

THE
RECORD

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MONDAY, NOVEMBER 19, 2007

Tower has 7 feet to go

*So far,
3,250 lbs of nails*

By Nick Fonda
SPECIAL TO THE RECORD
RACINE

A few kilometers out of Racine, on Grande Ligne which joins Highway 220 to Highway 222, you might catch a glimpse of a copper and glass tower which stretches above the 50-year-old pine trees that surround it.

The tower has been "growing" for several years and the man responsible for it estimates that his project will take another four or five years to complete. Still seven feet short of the 72 foot height it will grow to, the tower is only half of what will be the home and workspace of Martine Walsh and Olivier Grenier.

The pair were comfortably ensconced in Montreal when, in 1991, they ended up purchasing a farmhouse dating from 1827 and the surrounding hillside tree farm. "I never thought I'd be living in the Townships. Our first daughter was born and two weeks later we were moving out here from Montreal," laughs Walsh.

"The house we're going to be building," explains Grenier, using an architectural maquette, "will have a galvanized steel frame. It's going to stretch 100 feet from the hillside to the

PLEASE SEE TOWER ON PAGE 4

She Built It Herself



GORDON ALEXANDER

A group of kids (and grown ups) met Saturday at Stanstead's granite interpretation centre to create their own inukshuks. Pictured is Eva Jalbert-Blanchet, 4, who had trouble pronouncing her newly crafted work. See more on page 2.

The New Start

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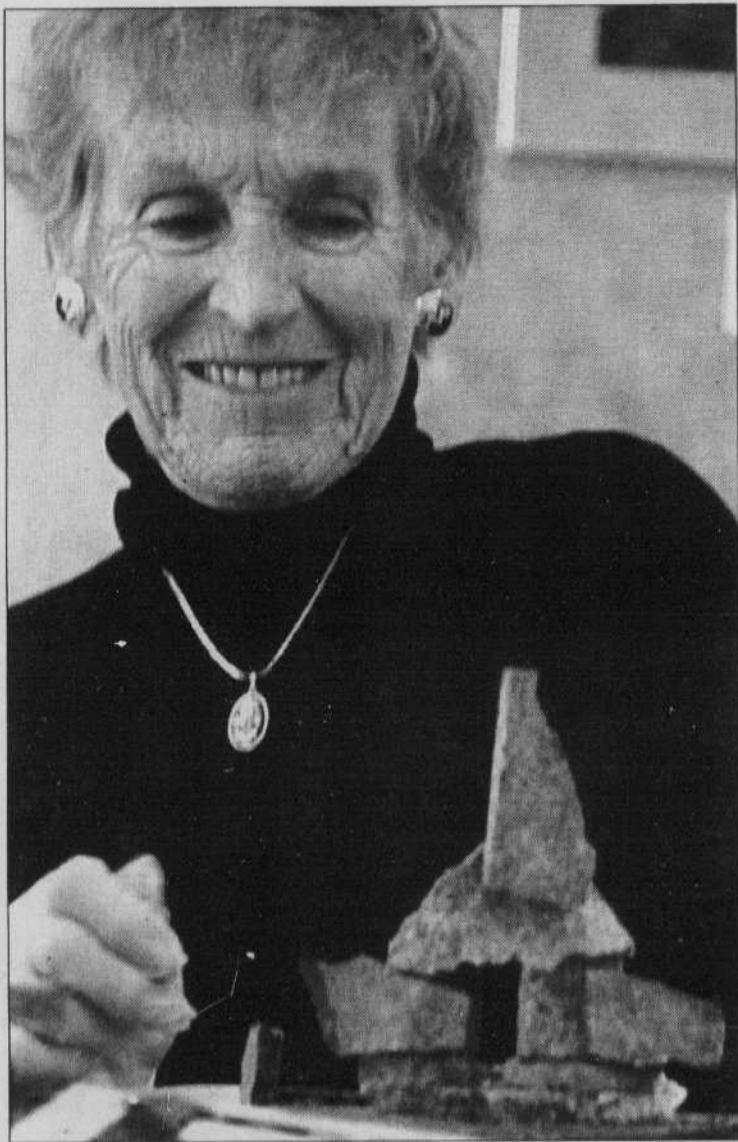
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GORDON ALEXANDER



GORDON ALEXANDER

LOTO QUÉBEC Draw Results: 2007-11-17

649	14 17 27 24	Québec 4/9	03 07 10 46
	41 47 48		23 25 43
	bonus (B)		bonus (B)

WINNERS	PRIZES	WINNERS	PRIZES
6/6	0 \$10,090,943.00	6/6	0 \$2,000,000.00
5/6+B	4 \$101,517.70	5/6+B	0 \$75,000.00
5/6	192 \$1,747.10	5/6	32 \$750.00
4/6	8,772 \$72.40	4/6	1,504 \$75.00
3/6	165,297 \$10.00	3/6	21,845 \$10.00
2/6+B	115,671 \$5.00	2/6+B	9,820 \$5.00
Total sales:	\$19,773,244	Total sales:	\$887,353.00
Next grand prize (approx.):	\$17,000,000	Extra 4549281*	\$500,000

*decomposable in both directions

Draw Results: 2007-11-16

SUPER 7	7/7	0	\$17,000,000.00
	6/7+B	4	\$62,601.90
	6/7	141	\$1,775.90
	5/7	8,692	\$97.90
	4/7	180,157	\$10.00
	3/7+B	165,470	\$10.00
	3/7	1,500,320	Free play
Extra 8226147*	Total sales:	\$21,810,468	
\$500,000	Next grand prize (approx.):	\$20,000,000	

*decomposable in both directions

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In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.

Stone statues

Stanstead glue

A traveling photographic exhibit featuring Arctic Inukshuks is on at the Stanstead granite interpretation centre until Saturday, Dec. 15. And some 50 people gathered last Saturday to take part in a workshop learning about and constructing their own miniature Inukshuk out of scraps of granite under the supervision of local artist A.J. Bedard.

Prior to gluing the flat chunks of granite together, each of the participants drafted a paper version of what their Inukshuk should look like.

The original Inukshuks are larger stone structures of different shapes and sizes erected by the Inuit and designed to inform people

about the area, to give directions or to honour someone from the tribe. Some of the works in the photo exhibit date back to before the 10th century.

In the photo, Margaret Logan-White of Sherbrooke waits while her crazy-glued Inukshuk dries. And Brenda McIntyre and her seven-year old daughter of Stanstead proudly showed their Inukshuk creations. "We don't know where we are going to put them," Brenda said.

The show, called "Places of Power, Objects of Veneration" is on loan from the Canadian Museum of Civilization and is a collection of photographs of Norman Hallendy, depicting places and objects of the Canadian Arctic.

- Gordon Alexander

Weather

Today: Sunny. High plus 1.

Tuesday: Cloudy. Low minus 7. High plus 2.

Wednesday: Mix of sun and cloud. Low minus 10. High plus 3.

Thursday: Showers. Low minus 1. High 7.

Ben by Daniel Shelton



There's no polite way to say this

C. diff superbug cure is a bit.... gross

By Rita Legault
SHERBROOKE

Some of us worry that someday we may have to ask a loved one for one of their kidneys, part of their liver, or a little bone marrow for a life saving transplant. But few of us imagine we will ever ask a relative to give us crap — literally.

Fecal transplants have been successful in the treatment of the devastating and sometimes deadly *Clostridium difficile* superbug. And the treatment may become more and more common as outbreaks continue to plague hospitals, says a Sherbrooke specialist who is one of the very few Canadian doctors to use the technique.

While the procedure sounds gross — even to some doctors — gastroenterologist Dr. Diane Langelier from the Centre hospitalier universitaire de Sherbrooke said it's a surefire cure for *C. difficile*.

"It's effective. It's cheap and there have been no complications, no infections or fever, in any of the patients I have treated with it."

One of the most common infections acquired in hospitals and long term care centres, *C. difficile* grows in the large bowel after antibiotics kill off the beneficial bacteria in the intestines and colon of patients, which allows the nasty invader to take over.

The virulent bacterium multiply and produce toxins that cause a number of symptoms including chronic diarrhea, fever, dehydration, colitis, abdominal cramps and, in extreme cases, the infection can lead to death. Elderly patients and those with weak immune systems are at a higher risk of infection and

death.

A fecal transplant, also called fecal flora therapy, consists of injecting feces from healthy individuals into the bowels of patients suffering from recurring bouts of *C. difficile* to help restore normal intestinal function.

