambulance-chasing tactics and starting tracking the dogcatcher's truck. Pets, like children, will sue their parents/owners for everything from financial support to educational funding. If "thinking" mammals like the whale and the great ape have rights how long will it be before "Reptiles are Human Too" becomes a rallying cry.

And what about Hercules and Leo? Has anyone from the NhRP bothered to ask them if they want to go to the Save the Chimps sanctuary in Florida? After all, "unlawful detention" is "unlawful detention" be it in a lab on Long Island or a game preserve in the sunny South. Perhaps if they win their case we should just turn them loose and let them decide.

Welcome to the art show



ROSS MURRAY

Gallery Parsnippy is delighted and positively damp with pleasure to present new artistic works this spring.

"Zoltan's Anvil" by Trevor Sproud – mixed media

Free at last, free at last, peanut-free at last. This is the visionary future conveyed in Sproud's triumphant embrace via meta-whimsical nuance of a mixed retrovision, encapsulated in this stunning new piece: a jar of Planters dry-roasted peanuts embedded in an ant farm. The jar itself is filled with the shredded bits of vintage hockey cards, reminding the viewer of a more innocent time, now lost, or perhaps tossed in the trash during an impulsive basement purge, regrettably so, because those cards would be worth a fortune now. But can the past or the future truly be monetized? Obviously. The ants-as-community-as-proletariat are reminders that all those television extras one sees in restaurant scenes are talking to each other about their plans to give up acting and go back to sod farming.

"This Charming Ham" by Bill – installation free; shipping \$25

Breaking away from the artistic compliance of his "Untitled #14" through "Untitled #26" (with the exception of "Untitled #23," which defied expectations through its relentless self-assertion and strenuous use of photos cut out of an Abercrombie & Fitch catalogue), the mono-nomenclatured Bill – AKA the Wunderkind of Walla Walla – stretches gender politics and chastises conventional sexuality by standing in a bucket of veal wearing only sheer American Apparel leggings. Like, you can totally see everything. A challenge to feminism or a feminist challenge? Bill ain't saying. Viewers are encouraged to express their thoughts in a guest book housed in a vintage phone booth emblazoned with the word "gross." Yes.

"Artist of a Man as a Young Portrait" by Eric Broog – crayon and petroleum jelly on a shelf

Broog kindles an essence of himself through the forging of aspiration, artistic fortitude and a trust fund that just won't quit, bringing them to exquisite heights in this latest piece wherein the nature of revelation is revealed as fraudulent. In other words: crayon and petroleum jelly on a shelf. Just like it says. The description becomes the work and the work becomes the description. As who doesn't? Assumptions are made when

we find that the crayon in question is burnt sienna, only to have those assumptions overturned when we find the petroleum jelly is the cheap Dollar Store kind. Broog's sense of humour is once again brought to the fore when he stands behind viewers of this latest piece and laughs his head off.

"Ring" by Sylvia Shchmhidt – found plumbing

"The genocide of 6 million Jews reverberates through the metamorphosis of creativity, in the crying out of the hunted and the bloody hands of the hunter, except on Wednesdays, and only through the process of indelible certainty can the truth, as hearty as victory, as tribal as Africa, be taken out to a nice restaurant for brunch." So writes Sylvia Shchmhidt in the text accompanying her latest work. And she does go on: "The iconography of bloodshed and the purity of the transcendence of the work itself ensure the audience that he/she/my friend Marcel are never going to manage their credit card debt any time soon." Within this context, the audience is asked to observe closely – but not too closely; back up! – this latest installation: a pure white bathtub with a single piece of dental floss draped over the side.

"not very good" by Lillian-Jane Walker-Walker – watercolour on pizza box

The iconoclastic Walker-Walker challenges our preconceptions of art by turning in a painting that is dismal, bad and just plain ugly. We think it's a puppy eating a jelly sandwich. Or it might be Helen Keller on a blind date. We can't tell. Walker-Walker tackles with linebacker-like zeal the notion that art is a teachable talent, as the self-taught Walker-Walker knows only so well. By choosing to paint her latest piece with her left hand, all the while sustaining herself on a diet of white bread and Xanax, Walker-Walker becomes both the accused and jury, sinner and redeemer, Captain and Tennille.

"I Don't Think So" by Awning Shaftlight – oil on canvas on fire

Time and substance as ephemeral entities. Art as material object. Lighter fluid as critic and catalyst. Flame as consumer. Smoke detector as a cry for attention in a jaded world. Fire department as an approach to understanding. Smoke inhalation as a health hazard. Insurance company as raised consciousness and premiums. That's about it. [No longer on exhibit.]

THE RECORD

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6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

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QUEBEC:		GST	PST	TOTAL
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Local Sports

The Oceanic are headed to the semifinals of the QMJHL playoffs as the team to beat.

Sherbrooke's Vachon and Couture have sights on Memorial Cup

By Mike Hickey
Special to the Record

Justin Vachon and William Couture went to the junior hockey version of heaven when they were traded by the Sherbrooke Phoenix to the Rimouski Oceanic in two separate transactions over the past 18 months. While the Sherbrooke natives spent their entire amateur hockey careers playing close to home in Sherbrooke and Magog, moving to Rimouski provided them with an opportunity to play for a winning organi-

zation with quicker championship aspirations. Last year the Oceanic finished second in the East Division and tied for the Quebec Major Junior Hockey League's second best overall record in regular season. After winning their opening round playoff series against the Chicoutimi Sangueneens they were eliminated from the postseason by the Blainville-Boisbriand Armada.

This year Vachon, Couture and their teammates have raised their game several notches and the Oceanic are headed to the semifinals of the QMJHL playoffs

as the team to beat.

The Oceanic dominated the East in the regular season with a 47-16-5 record for 99 points, 16 points better than the second place Quebec Remparts. They haven't missed a beat in the post season, defeating the Victoriaville Tigers in four straight games in the opening round and then eliminating the Gatineau Olympics in five games in quarter-final action.

The Oceanic, who will face the Val d'Or Foreurs in the semis, are now a few as four wins away from a trip to the Memorial Cup, the Holy Grail of junior hockey.

Couture, a 19-year-old, was a key member of the Magog Cantonniers from

2011-13 and joined the Phoenix in their inaugural season in the QMJHL. He played 100 games with Sherbrooke, scoring 17 points.

Vachon, also 19, took a different route to the Q. A 13th-round pick by Sherbrooke in 2012, he spent 2012-13 with the Champlain Cougars before splitting time with the Cougars and Phoenix in 2013-14.

While neither Couture nor Vachon has posted big numbers with the Oceanic they have provided the Oceanic with a physical presence and experience at both ends of the ice. Couture has dressed for all nine playoff games while Vachon has seen action in eight post-season matches.

Terry Fox's epic Marathon of Hope is celebrated for its beginning



A RUNNER'S MIND

CHRISTINE BLANCHETTE

thing is possible if you try, and to see so many come out to celebrate his legacy is tremendous. It shows that Terry's dream is still very much a part of our lives and we will continue to follow in his footsteps to raise funds for cancer research, with each step bringing us closer to a cure."

Join the celebration by participating in your community Terry Fox Run in September. Visit terryfox.org to learn more.

www.runwithit.ca

Twitter: @christineruns

Run With It on YouTube - [runwithitcb1](https://www.youtube.com/runwithitcb1)

Canadians paid a moving tribute to Terry Fox on April 12, the 35th anniversary of the beginning of his Marathon of Hope. According to a recent press release, more than 8,500 runners and walkers came out to celebrate his journey, keeping alive his dream of beating cancer by participating at Running Room locations. The Terry Fox Foundation and Running Room partnered up to tally "How Many Times Can We Run across Canada" and Canadians responded by covering more than 103,400 kilometers, or 13.2 times across the country, resulting in \$30,412 in donations so far.

The initiative kicked off a celebration and fundraiser for the 2015 Terry Fox Run in September. By taking part in a run or walk from 1 kilometre to 10 kilometres or more, participants helped to raise awareness of Terry's dream of working together as a nation to outrun cancer, with every kilometre counting towards the total distance travelled.

Fred Fox, Terry's older brother and manager of supporter relations for the Terry Fox Foundation says the idea to mark 35 years since Terry's run was amazing. "This has been an exciting initiative, celebrating the date when Terry started his Marathon of Hope. The vision that Terry had for the future and the monies raised for cancer research has made a huge difference over the years for those diagnosed with cancer," Fox was quoted in the press release.

Running Room founder John Stanton obviously agrees that Terry's Marathon of Hope is still an inspiration, saying, "Terry realized that any-

Stanley Cup Playoffs

Division Semifinals

Eastern Conference
Atlantic Division

Montreal (1) vs. Ottawa (WC)
(Montreal leads series 3-0)

WEDNESDAY, APRIL 22

Montreal at Ottawa, 7 p.m.

Western Conference
Pacific Division

Anaheim (1) vs. Winnipeg (WC)
(Anaheim leads series 3-0)

WEDNESDAY, APRIL 22

Anaheim at Winnipeg, 9:30 p.m.

Vancouver (2) vs. Calgary (3)
(Calgary leads series 3-1)

THURSDAY, APRIL 23

Calgary at Vancouver, 10 p.m.

Other series:

Eastern Conference

Detroit leads Tampa Bay 1-1

NY Rangers lead Pittsburgh 2-1

NY Islanders and Washington tied 2-2

Western Conference

Minnesota leads St. Louis 2-1

Chicago leads Nashville 3-1

x - if necessary.

All times Eastern

Last night's games not included.



Thanks to your donations

Video stroboscope

Designed especially for ear, nose, and throat specialists and speech/language pathologists, this device allows the voice to be not only heard but also seen. It is a basic tool in research on the voice. It is very frequently used in the early detection of cancers and most often of benign pathologies such as nodules, polyps, and laryngo-oesophageal reflux.



hospital
CHUS Hôtel-Dieu

department
Otorhinolaryngology
(ORL)

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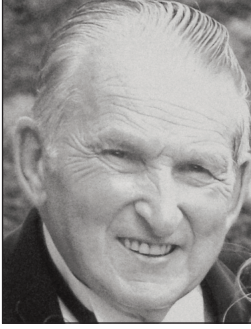
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Death

William E. ROYEA
 1937 - 2015



After a long illness, peacefully at the Brome Missisquoi Perkins Hospital in Cowansville, QC, on April 7, 2015, at the age of 78, passed away William Royea, beloved husband of Kathleen Mullarkey. He leaves to mourn his daughter Cynthia "Cindy" (Marc-André Laguë), his grandchildren Logan, Samuel and Meghan, his brothers and sisters, late Doug (late Margaret), Alice (late James Mullarkey), Russell (late Beverly Booth), Larry (Jeannie Royea) and Diane (Maurice Sirois), his brothers-in-law and sisters-in-law, his nephews and nieces, others relatives and dear friends.

Family and friends will be welcomed at the Desourdy Funeral Home, 318 ch. Knowlton, Knowlton, QC JOE 1V0, Phone: 450-243-5568, Fax: 450-263-9557, info@desourdy.ca www.desourdy.ca on Friday, April 24, 2015, from 7 p.m. to 9 p.m., and on Saturday, April 25, from 12 p.m. to 1:30 p.m., followed by the funeral service at St-Edouard Catholic Church at 2 p.m. in Knowlton. Interment will be at a later date. The family wish to thank all the staff from the medicine Unit the BMP Hospital, the C.L.S.C. Home Care, for their kindness, compassion and their support for the family.