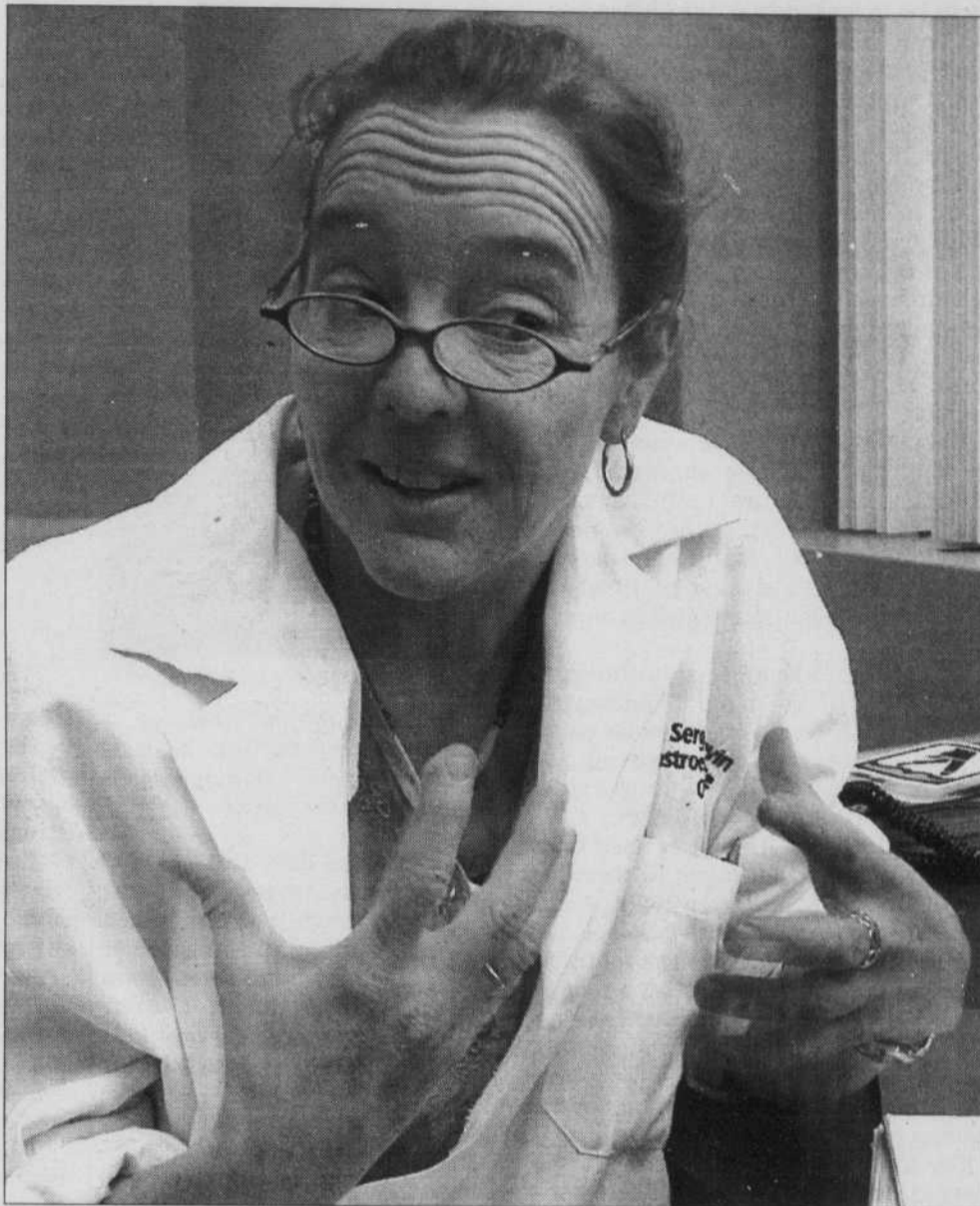
CHUS gastroenterologist Langelier, who has performed the procedure 30 times over the past 15 years, says the donor's stool "is full of intestinal flora that helps rebuild the ecosystem of the patient's bowel, block the proliferation of *C. difficile*, and rebuild the normal intestinal bacteria the patients had before they contracted the bug."

While fecal transplants are an effective treatment in patients with recurring outbreaks of *C. difficile*, the procedure is rare because few doctors know about it. The treatment is also infrequent because it is only done on those scarce patients who suffer from recurring outbreaks of *C. difficile*, said Langelier, who recently presented the technique to a conference of Quebec and Spanish gastroenterologists.

Even specialists who deal with stomach and bowel ailments made faces when she mentioned the title of her fecal transplant presentation, Langelier said.

"We decided at the conference we have to come up with a less disgusting term, like fecal bacteriotherapy," she said. "I'm asking for suggestions between now and the end of December."

Langelier told *The Record* she first used the technique in the early '90s at the suggestion of CHUS gastroenterologist Dr. Henry Haddad, who had read articles about the



PERRY BEATON

Dr. Diane Langelier says her therapy is a surefire cure.

Coroner probes soldier's death

Quebec police and the coroner's office are investigating the death of a soldier who came back from Afghanistan as an amputee a year ago after he stepped on a landmine.

Pte. Frederic Couture of the Royal 22nd Regiment was found dead Wednesday night at his parents' home in Roxton Pond, said Lt. Isabelle Riche, of the military's media liaison office in Ottawa.

Local media said the soldier committed suicide, but neither the Quebec provincial police nor the military would provide details on the soldier's death.

"We are deeply affected and we want to stress that we are doing everything we can to provide help and support to the soldiers," Riche said. The Quebec coroner's office and the provincial police have launched an investigation.

Couture, a soldier with the Van Doo regiment of Valcartier, was injured in December 2006 when he stepped on a landmine in the Pashmul area, about 25 kilometres west of Kandahar City. Part of his leg had to be amputated.

In media interviews after he came back, Couture, now in a wheelchair, minimized the impact of his injury. Georges Dumont, a veteran who founded a support group and has sued the government for failing to provide treatment for soldiers suffering from post traumatic stress disorder, said Couture turned down his offer for help and counselling.

- CanWest News Service

technique which consisted of injecting fecal matter through a rectal tube.

Langelier had a patient who was dealing with a fifth or sixth recurring episode of *C. difficile* and Haddad came to her with the recipe for the fecal enema.

The experience was a success and from 1992 to 2003 the CHUS treated 11 cases.

But in 2003, the hospital was hit with an epidemic of *C. difficile*; there were more patients infected and more problems with recurring infections, said Langelier.

The superbug has been linked to the deaths of at least 2,000 people in Quebec since

2003. Here at the CHUS, and at other hospitals in the Townships and the Montérégie, a much more virulent strain of the superbug was detected.

Langelier said that in 2004 and '05, 16 patients received fecal transplants. In 2006, none were performed and this year a single patient was treated with fecal therapy.

"We have a better control of the situation," she said.

The CHUS some reported 360 case of *C. difficile* between March 2003 and March 2004 year. In 2004-'05, there were 228 cases and in 2005-'06, fewer than 100.

The number of cases dropped another 35 per cent this year.

The overuse of certain antibiotics has been blamed for outbreaks because they destroy the intestinal lining and make the patient more susceptible to the superbug. Yet

infected individuals are treated with strong antibiotics such as vancomycin or flagyl, said Langelier.

About 15 to 20 per cent of those people will have a recurring infection within two

weeks because not all of the spores were destroyed or because they were re-infected by a new one.

The second time patients are given a new round of antibiotics. Half of them get a recurring infection.

"The more relapses a patients has, the more likely they are to have another relapse," Langelier said.

If patients contract a third infection, they are given a decreasing dose of antibiotics over a longer period of time. But if there's a fourth episode, fecal therapy is proposed.

Langelier said that, in general, patients react well when she suggests the unusual therapy. Finding a family member to donate reassures them, she said.

"No one has refused the procedure,"

PLEASE SEE C. DIFF. ON PAGE 4

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RECORD

TOWER:

CONT'D FROM PAGE 1

approximate mid-point of the tower. It will be 16 feet wide at one end and 24 feet wide where it meets the tower. A glass passageway will lead into the tower, which is going to be office and work space. There will be another extension on the north side which will be our music room."

Not all homes have music rooms, but Walsh and Grenier have both been members of La Farandole, an established and well-known choir based in Racine. Their two daughters, in addition to other activities, are involved in music and play piano and violin respectively, with promise.

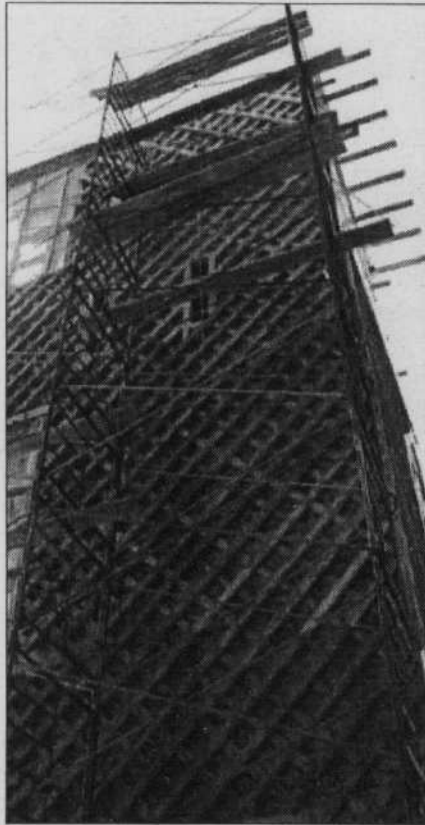
Maquettes and blueprints are tools of the trade for the couple who have been working as architectural technicians for over 20 years. Grenier, within the next several months, will complete the paperwork necessary to be fully qualified as both a general contractor and as an architect.

"It's going to be a green building," says Grenier of the tower. "The south wall is going to be covered in solar panels and the radiant floor heating is going to be geothermal. We poured the foundation on the imprint left by the original farmhouse. The tower itself is a wood structure—and it might be the tallest wood structure in Canada. Some of the beams from the old farmhouse are incorporated into it and all the wood comes from our land. On the frame I laid planks and then three layers of two-by-fours set a foot apart at 45 degrees. According to my engineer, the tower can withstand winds of 150 km/hr. I thought of both brick and stone to cover it but we opted for copper. It's durable and attractive, and will continue to be attractive as it changes to brown and finally blue in 15 years or so."

The top two-thirds of the south-facing wall of the tower are inclined at about 70 degrees to maximize the efficiency of the solar panels. The open-air terrace on the south side will have a retractable roof which will give shade in the summer and disappear in the winter to avoid problems with snow.

The north-east corner of the tower, like the top 15 feet, is glass. The spiral staircase, which Grenier welded himself, is tucked into the glassed-in, north-east corner so a visitor, as he climbs upwards, gets more and more of a bird's-eye view of the surrounding forests and fields until from the top he can see Mount Orford to the south and, to the east, Lake Brais and Lake Brompton.

Grenier has built the tower largely by himself. "I've hired cranes to come in to lift windows into place but



COURTESY ULYS

The north face of the tower as it appeared under construction. The single long, narrow window's main function is for ventilation in the summer.

I've done almost everything myself. I cut down the trees, sawed them up into lumber and hammered them into place. I went through 65 boxes of nails, and each box is 50 pounds."

Where, Grenier was asked, did the inspiration for such a project come?

"I think I've always been innovative and I've always been attracted to things done on a heroic scale," Grenier answers, after a moment or two. "When I was a kid I

loved building things with Lego blocks and Meccano sets. Even as a kid I built big and I won prizes for the things I built. As a student I was attracted to the Bauhaus movement. The design is entirely my own, but it's based to some extent on the Green Building Rating

About 12 days later the patient is ready for fecal therapy and antibiotics are stopped 48 hours before.

On the morning of the procedure, stool from the donor is collected and sent to a sterile microbiology laboratory where it is mixed with saline and strained to create a liquid rich in healthy bowel bacteria.

Meanwhile the patient is prepared for a colonoscopy. Langelier said that at first, the liquid was injected through an enema. But in 2003 and 2004, when the patients were infected with a more virulent strain of the superbug, the technique was reevaluated and it was decided to inject it through colonoscopy, so it would go much further into the colon, close to the start of the large intestine. That not only allows for a better retention of the fluid, it also spreads the good bacteria over a larger area.

Later still, Langelier began injecting the through a nasal gastric tube that brought it straight to the patient's stomach.

In her latest fecal therapy procedures, Langelier has coupled both methods, what she calls treating the patient from both ends. The dual therapy was used in her last 11 cases, all of which led to patients being cured.

Langelier notes that with few medical papers on the

Battlements evoke Camelot

The glass and copper tower rising above the tree tops is just the tip of the metaphoric iceberg. It's a striking and unusual building but the small group of people for whom the tower will eventually be a head office are creating an equally unusual working partnership.

"Eventually," says Olivier Grenier, the tower's architect and builder, "clients will come here and we hope that the Ulys Collective will be able to help them with their projects."

Ulys, for the time being, is housed in a converted horse stable, although a visitor might not immediately realize the building's previous vocation. The sliding glass door opens into a large but noticeably cluttered space: an elaborate chess set, a very large fish tank, shelves of books, filing cabinets, paintings, pottery, a pine table which on closer inspection reveals an aluminum sub-frame that allows the large and heavy table top to rest on an unusually thin wood frame. The space is partitioned into large cubicles where computer screens display coloured wiring diagrams.

The unusual and welcoming space houses the offices of the creative minds and able hands that make up Ulys, namely those of Olivier Grenier, Martine Walsh, Laurent Frey and Claudie Beauregard. Except for Frey, who immigrated from the Alsace region of France and who has a degree in architecture, all are native Quebecers with degrees in architectural technology.

A neighbouring building provides storage space for a remarkable array of tools and instruments that one rarely sees in juxtaposition: for example, a half-dozen chain saws on a shelf behind a large ceramic oven.

"The idea of Ulys came to us on a flight to Strasbourg about three years ago," recalls Grenier. "We want to offer clients a personalized approach to their needs and their lifestyle: design and construction of a home, help in selecting and maximizing the potential of a site, landscaping and even the creation of personalized furniture."

"Let me show you what we did recently

for a client," says Laurent Frey, who came to Canada in 1990 to be the artistic director of MusicPlus/MusiMax and who went gone on to work in advertising and communication before becoming part of Ulys. "Arthur and Merlin is an advertising firm in Montreal. They expanded and moved into a loft carved out of an old textile factory overlooking the Lachine Canal. They wanted the interior design to be functional but also distinctive."

Floor plans and pictures show a round table in a round conference room which divides the loft with offices on one side and work areas on the other. Befitting the firm's name, with its evocation of Camelot, the reception desk hints at a castle's battlements and the main decorative element of the lobby is the gilded skeleton of an apple tree. The overall effect suggests medieval magic.

"That was what we were after, a mixture of poetry and technical audacity," says Grenier.

Not all of the projects undertaken by Ulys are architectural. A recent project completed by the Racine collective was the design and fabrication of an ecclesiastical staff (a sort of mace) commissioned by the abbot at St. Benoit du Lac.

Still, housing is the natural domain of architects and Grenier speaks with considerable animation about plans and projects for the future. Green houses, he says, can be built as cheaply as conventional houses. Pre-fabricated homes can be designed to allow other rooms, or other wings to be easily added. The creation of new materials and ever-improving building techniques mean that the possibilities available to designers and builders are constantly growing.

Ironically, Grenier notes, while Ulys has picked up commissions and contracts in Ottawa, Montreal, Quebec City and even Europe, it has not so far piqued much interest locally.

"Perhaps it's true," Grenier notes, "that no man is a prophet in his own land."

— Nick Fonda

System and conforms to the national building code. A home is in some ways an extension of oneself and this is going to be my home and my workspace. It's also going to be a visual manifestation of the Ulys Collective, but that's another story

C. DIFF:

CONT'D FROM PAGE 3

she said. "After coming back to the hospital three or four times, and antibiotics won't get rid of their problem, they are willing to try it."

NEW ANTIBIOTICS

Once patients agree to a fecal transplant, they are started on a new round of antibiotics while a donor is found and tested. The therapy is administered once the antibiotics have begun to work and patients are feeling a little better.

Langelier said the donor is usually a close relative, a spouse, one of the patient's children, a sibling, other relatives or a good friend. Langelier said she usually tests two candidates in case one has to be rejected.

Potential donors give a stool sample that is tested for bowel disease as well as parasites and bacteria (including *C. difficile*). Some people carry the *C. difficile* bug but are asymptomatic, Langelier said. They are also given blood tests to check for other diseases such as hepatitis and HIV.

The Oscars for immigrants

'These people are helping put Sherbrooke on the map'

By Jen Young
RECORD CORRESPONDENT

While the Taylor-Bouchard "reasonable accommodation" omission tours the province listening to Quebecers riff about newcomers — and not always in a welcoming manner — seven immigrants in the Sherbrooke area will be picking up awards Tuesday night in thanks for helping make the Townships a better place for everyone.

"It's from being around the immigrants that you learn that there is way more positive things happening than negative," said Sherbrooke City Councillor Pierre Boisvert, who also heads the municipality's Intercultural and Diversity Committee.

"It's just like any marriage, it's never perfect, but it takes communication," said Boisvert, who has been focusing on local immigration since 2002. "Immigrants are bringing new ideas, culture, and knowledge and that helps all of us."

There are some 11,000 immigrants living in the Townships, he said.

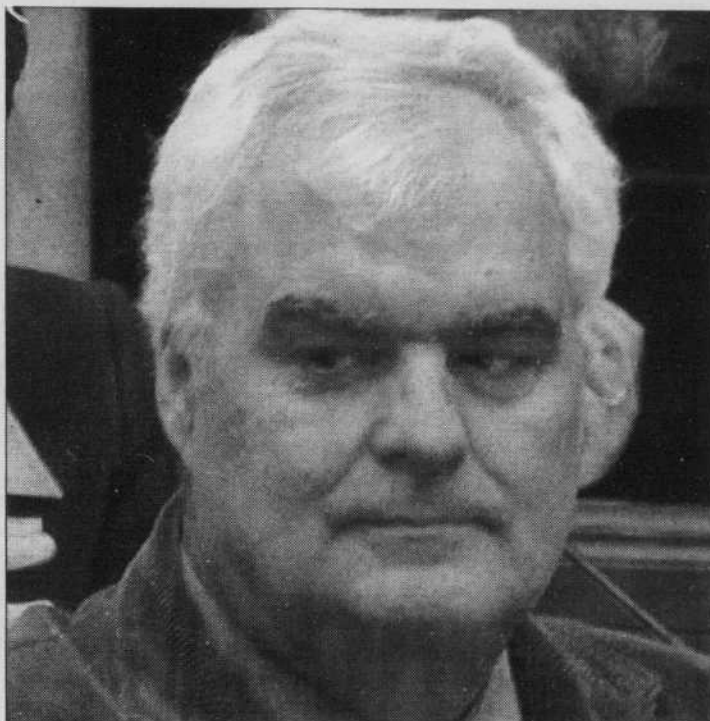
The Prix REMI, which is short for "reconnaissance mérite immigrant", is sort of like the Oscars, said Boisvert, and will see seven individuals presented with trophies in the shape of a tree that symbolizes the recipient's effort to take root in the Townships.

"This is a unique way of acknowledging and encouraging immigrants and visible minorities," Boisvert said. "When they take the big step to move here they tend to lose some of their confidence and this is a beneficial way of giving back their sense of pride. The awards also help show the public what important and impressive things these individuals are doing. Some of these people are helping put Sherbrooke on the map."

In fact, according to the event's website, it's actually intended to help bring in even more immigrants to the region and publicize a program, Promo Entreprises Immigrants, that will provide support for new business launches and expansion projects.

Winners will be chosen from seven categories ranging from sports to entrepreneurship and 20 nominees were named.

"Some of the accomplishments these people have worked so hard for are amazing," he



PERRY BEATON/FILE

Pierre Boisvert helped pick the award winners at tomorrow night's big shindig.

said. "One is a doctor who works to find alternative measures for people addicted to pain killers and we have two women engineers. How often do you see a woman engineer in the first place?"

"One is working to avoid the use of pollutants and then there is a nominee who has worked to help stimulate children into going into the field of science. That is very important. Where would we be without science? These are all for one category and there are six more with impressive individuals just like this. My goodness, how do you pick one?"

Nonetheless, Boisvert had to make difficult decisions, as he also sits on the panel of judges.

The Nov. 20 gala will be emceed by artists Romuald Lessard and Stéphane Baillargeon and cost some \$20,000 to pull off. Though Boisvert believes the event to be worth every penny, he says that hopefully after next year it will sustain itself.