Donations in his memory to the BMP Hospital Foundation www.bmpfoundation.ca would be appreciated (forms available at the funeral home).

DÉSOURDY FUNERAL HOMES
 318 Knowlton Rd., Knowlton QC
 info@desourdy.ca

PHONE: 450-243-5568
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Sawyerville UCW

March 18, "Despite the weather, Welcome" said President Bonnie Fowler. (It wasn't the best of days weather wise.) "It's on our mind, and in our hearts, that what we want to say, it's all about the gold and rainbows, hope you all had a Happy St. Patrick's Day!" So began our March meeting at the Manse.

Before I tell you about the rest of our meeting, I wish to share some sad news. We have lost another member of our UCW. Claris Philips nee Lowry, passed away in the early hours of St. Patrick's Day. Claris was a faithful member of the Sawyerville UCW and participated in our meetings right up until October last year. We will miss her very much.

Devotions began with an Irish blessing: May the blessings of light be up you, / Light in the outside, / Light on the inside, / With God's sunlight shining on you, / May your heart glow with warmth, / Like a turf fire, that welcomes friends and strangers alike, / May the light of the Lord shine from your eyes, / Like a candle in the window, / Welcoming the weary traveler. Our first hymn was Teach Me God to Wonder, number 299 in Voices United. Mary Scholes played the organ.

Doreen Cairns read a poem about leprechauns and gave us a couple of Irish quotes. Here's one: Never iron a four leaf clover because you don't want to press your luck. Doreen read a prayer.

We all said the Lord's Prayer. From the Record (March 10) I read the St. Patrick biography. St. Patrick was not Irish - he was born in England. He was brought to Ireland as a slave by pirates and during his captivity he was called to Christianity. After six years, he escaped, but later returned to Ireland as a missionary to "free the Irish from Christianity. He died on March 17 and that is the day he is honored. Our second hymn was O Master, Let Me Walk With Thee, number 560 in Voices United. To end Devotions, a quote: May the best day of your past, be the worst day of your future.

Secretary, Doreen Cairns, read the minutes of the last meeting. They were approved as read. Eight members answered the roll. Wendy Mackay gave the Treasurers report. For Stewardship, Mary Scholes brought our attention to the stewardship page in the March Observer. It mentions "the accounts of Jesus driving out the moneychangers and other merchants from the Temple" and asks what gets us angry and what we do about it. For Cradle Roll and Membership, Theda Lowry has sent out 2 cards. Presbytery will be meeting at MacDonald College sometime in May. For Correspondence, we received a letter from the Christian Blind Mission detailing all of the places our donations have helped. We made plans for the World

Datebook

THURSDAY, APRIL 23, 2015

Today is the 113th day of 2015 and the 35th day of spring.

TODAY'S HISTORY: In 1635, the first public school in the United States, Boston Latin School, is founded in Boston, Massachusetts.

In 1908, Congress passed a bill establishing the U.S. Army Reserve.

In 1968, students protesting the Vietnam War at Columbia University in New York City began occupying campus buildings.

In 1969, Sirhan Sirhan received the death penalty for assassinating Sen. Robert F. Kennedy. His sentence was reduced to life imprisonment in 1972.

TODAY'S BIRTHDAYS: James Buchanan (1791-1868), 15th U.S. president; Max Planck (1858-1947), physicist; Shirley Temple Black (1928-2014), actress/diplomat; Roy Orbison (1936-1988), singer-songwriter; Lee Majors (1939-), actor; Sandra Dee (1942-2005), actress; Tony Atlas (1954-), bodybuilder; Michael Moore (1954-), filmmaker; George Lopez (1961-),

comedian/TV personality; John Cena (1977-), wrestler/actor; John Oliver (1977-), actor/comedian; Dev Patel (1990-), actor.

TODAY'S FACT: Shirley Temple Black won the first-ever Academy Juvenile Award in 1935, at age 6. The special Oscar was presented for the final time to 14-year-old Hayley Mills in 1961.

TODAY'S SPORTS: In 1954, Milwaukee Braves rookie Hank Aaron hit his first major-league home run.

TODAY'S QUOTE: "I may be a living legend, but that sure don't help when I've got to change a flat tire." — Roy Orbison

TODAY'S NUMBER: 77 — days that "New Coke," introduced on this day in 1985, was on the market before Coca-Cola reintroduced the soft drink's original formula, under the name "Coca-Cola Classic."

TODAY'S MOON: Between new moon (April 18) and first quarter moon (April 25).

Dunham Women's Institute

On Wednesday, April 1, 2015 the members of the Dunham Women's Institute met at the home of Joyce Proctor Martin in Dunham. President Joyce Proctor Martin called the meeting to order and thanked the hostess for her hospitality and the members for coming. In the spirit of the day, April Fools', it was determined by unanimous consensus that there were no fools present!

The Mary Stewart Collect and the Salute to the Flag were repeated in unison.

Motto: Who dares to teach must never cease to learn.

Roll Call: Name three provincial premiers, excluding Quebec.

The March meeting minutes were read by Secretary-Treasurer, Noreen Craig, and approved and signed by the president. Noreen also gave the Treasurer's Report.

Judy Page Jones gave updates from the Q.W.I. and F.W.I.C. We were reminded that the "coins for friendship"

Day of Prayer that had been rescheduled for March 27. (We had a small turnout but the service was lovely and the lunch was delicious!) Bonnie thanked us for our help in serving the lunch after Aubrey French's funeral on February 20. We made plans to serve lunch at Claris' funeral on Friday March 20. We closed with the Mispah Benediction: May the Lord watch between me and thee while

that we collect are used by the ACWW for worldwide projects, offering women the chance for a better life. We're still planning to have some participation in the April 29 "Walk the World" event at the Cowansville shopping centre, pending good weather.