"This event is not about money.... Last year we ran a deficit of about \$6,000 and this year we will have a smaller one but after three years it should be self sufficient."

After thousands of dollars of grants and donations, including \$4,000 from the City of Sherbrooke and \$5,000 from the Quebec immigration ministry, the event is completely dependent on sales of \$35 tickets, which must be bought ahead of time by calling 819-823-9609.

This is the second annual Prix Rémi, and was organized by a group of University of Sherbrooke students.

The event begins at 6:30 p.m. at the Granada Theatre in Sherbrooke, on Wellington Street right downtown.

BRIEFS

Guilty of Sherbrooke school arson

A 16-year-old youth pleaded guilty last week to setting fire to École de la Montée's Le Ber pavilion last July.

The boy, whose identity is protected by law, admitted in Quebec youth Court Nov. 15 that he broke into the school last July and started a fire, La Tribune reported. The former student of the high school, accompanied by his parents, was not under the influence or drugs or alcohol at the time and told the judge he started the fires out of anger.

He remains free under certain conditions until his sentencing in early 2008.

The July 27 fire affected the top three storeys of the secondary school that belongs to the Commission scolaire de la Région-de-Sherbrooke. The opening of a portion of the school was delayed several days and the cost of renovations is now pegged at over a half a million dollars.

Granby hospital spends money

The Granby hospital has spent \$130,000 on new and specialized operating room equipment.

A new endoscopic surgery room was inaugurated last week, entirely funded by donors (including some \$41,000 collected from a 2006 volunteer-run stage show).

The new space is being touted as an example of the hospital's so-far successful five-year fundraising campaign, which has set targets from last year through to 2010. The total goal is \$5.5 million, with slightly more than half expected to come from visitor parking fees and patient television rentals; about \$1 million is based on hoped-for fundraising events organized by volunteers.

However, the hospital is also running separate fundraising campaigns for specific programs such as a modern pediatrics unit and an expanded intensive care department.

Speed dating — for entrepreneurs

Friday was Quebec's Journée nationale de la culture entrepreneuriale, a day set aside to encourage young people to get

into business.

And the Carrefour Jeunesse-Emploi Memphrémagog jumped into the fray with a speed-dating event for potential entrepreneurs.

The first took place Tuesday with La Ruche high school students and about a dozen Memphrémagog entrepreneurs. The second was Thursday and was held for Collège Notre-Dame des Servites students.

"The idea of quick get-to-know-yous was picked up and adapted for young people, to allow them to connect with multiple area entrepreneurs and allow them to discover what it is that drives them, that they are passionate about," said the carrefour's Noémi Lamoureux-Lalonde in a release.

"This speed dating allowed students to demystify the world of business and learn about what is needed to become an entrepreneur in terms of work and ideas and culture."

Memphré CLD, Bleu Lavande

The CLD de la MRC de Memphrémagog picked up a marketing award last week. Or rather, its tourism arm did.

The Société des Attractions Touristiques du Québec recognized the local development centre's marketing plan in the under-\$500,000 budget category for the "100% ouvert, 100% hiver" campaign launched after bad publicity and a labour-management battle at Mount Orford hurt the region economically. The winter 2006-'07 campaign aimed at telling Quebecers that the ski hill was open for business. A part of the budget was donated by local merchants; another chunk came from the Quebec government.

Other Townships groups also won honours.

The Fitch Bay-based Bleu Lavande flower farm and shop won Best Internet site in the over \$500,000 category.

Sherbrooke's Musée de la nature et des sciences won in the Promotional Pamphlet category (more than \$500,000 budget).

And finally, Valcartier's Village Vacances picked up the award for best marketing strategy in the over \$500,000 category.

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THE
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Community Forum

LETTERS TO THE EDITOR

Disrespecting a veteran

This is a copy of a letter sent to Waterville Mayor Gerald Boudreau.

DEAR MR. BOUDREAU

I, too attended the Remembrance Day Ceremony in North Hatley where I observed you laying a wreath in memory of the many veterans who have fought to save our country; some returned home, others not as fortunate. I, too, laid a wreath, but in Lennoxville, on behalf of Little Forks Branch of the United Empire Loyalists, Association of Canada in memory of the veterans who served in the American Revolution.

The man your municipality has defamed by removing his name from a portion of Highway 143 — after being in place for 14 years — is that of Gilbert Hyatt, who fought for Great Britain, now our country, during the American Revolution. He was a veteran too.

Since he first settled in this area, why was it so important to remove his name off this highway, when we have just recently heard of the re-naming of a portion of Highway 20 (located between the Turcot interchange in Montreal and Rivière-Baudette in the direction of the Quebec-Ontario border), which will now be known as the Veterans Memorial Highway ["Remembrance in Danville, Nov. 13 Record].

To quote Richmond Liberal MNA Yvon Vallières, "These places have an important meaning for veterans and their families and it is important to pay tribute to everyone who have served our country, who are serving to-day and to recognize the great value of their commitment."

The re-naming is part of the province's Politique de Désignation Commémorative, which aims to recall events that have marked Quebec history and to pay homage to those who contributed to those events.

Since the weak excuse was that people got lost on this short stretch of highway between the two bridges, heaven forbid those many people trying to travel between Montreal and the Ontario border!

Isn't it sad when not all veterans are treated with the same respect!

BEV. LOOMIS,
U.E. President
Little Forks Branch UELAC

She's unhappy

DEAR EDITOR

I, like many others, went to the Hatley Wild Warehouse Sale I was expecting, as the ad in Thursday's Record proclaimed, to fill a small bag for \$15 or a large bag for \$30.

About 10:30 a.m., when the warehouse was full of people, the lady announced that you could only get 5 items in a small bag and 10 items in a large bag.

I saw people leave bags that they started to fill.

The lady in charge put up signs that set the limits on articles.

BARBARA RIVETT
Waterville

Quebec is losing again

Stagnating population growth

The Atlantic provinces and Quebec traditionally have supplied the rest of the country, mainly Ontario and the western provinces, with new workers seeking higher wages and a better life.

Now, according to recent figures from Statistics Canada, significant shifts in population growth and patterns of inter-provincial migration are chipping away at Ontario's place as the great reaper of immigrants from both without and within Canada. And Quebec is once again losing people to the other provinces, after several years when the outflow stopped.

In effect, the two central provinces, long the envy of Atlantic and western Canadians, are showing signs of stagnating population growth which, for Ontario at least, is a new and unwelcome development.

In its latest bulletin on population trends based on estimates from June this year, Statscan says Quebec's population hit 7.7 million, compared with Ontario's 12.8 million. Together the two provinces make up 62 per cent of the country's estimated 32.9 million people.

And the latest figures show that between 2005-'06 and 2006-'07, Ontario's population growth rate slowed from 139,882 (1.1 per cent) to 98,533 (0.8 per cent), the slowest since 1980-'81.

Also, the net outflow from Ontario to other parts of the country — that is, the number who left the province compared with the number who arrived — was 36,200, the highest in recent history, Statscan said.

One reason for the relatively high outflow appears to be the drop in the proportion of Canada's foreign immigrants who are attracted to Ontario. In 2005-'06, 59.6 per cent of immigrants coming to Canada went to Ontario, compared with 48.5 per cent in 2006-'07.

Another reason may be the loss of manufacturing jobs in the last few years, especially in the auto industry.

In the last year (to June), for the first time in 10 years, there was also an interprovincial outflow from Quebec of 15,600. Nevertheless, the province's population growth rate remained stable at 0.7 per cent in the last two years.

It is ironic that Alberta gained about 51,200 people from other provinces,

almost the same number who left Quebec and Ontario. Alberta's population increase for the last year was 103,400, a new record, and its total population has now reached 3,474,000.

The outflow figures for Quebec seem to reflect tensions among new Quebecers brought on by the anti-immigration views voiced by a small group of extremists. Some of those views were expressed before the commission now touring the province (and due in the Eastern Townships this week) that is soliciting views on "reasonable accommodation" for immigrants.

Jack Jedwab, head of the Association of Canadian Studies, said it is often economic opportunity that draws people away from Quebec, but the provincial debate over how to accommodate different ethnic and religious beliefs likely has played a part.

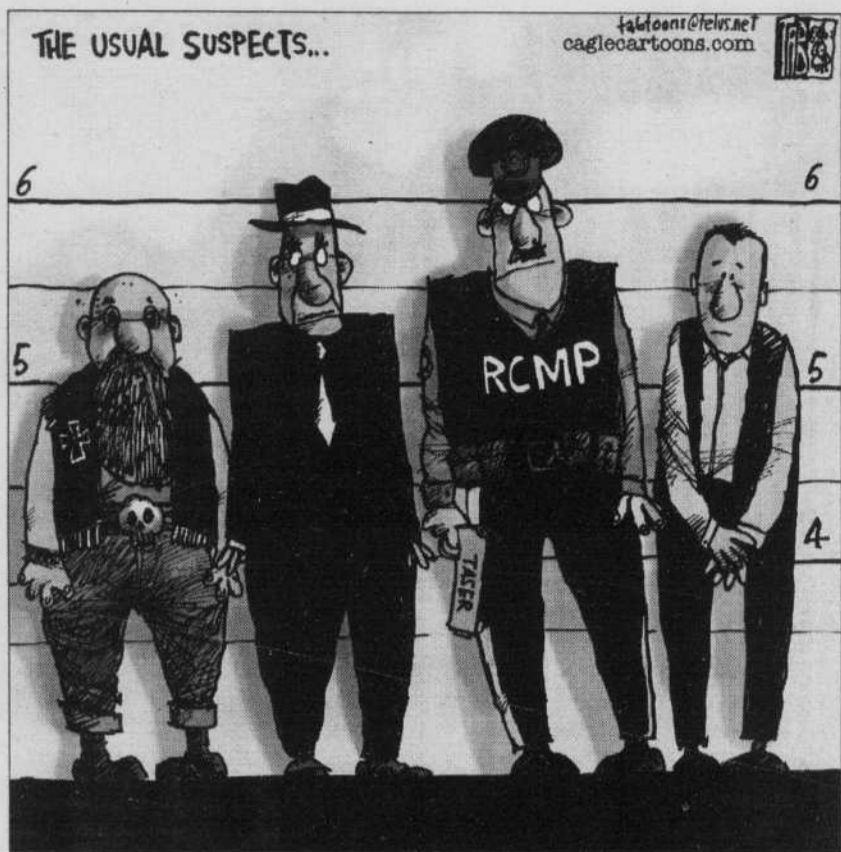
"If they're watching a lot of noise in the media, in what has been a very media-generated type of discussion, and seeing a lot of negative commentary arising out of that, directed at religious minorities and immigrants on issues of immigration and assimilation — I believe it might be factored into some of their thinking," he told the CBC.

The long-term damage to Quebec caused by the loss of population can be illustrated by a few figures. In 1951, the province's population stood at 4 million, while Ontario's was 4.6 million, a difference of about 600,000.

By mid-2007 — 56 years later — the population gap between Quebec and Ontario was 5.1 million. And the combined population of Alberta and British Columbia is 7.85 million, about 150,000 more than Quebec's. The gaps are growing.

It used to be an axiom of Canadian life to say that Quebec's loss of people is Ontario's gain. This is no longer the case. The new reality for Ontarians is that for the first time anyone can remember, there are more people leaving than entering the province.

TOWNSHIPPER JAMES FERRABEE, A FORMER DOMESTIC AND FOREIGN CORRESPONDENT FOR SOUTHAM NEWS, WRITES A MONTHLY COLUMN FOR THE INSTITUTE FOR RESEARCH ON PUBLIC POLICY. HE CAN BE CONTACTED AT JFERRABEE@PPPOE.CA.



VIEWPOINT

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THE RECORD

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Our School's Page

LENNOXVILLE VOCATIONAL TRAINING CENTRE

NEW CENTRE DIRECTOR

The school year began with the appointment of our new Centre Director, Mr. Camille McLaughlin who hails from New Brunswick. Mr. McLaughlin has extensive experience as a teacher and administrator in the vocational training field and the students and staff wish him well in his new role.

All of the centre's programs are well underway and the students have been kept very busy. The daily routine is filled with field trips in the workplace, stage placements and visits to trade shows, along with the intense training that they receive in the classroom and shop environment.

GRADUATES

Students from the Accounting, Secretarial, Professional Sales, Machining Technics and Welding-Fitting programs who started in 2006-'07 school year have recently graduated from our centre and we are proud to announce that the majority of them have found permanent employment. Our Health, Assistance and Nursing Care program will send 17 qualified Licensed Practical Nurses into the health field by the end of December.

We are all extremely proud of our graduates and wish them well in their future endeavours. They will be recognized at our official graduation and awards ceremony which will be held on Saturday, Dec. 15 from 2 to 5 p.m.

STUDENT OF THE MONTH

The Vocational Training Centre has created a "Student of the Month" award and our first two award winners are Elizabeth MacDonald, Accounting program for the month of October, and Jaimie McKinney, Health Assistance and Nursing Care program for the month of November. The criterion to win this award varies in each program however some of it is based on effort, good attendance, positive attitude, helpfulness, etc. Congratulations Elizabeth and Jaimie for all your hard work!

OPEN HOUSE

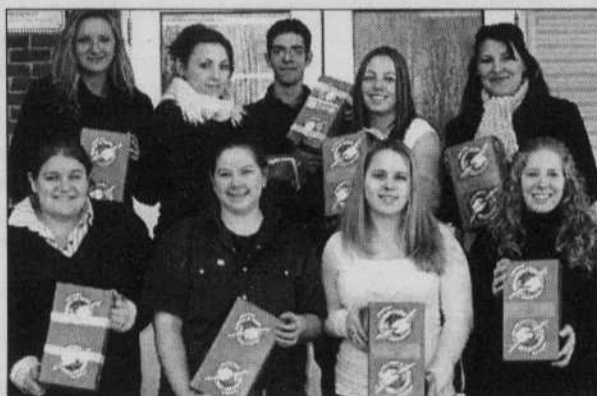
On Wednesday, Nov. 7 the centre opened its doors to welcome members of the community along with family members of our students. We also had a visit from over 80 students from Richmond Regional High School and New Horizons Adult Ed Centre. We scheduled this event so it coincided with the Vocational and Technical Training week held province wide. During the same week we also had a visit from 36 immigrant students who are enrolled in the "Francisation" program at Centre St. Michel. From all accounts the open house was a success thanks to all the hard work of our students and staff.

HALLOWEEN

Students and staff, young and old, had lots of fun on Halloween day as they dressed up in many well thought-out costumes. The winners of the day were definitely Nick Van Zuiden, a student in the Health program, and Eugene Geneau, one of our staff members, who made quite good looking females!



At left: Nick van Zuiden and Eugene Geneau were good sports dressing up as women for Halloween. Above: Elizabeth MacDonald and staff.



CHRISTMAS SHOE BOX CAMPAIGN

The students and staff once again this year collected toys, hygiene items, socks, crayons, etc. to fill over 40 shoe boxes to send to children of impoverished countries through the Greenridge Baptist Church. Thanks go to the Student Council reps for helping to organize the collection for this worthwhile cause.



At left, members of the 2007-'08 Student Council. Above: Jaimie McKinney and staff.

BABY:

CONT'D FROM PAGE 7

They survive the nine months in ways that are both stressful and often hilarious.

What bothered me is how much is left out. How many heavily pregnant star TV anchors have you seen lately — or ever — under klieg lights? Yet for Alison there seems to be no problems. Reality breaks in with morning sickness, but that is really just comic effect. (Ask any mother how funny it actually is.)

I don't want to come across as a grumpy old moralizer, but here we are. Creative art brings a message whether it is sculpture, painting, books or movies. The message here is that you can get plastered out of your skull, knocked up, and after a few problems and a few laughs everything works out fine. To me it looks like a 2007 take on Cinderella. Tess of the d'Uberilles and Les Misérables went too far in the other direction. But be it a century ago or last week, having a baby is just

the beginning.

Many things in life can be taken in stride. A baby is not one of them. Life changes and nothing is ever the same. It's beautiful and wonderful, but it's also painful.

Nothing prepares you for the day the baby comes out of the womb — nor the days weeks months and years that follow. Think career plans. Cori Howard in her book about motherhood refers to how incompatible are the demands of a job and the needs of a baby. Something has to give.

Ask any mother about the sleep factor, or lack of it. Or postpartum depression. Ask the thousands and thousands of single mums struggling to survive below the poverty line. Financial support from fathers can be irregular or worse. Families may still help but things have changed over the last 50 years. (Our five grown ups are, on average, thousands of miles away from one another and us the parents.) There may be no family support at all and society's safety net has huge holes. Think not enough to eat, or not enough money to buy a gift to for your little girl to take to

a friend's party. (Try explaining that one to your child.)

Knocked Up admits the tensions and strains, but finally it's a feel good message. Glamour, humour, and cooperation overcome all. Meanwhile I'm thinking of the song from Chorus Line: "That ain't it guys, that ain't it." One hopes that young and not so young girls and boys are not conned into believing that yeah, it hurts a bit, but things work out and it's all so beautiful. In movies that's true. In real life those slings and arrows may just keep coming.

Knocked Up is worth seeing. It makes you laugh. It may make you cry. It may also offend but it is uplifting to see how constant are our basic human values of caring and mutual support. Despite swift incredible social change those values prevail. Nevertheless the film is distorted.

The director Judd Apatow might call foul: "What is my problem? The movie is a comedy about pregnancy, not about raising babies." My reply: Knocked Up is an art work, and this is the message I took away.

As we say goodbye to our gardens for the year, we have more time to focus on improving our diets and health. Now that fall is quickly fading into winter, I am hoping to take a little time to answer the diet questions many of you have asked over the summer. Today, I like to focus on the little seed that can help us stick to our diets while we improve our health: flax fills the need for high fiber without giving us any carbohydrates to worry about.

Having gone nearly two years without potatoes, rice, pasta and bread, I can attest to the empty feeling left after eating a meal without one of these carbohydrates. Even if you don't want to totally eliminate these carbohydrate rich foods, it's important that everyone over 30 cut back. Once our bodies stop growing around 20, it becomes harder and harder to burn up large amounts of carbohydrates, and unless you are an athlete or have an extremely physically demanding job, there is no justification for a person consuming the volume of carbohydrates that we do.

Not all carbohydrates are bad for us — our body does need a fair amount each day. But on the one hand we forget that our metabolism has changed and that we can't consume high amounts of fats and refined carbohydrates like we did during our teen years. (There are many books and articles on the Internet that help teach which foods are best, and which send the blood sugar soaring, but all of this takes time to learn, so let's start slowly.)

The food I'd like to discuss today is good for both dieters and those not

The little seed that could

Try flax

watching their weight. Flax seeds could easily be called a wonder food; these tiny seeds were first grown in North America when a farmer named Lois Hebert brought them to New France in 1617.

It wasn't long before flax production flourished and people began growing it westward across both Canada and the U.S. During the large European migration of the mid 1800s many settlers brought flax seeds with them as they traveled across the Atlantic from their homelands, helping flax expand throughout the western prairie lands.