Program: Carol Phillips, Health and Community Health Chair, presented 20 of the biggest health issues, challenging us to determine if each were truth or myth. We had some surprises. She also provided information on the health benefits of honey.

Grace was repeated in preparation for our afternoon tea, provided by co-hostesses Jean Page and Judy Jones

Our May meeting will be held at 1:30 p.m. on May 6, at the home of Anne Lipowski in Dunham. Our afternoon tea will consist of "leftover madness", with all members contributing.

Submitted by
 Candy Coates
 Publicity Chairperson

we are absent, one, from the other.

The supper we shared was as good as any we could have wanted. Our guests were as cheerful as ever. It was a wonderful way to spend a Wednesday afternoon. Next meeting is April 15. I'll tell you all about it...

Submitted by
 Marlene Lowry

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

BURY

Flea Market/Craft Sale to be held on April 25 in the Bury Armoury/Community Center. Sponsored by the Bury W.I. To rent a table call Frances at 819-872-3318 or Irma 819-872-3600.

LENNOXVILLE

St. George's Church Hall, 84 Queen St. Lennoxville - Spring Rummage Sale - Thursday April 30 and Friday May 1, 10:00 a.m. to 5:00 p.m. Bag Sale on Saturday May 2 from 8:30 a.m. to 12:00 noon. Articles for the sale may be left at the Church Hall the week of April 26. For further info or pickup of items, please call 819-562-6245. Save your \$\$\$ SHOP WITH US!

LENNOXVILLE

The annual Spring Bazaar and Salad Supper will be held at "The Hut", 300 St. Francis Street, Lennoxville on Saturday April 25. Sales tables open at 3 p.m. with silent auction and bake table. Supper begins at 4 p.m. Not to be missed.

LENNOXVILLE

There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, April 29 at 1:30 p.m. Everyone welcome.

LENNOXVILLE

Uplands Cultural and Heritage Centre invites the population to "Materia Prima," a new exhibition featuring the work of Lucy Doheny and Annis Karpenko, at 9 Speid Street in Sherbrooke (Borough of Lennoxville). The works of Lucy Doheny and Annis Karpenko will on display at Uplands until May 17, 2015.

RICHMOND

Rummage Sale at Richmond-Melbourne United Church. 247 Principle South, on Saturday, April 25, 9 a.m. to noon. Donations welcome. All proceeds go to the Richmond-Melbourne United Church.

STANSTEAD

3rd annual Music Jamboree to benefit the Children's Wish Foundation on Saturday, April 25 at the Stanstead Legion, 15 Maple St., 1 p.m. until closing. All musicians welcome. All proceeds go to the Children's Wish Foundation. Info: 819-876-5844.

SHERBROOKE (LENNOXVILLE)

The Estria Woodwind Quintet presents "The Three Winds" on Saturday, April 25 at 8 p.m. at St. Andrew's Presbyterian Church (256 Queen). Come and hear the music of Telemann, Mozart, Haydn, Beethoven and Vivaldi played by Estria's wind trio of flute, oboe and clarinet. A charming musical evening that is not to be missed. To make a reservation for tickets, please contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. Tickets cost \$12 for general admission and \$8 for students and seniors. More in-

formation on the series at <http://pages.globetrotter.net/estria>

NORTH HATLEY

The Estria Woodwind Quintet presents "The Three Winds" on Sunday, April 26 at 2:30 p.m. at St. Elisabeth's Catholic Church (3115 Capelton). Come and hear the music of Telemann, Mozart, Haydn, Beethoven and Vivaldi played by Estria's wind trio of flute, oboe and clarinet. A pleasant musical afternoon that is not to be missed. To make a reservation for tickets, please contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. Tickets cost \$12 for general admission and \$8 for students and seniors. More information on the series at <http://pages.globetrotter.net/estria>

MAGOG

Princess Elizabeth Elementary School Spaghetti Supper Fundraiser on April 25, 4:30 p.m. to 7 p.m., at P.E.E.S Cafeteria, 120 Bellevue, Magog. Admission charged, children 4 and under free, special family price. Funds raised go to our PPO, who pays for the Journee Blanche, library books, Grade 6 graduation, Christmas concert, and lots of other things that benefit all the children!

LENNOXVILLE

Advance notice for Friendship Day. It will be held Saturday, June 13, 2015. Everything is the same with a parade, artisans and lots of things for the whole family. Animal petting zoo and games, along with the Lennoxville Firemen's Association providing food. There will also be various groups with food around town. Info: 819-569-3118.

SHERBROOKE

29th annual Quilt Show sponsored by the Courtepointe Manu 7 will be held on April 24 (4-8), April 25 (9:30-5) and April 26 (9:30-4) at the Herve Girard Room, Marie-Mediatrice Church, 3025 Galt St. West, Sherbrooke (wheelchair accessible). Exhibitions of quilts, demonstration, courses, sale of quilted articles and quilting supplies. Door prizes and refreshments. Admission charged. Info: 819-884-5952, Margaret Littler.

AYER'S CLIFF

Roast Turkey Supper with all of the trimmings on Saturday, April 25 at Beulah United Church, 967 Main St., Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Reservations only, so please call Dean Young 819-838-5815 or Wendell Cass 819-846-7180 to reserve your tickets. Everyone welcome! Thank you to everyone for your continued support of Beulah United Church.

LENNOXVILLE

The Bishop's/Champlain Refugee Student Sponsorship Committee will be holding their annual Sale in the Bishop's University Arena on Saturday, May 9 from 8 a.m. to 2 p.m. Large selection of furniture, sports equipment, electronics, toys, clothes and household items. All proceeds go to support the refugee student sponsorship program. If you have items in good condition to donate please bring them to the lobby of the arena any day between 8 a.m. and 8 p.m. Last day for donations is Wednesday, May 6. Please no tires, mattresses, TV's or computer monitors.

LENNOXVILLE

Pre-Mother's Day Supper on Sunday, May 3 at 5:30 p.m. at Army Navy Air Force, Unit 318 (The Hut), 300 St. Francis Street, Sherbrooke (Lennoxville). Roast Beef with all the trimmings, pie for dessert. Meal prepared by the men of Unit 318. Tickets available at the door. Only one sitting. Information: 819-346-9122 after 1 p.m.

DANVILLE

The Danville-Asbestos Trinity U.C.W. are holding a Brunch on Sunday, April 26 from 10 a.m. to 1 p.m. in the Church Hall. Brunch consists of ham, sausage, eggs, potatoes, pancakes and maple syrup, fruit and cookies. Everyone welcome.

MAGOG

UCW Chicken and Biscuit Spring Supper on April 25 from 5 p.m. to 6:30 p.m. No reservations needed. Buffet style, featuring homemade pies. 211 rues des Pins, Magog. Admission charged, children 5-12 half price, under 5 free.

MELBOURNE

St. Andrew's Presbyterian Church, Route 1169, Melbourne will be holding a Rummage Sale on Saturday, May 9 from 9 a.m. to noon.

LENNOXVILLE

Again this year, a non-denominational Service of Hope & Inspiration will be held at Lennoxville United Church, 6 Church Street, Lennoxville at 10 a.m. on Sunday, May 3. During this service we honour those who have survived and remember those whom we have lost to cancer and other difficult diseases by presenting floral tributes: a single, long-stemmed pink or yellow rose can be purchased for a small fee, a bud vase with pink or yellow roses or plants in pink (in memory of) or yellow (to honour & support survivors). You may order your tribute by calling Frankie Noble at 819-842-1035. This year, proceeds will be shared between Leucan and La Maison Aube Lumière. All are welcome. We hope you will also join us for a time of fellowship and refreshments after the Service.

TRENHOLM

Trenholm United Church: Worship and song await you at our 1st service for 2015 held this Sunday, April 26 at 11:00 a.m. - followed by a "cookie hour" get-together.

WATERVILLE

Three Link Fraternity, Princess Rebekah Lodge #4, would like to invite you to our Chicken Pie Supper on Sunday, April 26, 2015 at 4150 Route 147, Waterville (Huntingville). Chicken, sauce, biscuits, the "fixins" with pie and fruit cocktail for dessert! We will be pleased to serve you from 4:30 p.m. to 6 p.m. We have a family price. Remember, that this is all you can eat! This is a great opportunity to support our community projects. This supper is to benefit the Securijour Project of the Coaticook Fire Department. This Program benefits students with a day devoted to farm and machinery safety information and demonstrations, first aid, fire safety and more. Hopefully this will help to reduce tragic farm accidents involving young people. If you would like more information on this or any of our projects, please come to our supper or contact Princess Rebekah Lodge, IOOF at princess#4ioof@yahoo.ca or 819-562-3222. Come on out, have a great meal, and help

us help you and your community!

LENNOXVILLE

St. Francis Valley Naturalist Club meeting on Wednesday April 29 at 7 p.m. at the Amedee Beaudoin Community Centre, 10 Samuel Gratham St., Lennoxville Borough. Program - Nancy Beattie will give a presentation, "From Tuckamore to Thrombolytes: Snapshots of Western Newfoundland and Labrador." Everyone is welcome.

STANSTEAD

Spaghetti supper to benefit the Stanstead Legion Branch #5, 15 Maple St. Stanstead. Starting at 5:00 p.m. until all served. May 14. Admission charged.

LENNOXVILLE

A Familiprix pharmacist will be giving a talk about Osteoporosis on April 23 at the St. Andrews Church (256 Rue Queen,) at 1:30 p.m. All are welcome to attend! If you have any questions call us at Lennoxville & District Community Aid at 819-821-4779.

CHERRY RIVER

Cherry River Gospel Chapel Bible Conference, "Living the Lazarus Life," speaker Russell Fisher. Saturday, April 25: Fellowship Breakfast 8 a.m.; Evening Service 7 p.m., special music. Sunday, April 26: Morning service 11 a.m.; Lasagna lunch at noon; Afternoon service 1:30 pm., special music. All welcome. Info: 819-843-3492.

DANVILLE

There will be a Rummage Sale at St. Augustine Anglican Church, 73 rue du Carmel, Danville on Saturday, May 2 from 9 a.m. to 1 p.m. Coffee, tea and muffins will be available in our Cafe corner. Donations for the sale can be dropped off at the church on April 29 or May 1 between 2 p.m. and 4 p.m. and 6 p.m. to 8 p.m.

EATON CORNER

Quilt Show & Tea at the Eaton Corner Museum's Foss House, May 2 & 3, 1 to 5 p.m. Expert local quilters will show their hand-crafted creations in many traditional patterns and styles, including Rose of Sharon, Baltimore Album, Dogwood, and many more. Tea and scones will be served at the Academy from 2 to 4 p.m. Admission charge includes the tea service. For more information call Serena Wintle, 819-875-5210.

EATON CORNER

Heritage Golf Tournament to benefit the Eaton Corner Museum will be held on Saturday, May 16, at the beautiful Coaticook Golf Club. Enjoy a day of golf with many prizes and a delicious supper, for a good cause. Foursomes and individuals welcome. Spring weather guaranteed. Call Steve Lepitre to register and reserve your tee time, 819-875-3685.

• • •

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.