NATURE'S WAY

ANNA MAY KINNEY

IT'S BEEN AROUND FOREVER

Flax can be traced back to the earliest beginnings of civilization. Word of its usefulness spread from country to country and it was not long before populations everywhere were growing it either for its oil rich seed (used in food products as well as a variety of commercial products), or for the vast amount of fibre that it produced. There is evidence that flax was cultivated in Babylon as early as 3,000 B.C. Hieroglyphics inside ancient burial chambers show pictures of people harvesting and carrying flax and remnants of clothing were made of flax fibres.

There is evidence that the oil rich seeds have been valued as a food source since the earliest times. Around 650 B.C. Hippocrates recommended the use of flax to relieve abdominal pains, and a

few years later Theophrastus claimed it made a good cough remedy. By the 8th century A.D. Charlemagne thought so highly of flax that he passed laws and regulations requiring his subjects to consume this vitamin rich food.

All these years later flax has been re-examined and recognized as a vital ingredient for good health, especially given the omega 3 fatty acid it contains. We are seeing it added to our baked goods, fed to our chickens in order to produce eggs high in omega 3, even added to livestock feed and pet foods. Pure flax seed oil contains more than twice the amount of omega-3 fatty acids as does fish oil. While you do get omega 3 from eating the flax seeds, the oil contains a much higher concentration of this vital nutrient, but the seeds offer vitamins, minerals and fibre that the oil does not provide.

The only problem with eating flax seeds is that chewing them does not break them down far enough to be absorbed into the body, so the solution is taking fresh seeds and grinding them into meal. As the nutritional life of flax meal is only a few days, this product should not be purchased but made fresh at home as needed.

I use a little stainless steel coffee bean grinder. Grind only what can be used up in three or four days.

Seeds should be stored in an airtight container in a cool dark place where they will safely keep for about six months. Flax oil goes rancid extremely fast, and should be purchased in small amounts, kept refrigerated

and used up within a month or two.

It's ideal in salads dressings.

Why bother with flax?

At a time in our history when health problems are becoming the number one issue and attention is focusing more on prevention than cure, it's up to us to take the time to adjust our diets to ensure that many of the health crises going through our society do not happen to us. This humble flax seed maybe the answer.

Almost all researchers are in agreement that omega-3 fat can

help prevent many serious conditions. The anti-inflammatory hormone-like molecules produced by our body when omega-3 is absorbed helps with osteoarthritis, rheumatoid arthritis, osteoporosis, migraine headaches and asthma. Their interaction with omega-6 also helps reduce bone loss.

There's a diabetes epidemic in North America and omega-3 helps a diabetic body respond to insulin.

Of course, we also need to eliminate as much saturated and hydrogenated trans fat as possible from our diets.

The two other main concerns for those of us over 50 are high blood pressure and cholesterol. Research has shown that a diet rich in ground flaxseed helps with blood pressure and cholesterol. Do think about giving flax a try.



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By Mike Hickey
SPECIAL TO THE RECORD

The Sherbrooke Volontaires captured their first AA premier division Bol d'Or Friday night in Trois-Rivières although they needed a little help in closing out a perfect season.

The Cégep de Sherbrooke edged Notre Dame 13-10 in overtime, scoring the tying points in the dying minutes of regulation.

The Volontaires, who defeated Notre Dame during the regular season, jumped out to a 7-0 first half lead on a 49-yard run by Renaud Bouthillette but the second half belonged to Notre Dame.

They scored 10 unanswered points and appeared to have the game in hand when they obtained possession of the ball at their own 20-yard line with just over two minutes left in regulation time. A procedure penalty and three safe running plays left Notre Dame with a fourth and long situation with less than 30 seconds to play. The coaching staff instructed quarterback Jean Gabriel Ferragne to take the snap, kill some clock by running around and then take a safety in the end zone.

For whatever reason, Ferragne never made it to the end zone and was tackled by a slew of Sherbrooke defenders inside the Notre Dame 10-yard line.

Sherbrooke took possession of the ball with time for one play. They elected to kick a potential game winning field goal but needed two tries. The first attempt was no good but a Notre Dame penalty gave kicker Mathieu Paquette a second try and he drilled the ball through the uprights to send the game into extra time.

Notre Dame received the ball first but a fumble ended their drive prematurely. Now all Sherbrooke needed was a field goal and they quickly marched down the field easily

within Paquette's range. The kick was touched at the line by a Notre Dame defender, hit the upright, bounced off the upright and then over the upright for the win.

"It felt good to win because during the regular season we were the best team," assistant coach K.O. Mullin said after the win. "You have to give a lot of credit to Notre Dame because they really defended us well. In the end it was a typical Bol d'Or game, close to the very end.

Mullin certainly knows a thing or two about Bol d'Or games; during his illustrious coaching career he has coached nine provincial champions.

Paquette, who accounted for seven points with a convert and the tying and winning field goals, was named the game's Most Valuable Player.

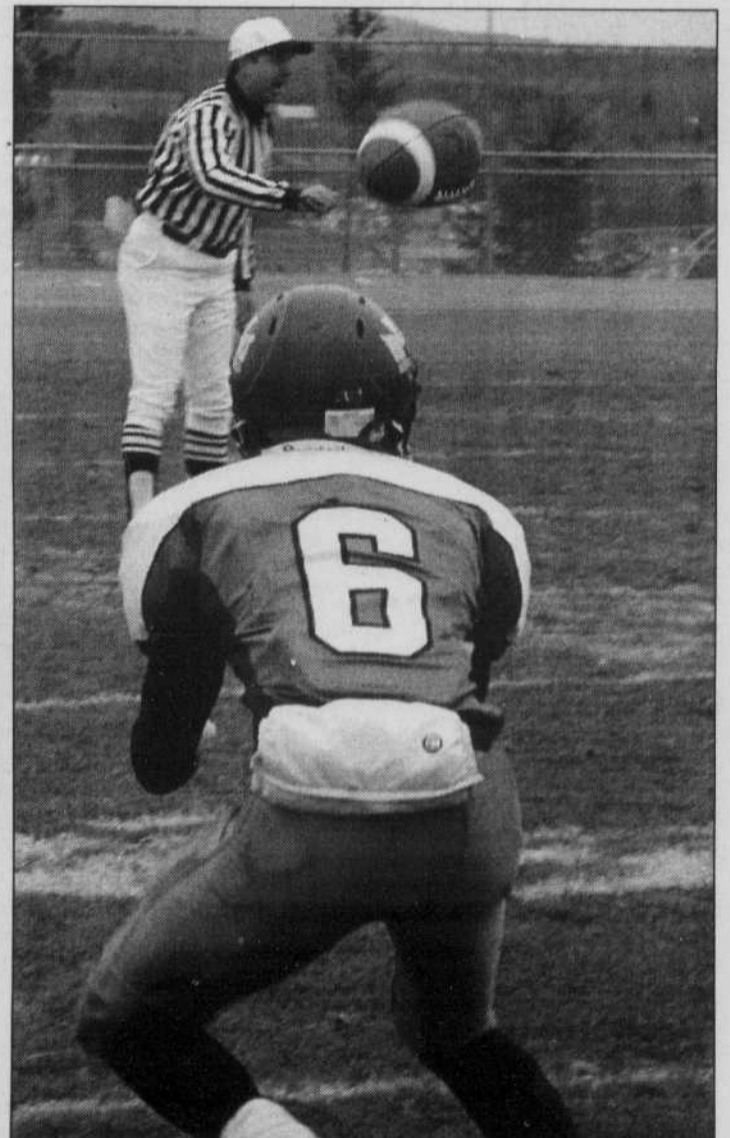


PERRY BEATON/ FILE PHOTO

The Volontaires forced overtime.



PERRY BEATON/ FILE



PERRY BEATON/ FILE



PERRY BEATON

The men lost in a squeaker.

Men fall to Concordia in 65-63 thriller

Took the lead with less than two minutes left

By Mike Hickey

SPECIAL TO THE RECORD

A last-second three-point attempt by Bishop's guard Jordan Winnett fell just short on Friday evening, allowing the visiting Concordia Stingers to escape with a 65-63 win over the Gaiters and ending the Bishop's men's team's perfect league record in the process.

Playing in their regular-season opener, the third ranked Stingers started off strong, jumping out to a 16-point lead late in the first quarter. The Gaiters, however, chipped away at the Stingers lead throughout the second, cutting the score to 35-29 by halftime.

"As a coach you look back and you see a hundred things that could have happened that didn't happen that mar the physical effort," Gaiter head coach Eddie Pomykala said after the game. "We are pleased with the kind of physical effort our guys give, they play hard and we did not quit. That's why it's tough to accept the fact that mentally we were not in sync. When you play a top 10 team (this one happened to be ranked No. 3) you have to have all aspects of your game clicking. We just spotted them an early hole, our posts got into early foul trouble and it is tough digging yourself out of a big deficit."

But the Gaiters did climb out of the hole and after outscoring Concordia 15-11 in the third quarter — to cut the deficit to just three points, 47-44 — the home team was ready to make a

fourth-quarter run. Bishop's continued to trade baskets with Concordia throughout the final period before taking their first lead of the game at 63-62 with less than two minutes remaining.

Concordia regained the lead on their next possession after a jump shot by guard Dwayne Buckley made the score 64-63. After a quick pair of fouls resulted in Junior Nicolas fouling out, Concordia centre Jamal Gallier connected on one of two free throws to extend the Stingers lead to 65-63 with 10 seconds remaining. The Gaiters managed to push the ball down the court before Winnett's missed jumper ended the Gaiters comeback bid.

For the third time in as many games, Nicolas led the Gaiters in scoring, finishing with 17 points on 6-of-11 shooting. Fourth-year forward Doug McCooey had arguably his best game of the season as he finished with 14 points on 5 of 7 shooting while Winnett chipped in with nine points.

Gallier's double-double (16 points, 10 rebounds) led the Stingers while Levi Vann chipped in with 12 points.

"This was a game in which he could have beat Concordia and we didn't take advantage of the opportunity," Pomykala said. "Dwayne Buckley made some real big plays for Concordia down the stretch that helped them win the game."