E-mail your social news to classad@sherbrookerecord.com

CELEBRITY CIPHER by Luis Campos

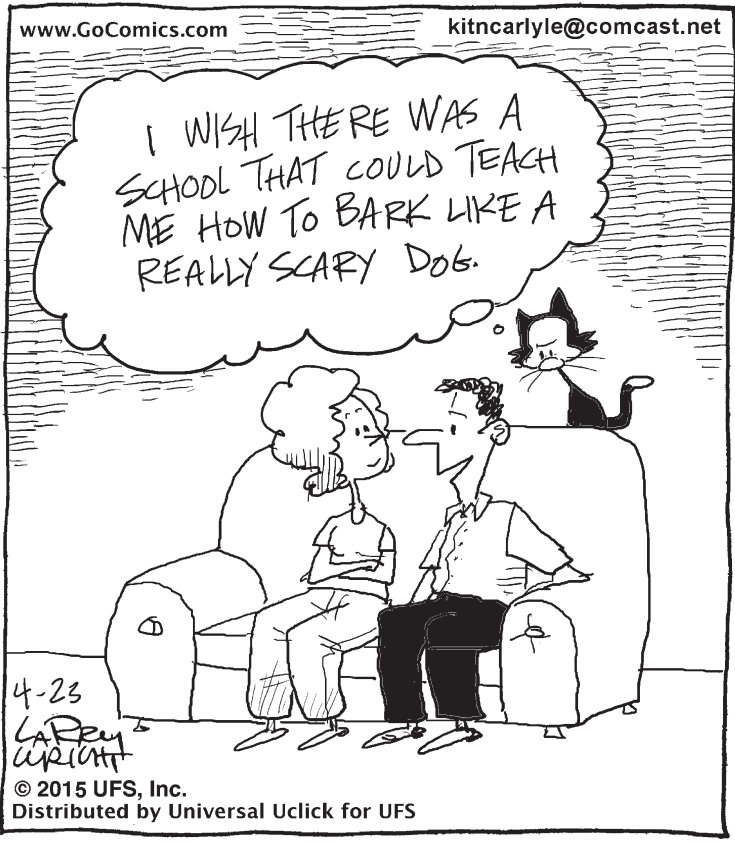
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ZTIVBC WSVBZ BERHUHRD HP YTIPO
ATI ZBRISIO RWBZ RWO MIOBROPR
ZSECOBI BEEHXOZR HZ WHPTID.” —
VBIRHZ EISG PVHRW

Previous Solution: “I put up my thumb and shut one eye, and my thumb blotted out the planet Earth ... I felt very, very small.” — Neil Armstrong

TODAY'S CLUE: F equals A

KIT N' CARLYLE

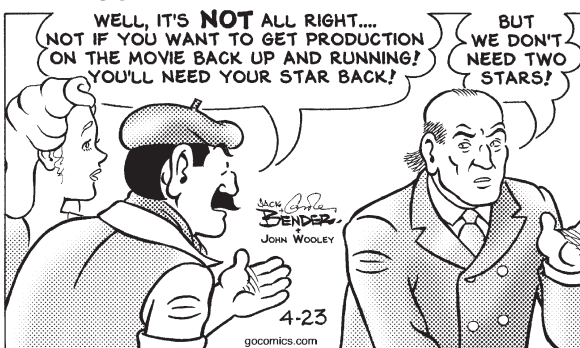


HERMAN

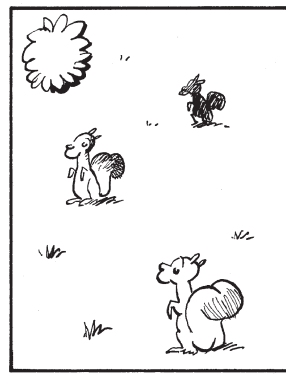


“If you don't like the soup, just say so!”

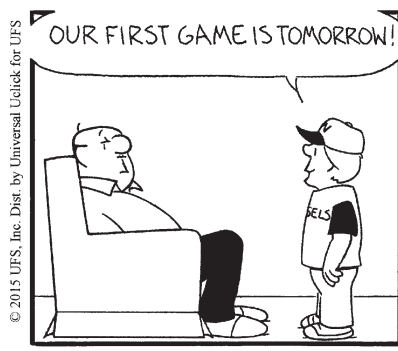
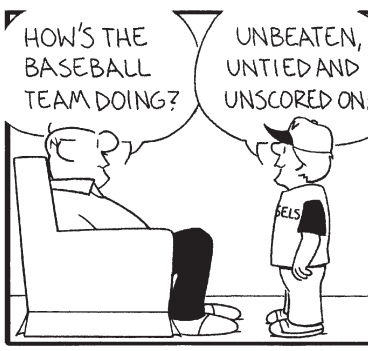
ALLEY OOP