Bishop's (6-6, 6-5 CIS, 2-1 QUBL) will host the McGill Redmen next Saturday evening (at Mitchell Gym at 8 p.m.) in their final game before the Christmas break. The Stingers' (7-6, 5-1 CIS, 1-0 QUBL) next game is also against the Redmen on Friday.

Women record a win

Come alive in second half

By Mike Hickey

SPECIAL TO THE RECORD

It was a pretty display of offensive firepower but the Bishop's Gaiters women's team recorded their first Quebec University Basketball League win of the regular season Friday evening when they defeated the visiting Concordia Stingers 55-41.

The defensive tone of the game was set in the first few minutes when the Gaiters came up with two steals, two blocked shots and a turnover in Concordia's first five possessions.

"They had five possessions and didn't get a shot on net," head coach Rod Gilpin commented. "It felt like we dominated them in the first half but we only had a five-point lead at half-time."

The problem was the Gaiters were struggling to score points as well, missing easy shots and committing costly turnovers.

Both teams' inability to put points on the board in the first half was clearly demonstrated in their respective shooting percentages. The Gaiters shot just 29 per cent (9/31) from the field while the Stingers connected on a mere 16.7 per cent (5/30) of their field goal attempts. Despite their offensive struggles, the Gaiters nonetheless led the Stingers 20-15 at halftime.

After Gilpin reassured his team at half time, Bishop's offence came alive in the second half as they outscored Concordia 23-12 in the third quarter to put the game away. Although the Stingers staged a late rally midway through the fourth quarter, it was a classic case of too little, too late as the Gaiters cruised to a comfortable 14-point win.

"There was no strategy talk at halftime, we just needed to put the ball in the net and that is what we did in the second half," Gilpin said. "I told them to just keep-

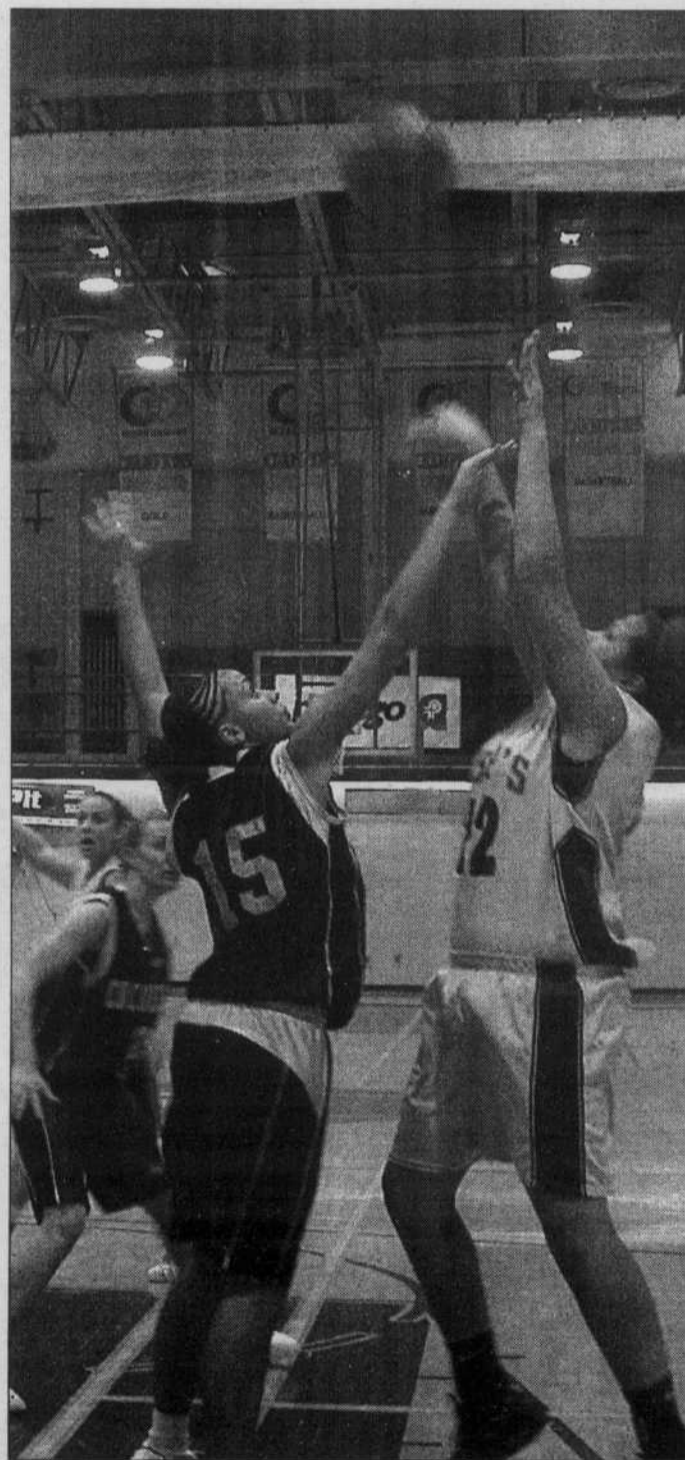
ing do what they were doing and the ball would drop in."

Third-year centre Amanda Piribauer led the Gaiters with 14 points, seven rebounds and three blocks. Veteran forward Courtney Cook chipped in with 10 points and six rebounds while second-year forward Sarah Gutkin-Sweezy finished with nine points.

Ebony Morris led the way for the Stingers with a 16 point, 11 rebound double-double performance. Heather Eason also chipped in with six points and five rebounds.

One of the key factors in the victory was the Bishop's ability to stop Concordia all-star Krystle Douglas, who was held to two a season-low two points.

Bishop's (3-8, 3-6 CIS, 1-2 QUBL) will host the McGill Martlets (4-6, 0-1 QUBL) next Saturday at 6 p.m. at Mitchell Gym.



PERRY BEATON

The women won.

In Memoriams

BUZZELL-MCKELVEY, Phyllis - Who left us November 18, 2002.

*In silence we think of you
And memories are all that remain,
At night you are in our prayers,
Forever you will be in our hearts.*

Greatly missed by
TIMOTHY (son)
ANNE (daughter-in-law)
AMANDA (JASON)
AND KENNETH
(grandchildren)

CHUTE, Lillian - To a dear wife, mother and grandmother, February 17, 1934 - November 19, 2005.

*I think of her in silence;
And while she lies in peaceful sleep
Her memory we shall always keep.*

MICKEY CHUTE
AND FAMILY

FLETCHER-CHUTE, Lillian - Who lost her courageous battle with cancer two years ago today.

*My memories of you are happy ones
That prompt this heartfelt prayer,
God bless you in His Heavenly Home
And keep you in His care.*

Miss you Lill.
SHIRLEY



FOSTER - In loving memory of a dear precious daughter and sister, Katherine Ann, who passed away November 19, 2003.

*If Roses grow in Heaven, Lord,
Please pick a bunch for us,
Place them in our Kathy's arms
And tell her they're from us.
Tell her, we love her and we miss her,
And when she turns to smile,
Place a kiss upon her cheek
And hold her for awhile.
Remembering her is easy,
We do it every day,
But there's an ache within our hearts
That will never go away.*

MOTHER
AND FAMILY

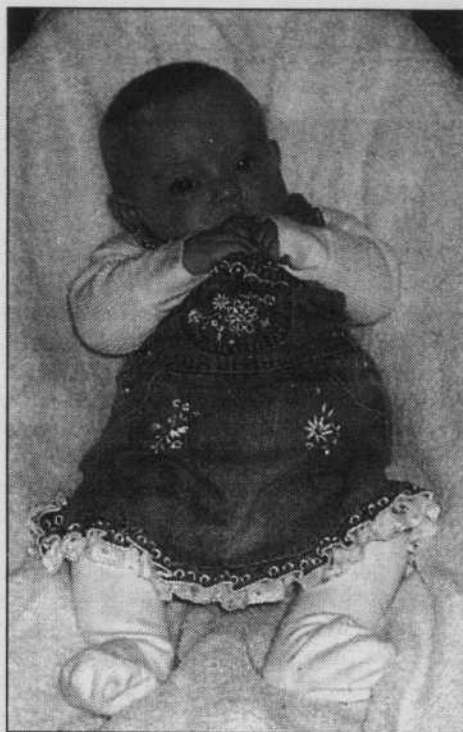
TAIT, Duncan - Who passed away one year ago November 19, 2006.

*Our life is empty without you,
But our hearts are full of memories and
good times.*

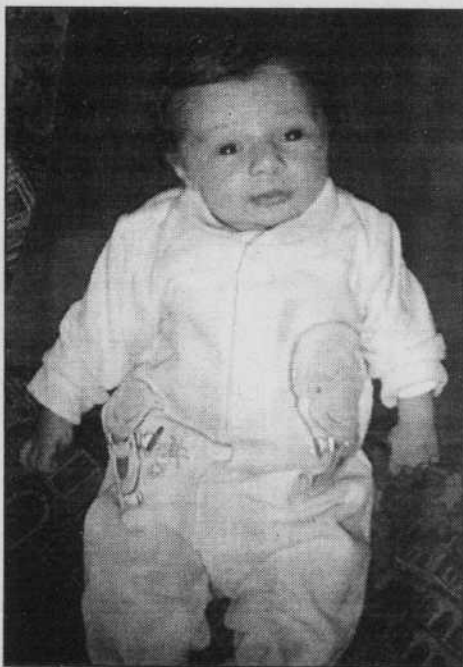
You are never forgotten by any of us.