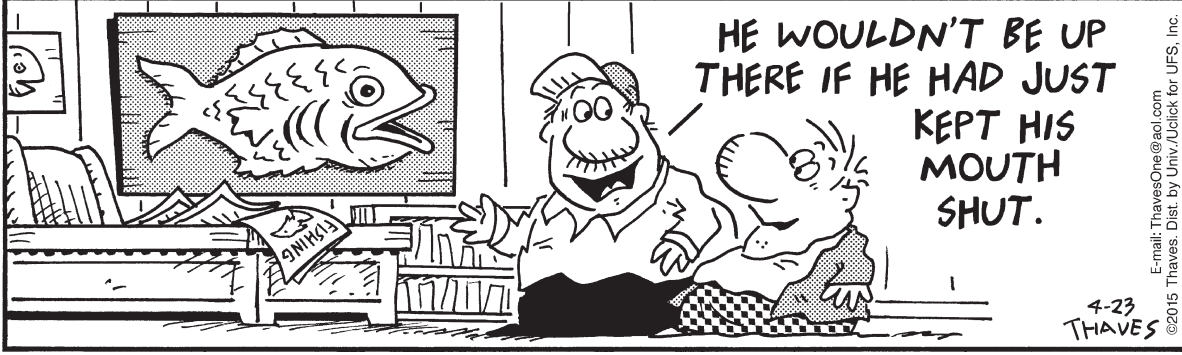
ARLO & JANIS



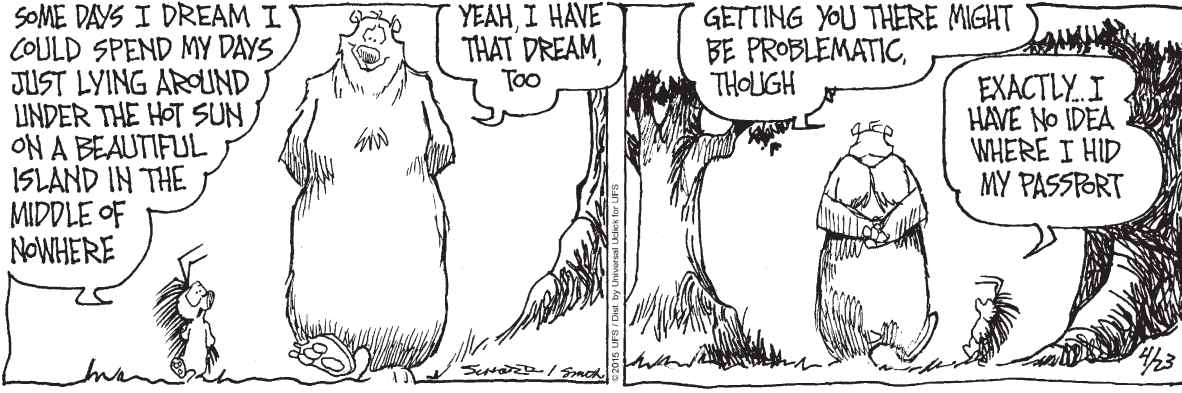
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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100 Job Opportunities

100 Job Opportunities

LA TRIBUNE IS looking for a person to DELIVER NEWSPAPERS, BY CAR, in the NORTH HATLEY, WATERVILLE AREA. Please call 819-564-5465.

125 Work Wanted

IF YOU NEED a reliable **house cleaner** for your home or cottage, call Tammy at 819-571-8918.

145 Miscellaneous Services

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

170 Auctions

UNRESERVED AUCTION. Complete dispersal for Dol Turf, Saturday, April 25, 10 a.m. sharp, 2785 Highway 27, Bond Head, Ontario. Excavators, dozers, AG tractors, turf/track equipment, trucks, trailers, shop equipment, etc. Don't miss this sale, everything goes! aeroauctions.ca or 1-866-375-6109 for more info.

100 Job Opportunities

190 Cars For Sale

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275 Antiques

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

290 Articles For Sale

STEEL BUILDINGS / Metal Buildings. Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

294 Events

28TH ANNUAL QUILTING Show, sponsored by Courtepointe Manu 7, on Friday, April 24 (4 p.m. to 9 p.m.), Saturday, April 25 (9:30 a.m. to 5 p.m.) and Sunday, April 26 (9:30 a.m. to 4 p.m.) at Marie Mediatrix Church, Herve Girard Room, 3025 Galt St. West, Sherbrooke. Info: 819-884-5952, Margaret Littler.

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440 Miscellaneous

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SUDOKU

Difficulty: 4 (of 5)

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7			2		8		
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4		6					
			9			1	
			6	8			9
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4-23-15

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PREVIOUS SOLUTION

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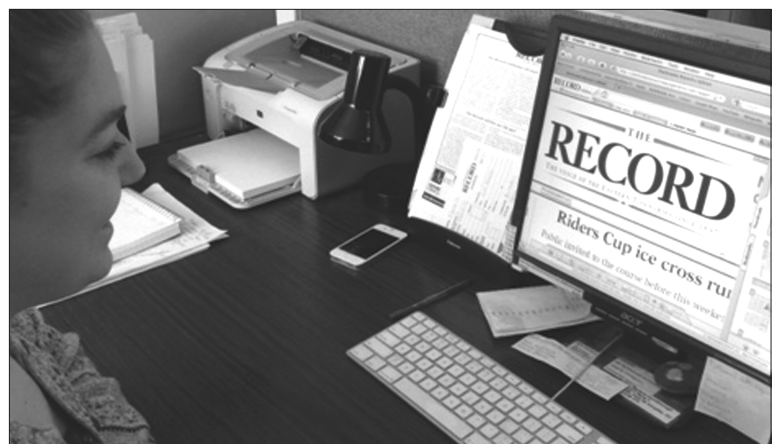
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Your Birthday

THURSDAY, APRIL 23, 2015

This will be a year of creativity, travel opportunities and social events. Sound investment strategies will improve your finances. Don't take risks with your health. Consider making a lifestyle change that will allow you to spend more time on recreation, travel and personal pursuits.

TAURUS (April 20-May 20) — Love and romance are on the rise. You will feel like socializing, entertaining and having fun. Host a gathering and reach out to people you haven't seen in a while.

GEMINI (May 21-June 20) — If you need help bolstering your self-confidence, attend a seminar conducive to raising personal awareness. Don't be so hard on yourself. You have a lot to offer. Put your best foot forward.

CANCER (June 21-July 22) — Delays, frustration and anger are likely to surface if you deal with bureaucratic agencies. Catch up on some correspondence, do some light reading or undertake a task or hobby that soothes your nerves.

LEO (July 23-Aug. 22) — Improve your home environment by rearranging furniture or redecorating. Now is a great time to clear out any accumulated clutter or unwanted items. Plan a garage sale and make some extra cash.

VIRGO (Aug. 23-Sept. 22) — Implement a change of pace, and begin intellectual pursuits that are enjoyable and educational. Make a point to increase your knowledge and widen your circle of friends.

LIBRA (Sept. 23-Oct. 23) — Unanticipat

ated home repairs will stretch your budget. Shop around for the best value. Do whatever it takes to keep the peace. Refuse to get into a squabble with an unreasonable colleague.

SCORPIO (Oct. 24-Nov. 22) — You will feel confused about recent events. Spend time with an elderly or experienced individual. You will discover enlightening details about your history and family background.

SAGITTARIUS (Nov. 23-Dec. 21) — Your instincts will be on target, allowing you to make the right choice. Don't be afraid to speak up. A travel opportunity will lead to an adventure.

CAPRICORN (Dec. 22-Jan. 19) — Slow things down a notch where romantic matters are concerned. Being too overzealous or eager will cause the object of your desire to question your intentions. Let matters unfold naturally.

AQUARIUS (Jan. 20-Feb. 19) — Upgrading your skills or participating in an apprenticeship program will open up career options. Your nervousness or anxiety will decrease as you become more comfortable with what you are learning.

PISCES (Feb. 20-March 20) — You will dazzle everyone around you. Your bubbly personality will allow you to overcome any competition you face and will earn you praise from an unexpected source.

ARIES (March 21-April 19) — You will be discontent with personal matters. An unfortunate situation will explode if you can't control your temper. Listen to all sides of a situation before making a judgment call.

THURSDAY, APRIL 23, 2015

First the shape, then the play

By Phillip Alder

Marilyn Monroe said, "The working men, I'll go by and they'll whistle. At first they whistle because they think, 'Oh, it's a girl. She's got blond hair and she's not out of shape,' and then they say, 'Gosh, it's Marilyn Monroe!'"

A bridge player who is trying to defeat a contract will do well to work out declarer's hand shape. Then with luck he will say to himself, "Gosh, I see the lethal play."

In today's deal, East has to find the deadly defense. South is in three no-trump. West leads the club two. Given the auction, what should East do?

East should start to count declarer's hand during the bidding. From South's two-heart rebid, a reverse showing at least a good 17 points, East knows that South has four hearts and at least five diamonds. From West's opening lead, showing exactly a four-card suit, East learns that South also has three clubs. This means South surely has 1-4-5-3 distribution.

This ought to point to the right answer. East should win the first trick with his club ace and shift to the spade king. He leads the king just in case declarer has the singleton queen. Since East has diamonds under control, the defenders should win five tricks before South collects nine.

		North	04-23-15
		♠ A 8 5 4	
		♥ Q 6	
		♦ K 5 2	
		♣ 10 9 7 6	
West		East	
♠ 10 7 6 3		♠ K J 9 2	
♥ J 9 8 2		♥ 10 5 3	
♦ 7		♦ J 10 9 8	
♣ K 5 3 2		♣ A 4	
		South	
		♠ Q	
		♥ A K 7 4	
		♦ A Q 6 4 3	
		♣ Q J 8	
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
1♦	Pass	1♠	Pass
2♥	Pass	3♦	Pass
3NT	Pass	Pass	Pass
Opening lead: ♣ 2			

With the given layout, that's exactly how the deal pans out. Declarer ducks a couple of spades, wins with dummy's ace on the third round, and tries to run the diamonds. When they don't break, he has to dislodge the club king to get out for down one.

Finally, note that even if West has the club king-jack, that suit can wait.

CROSSWORD

Across

- 1 "Carrie" Oscar nominee
- 7 Letters about time
- 11 ___ Fit: video exercise game
- 14 Acid neutralizer
- 15 Restaurant chain named for a Mozart opera
- 16 It's often cured
- 17 *Skedaddling
- 19 Physician's org.
- 20 Snack brand creator Wally
- 21 Karaoke option
- 22 Take one's sweet time
- 24 Half a score
- 25 Auction cry
- 26 Lamp emission, if you're lucky
- 27 *Food often served with ranch dip
- 30 ___ Navidad
- 33 First-line national anthem word
- 34 Prefix with caching
- 35 With 38-Across, band with the hit

"Radioactive," and a hint to the ends of

- the answers to starred clues
- 38 See 35-Across
- 41 First-line national anthem word
- 42 Pigs out (on)
- 44 ___ attitude
- 45 *Weigh, with "at"
- 50 Sensible
- 51 Stats for Mike Trout
- 52 Mediator's intonations
- 55 Sand bar
- 56 Appear
- 57 Purveyor of many flat packs
- 58 Burst
- 59 *Real ordeal
- 62 Part of UCSD: Abbr.
- 63 Cheese that's sometimes stuffed
- 64 Begin gently
- 65 Cut
- 66 Smashes
- 67 They're often ruled

25 Singer Quatro

- 26 Church attachment?
- 27 Popular
- 28 Took charge of
- 29 Just fair
- 30 ___ bump
- 31 Phishing scam, e.g.
- 32 Church attendees
- 36 "O Holy Night," for one
- 37 Journalism VIPs
- 39 Far from fails
- 40 It's often bought at an island
- 43 Horror movie sounds

46 Dam-building org.

- 47 ___-skelter
- 48 First fratricide victim
- 49 Loosen (up)
- 52 1930s migrants
- 53 Worthiness
- 54 Composer Saint-___
- 55 Org for strays
- 56 Place that gave its name to a cat breed
- 57 "Say that's true ..."
- 60 No for the health-conscious
- 61 Retired NBAer Ming

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

Down

- 1 Occupied, as a table
- 2 Nice pen
- 3 Firestone Country Club city
- 4 Spam holders
- 5 Lilly of pharmaceuticals
- 6 In a way
- 7 Played the part of
- 8 Asset in a castle siege
- 9 Chi follower
- 10 Shower problem
- 11 Beating heavily, as with a sledgehammer
- 12 Post-apocalyptic Will Smith film
- 13 "Perhaps"
- 18 ___ of Mexico
- 23 Young Darth's nickname

1	2	3	4	5	6		7	8	9	10		11	12	13	
14							15					16			
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58						59	60					61			
62						63						64			
65						66						67			