Love,
BLONDIE (EVA)
CRYSTAL & ROBIN

Births



HARDEN-WHITE: Samantha White and John Harden are happy to announce the birth of their daughter, Ellie Marilyn Harden, born on April 21, 2007 at 2:45 p.m. weighing 6 lbs. 1/2 oz. Welcomed into the family by her grandparents Cindy White and Clifford Cormier, Bob and Lesley Harden, as well as her Aunt Genvieve Dubé and Uncle Jim Harden, Aunt Holly Carrière and Uncle Shane Lachapelle and great-grandparents Lorraine Laird and Douglas and Marilyn Aldrich.



MACIVER-ROARKE: Travis MacIver and Melanie Roarke are very pleased to announce the safe arrival of their daughter, Kamryn Margaret MacIver, born October 29, 2007. Proud grandparents are Lyle and Lois Roarke and Gary and Christine MacIver.

Deaths



CONVERSE, Norma Eileen (nee Jones) - Peacefully at the Wales Home, Richmond, on Wednesday, November 14, 2007, Norma Converse in her 92nd year. Loving wife of the late Fred Converse, and cherished mother of Carol, Dawn (Gerry Côté) and Robin (Larry Frost). Dear grandmother of Kevin (Angela), Karen (Bert Fecteau), Kristie (Sylvain Côté), and Kimberly Wright, James Coburn, David (Cindi), and Amy Fowler (Jamie Prior). Great-grandmother of Simon, Tristan, Caitlin, Alexandra, Mathieu, Jason, Kennedy and Kelly. Norma also leaves to mourn many nieces, nephews, relatives and friends. A funeral service will be held on Monday, November 19, 2007 at St-Andrew's Presbyterian Church, Melbourne, at 2:00 p.m. with Rev. John Barry Forsyth officiating. Please note: the family will be at the church to receive condolences from 12:30 to 2 p.m. As memorial tributes, donations may be made to St Andrew's Memorial Fund, c/o Vickie Baldwin, 1169 Rte. 243, Canton de Melbourne, JOB 2H0 or to the Wales Home Foundation, 506 Rte. 243 N, Richmond, QC JOB 2H0 and would be greatly appreciated by the family. Norma's family would like to express their gratitude to the entire staff of the Wales Home who provided exceptional dedication and TLC. Arrangements entrusted to the Cass Funeral Home, Richmond, 819-826-2502 / www.casshomes.ca

LEE, Evelyn (nee Leach) - Of Sutton and Toronto, at the age of 87, passed away peacefully in Knowlton Quebec, on November 17, 2007. She leaves behind her son Don (Noreen) and her grandchildren Laura and Dean. Family and friends will gather at a later date for a memorial. Sincere appreciation to the staff of B.M.P. Hospital and Knowlton House for the excellent, caring and professional service and support. Donations in her memory may be made to the B.M.P. Foundation, 950 Principale, Cowansville, QC J2K 1K3 www.bmp-foundation.ca

Death



PHANEUF, Leslie Robert - Accidentally in Ogden on Thursday, November 15, 2007, at the age of 54. Beloved husband of Cheryl Colby and cherished father of: Christina (Robert), Anne-Marie (Anthony), Jessica, and Ivan; loving grandfather of: Cynthia, Samantha, Phillip and Sarah; Leslie will also be sadly missed by his mother Audrey, brothers Leonard and Francis; his sisters: Anne, Cathy, Patty, and Bonnie along with many nieces, nephews, other relatives, friends and acquaintances. He was predeceased by his father Sylvio, daughter Julie and brother Donald. Resting at the Cass Funeral Home, 545 Dufferin, Stanstead, Tel.: 819-876-5213 / www.casshomes.ca on Monday, November 19, 2007, from 2:00 to 4:00 and 7:00 to 9:00 p.m. A celebration of his life will be held in the funeral home on Tuesday at 11:00 a.m. The family wishes to express their most sincere thanks to all those who tried to help Leslie at the time of the accident.

Card of Thanks



FOSTER, Buster - The family of Buster Foster would like to thank everyone for their kindness and sympathy at a time when it was deeply appreciated. Never are we more aware of how much family and friends mean than at the time of bereavement. Your thoughtfulness did so much to ease our sorrow. Thanks to all who phoned, visited, brought delicious nourishing food, sent cards, came to the visitation, the funeral and the reception. A very special huge thank you to Lindsay and Sue White for the wonderful reception at The Thirsty Boot. Just like old times! A perfect tribute to our husband and father. Buster would have been very pleased! Sincere appreciation for the donations in Buster's memory to the B.M.P. Foundation.

Sincerely,
DOROTHY
AND FAMILY

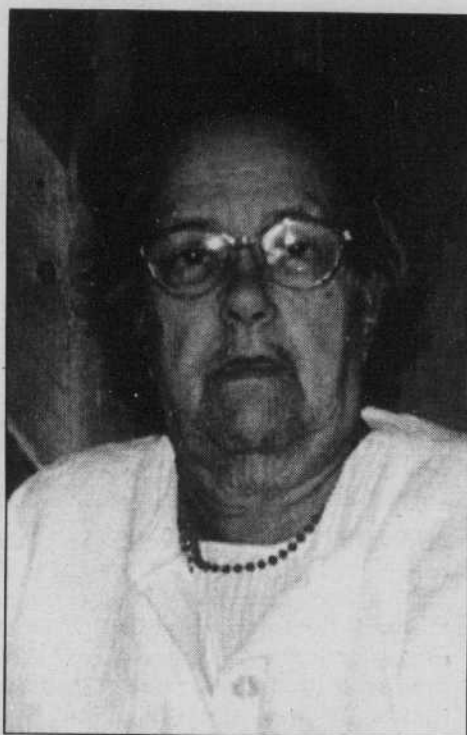
Card of Thanks

OLSSON - Wow! What a party we had! Thanks to all my family and friends for a great day.

HARRIS OLSSON

See More
on
Page 16

Death



ROYEA, Florence (nee Pagé) (1929-2007) - At Knowlton House, on Saturday, November 17, 2007, in her 78th year, passed away Florence Pagé, loving wife of the late Oliver Royea. She leaves to mourn her children: Arlene (Gilles), Arnold (Margaret), Felice (Stanley), Donald (Sherry) and Roy (Rosalie), her 11 grandchildren and 13 great-grandchildren, her brothers and sisters, nieces, nephews, other relatives and many dear friends. Resting at the Desourdy Wilson Funeral Home, 318 Knowlton Rd., Knowlton, Quebec, JOE 1V0 Tel.: 450-263-1212, fax: 450-263-9557, info@desourdy-wilson.com where family and friends may visit on Tuesday, November 20, 2007, from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. and on Wednesday, November 21 from 10 a.m. to 11 a.m. followed by a celebration of her life in the funeral home chapel. The family wishes to thank Dr. William Barakett and also the staff of Knowlton House for their care and compassion. In lieu of flowers, donations in her memory may be made to the St-John's Anglican Church, Brome Repair Fund, c/o Evelyn Best, 12 Godefroy, Lac Brome, QC JOE 1V0

Bulwer Golden Agers

November 12, members met at the community center for a fun afternoon of cards and bowling. The black team won 2-0.

Supper was a good hearty stew with mashed potatoes, peas and coleslaw. Tea and coffee accompanied cream puffs, Peggy always has hearty meals. All 62 enjoyed supper. The new seating arrangements are working out well. Thank you Peggy and kitchen staff.

Door prizes: Florence McVetty, Clyne MacDonald, Floyd Keer, and Betty Moore.

Homemade goodies: Gertie H., Al D., Reta M., Margaret V., Darlene R. and Grayce B.

Reminder for next meeting Nov. 26, non perishables for Christmas baskets for Alexander Galt to help the needy.

Hope all had a good time. Take care.

By Margaret Vintinner

They still hold a grudge

Dear Annie: My husband has a cousin, "Tim," who is married to "Sally." My in-laws frequently gossip about them, and whatever is wrong, they always say it's Sally's fault.

Apparently, something happened between Sally and my in-laws before her marriage to Tim, and for whatever reason, they still hold a grudge. Some of my husband's family members will purposely exclude themselves from family gatherings when Sally and her family are there.

When I came into the family and heard the gossip, I thought it was pretty ridiculous. It's such a childish way for a family to behave, and I don't know whether to say something or bite my tongue. When I met Sally, after hearing so many nasty stories, I couldn't understand why the in-laws were so bitter. I have never had any issues with her. She is a nice person and seems to be well-rounded.

I hear the anti-Sally gossip even from my husband, and frankly, I don't want to be around it. It doesn't seem fair to Sally. Isn't a family supposed to support one another? — Frustrated Family Member from B.C.

Dear B.C.: We don't know why Sally's in-laws despise her so thoroughly. And it's possible for someone to make a great impression while being manipulative, so the fact that you think Sally is nice may not mean much. Still, it's mean-spirited to blame Sally for every-

thing and gossip behind her back. Tell your husband you want to have a friendly relationship with Sally. If he or anyone in his family should bad-mouth her in your presence, excuse yourself and leave. They may not stop, but at least you won't have to listen to it.

Dear Annie: Several moms in our little town were chatting about how our husbands never get anything done on their own, so we formed a building co-op for them so they could have buddies while they work. One Saturday a month, the guys get together at one of our houses to work on a big project, and the wives bring the food. Through this experience, we have developed incredible friendships, made memories, relied on each other when we needed support and have had wonderful adventures. Our kids have grown up with this and cherish these experiences. Meanwhile, huge household projects get done because the guys have learned to work well together. This past month we celebrated our 10th co-op anniversary. We've been calling it the "Balding" Co-op for a while, and we still have a ton of fun together, with many big projects on the horizon. — Living Real in Vermont

Dear Vermont: This is a wonderful idea that makes those home projects more fun and much more likely to get done. We hope it catches on.

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

Your Birthday

Monday, Nov. 19, 2007

We rarely can depend upon Lady Luck intervening in endeavors we're hoping to launch, so in the year ahead, make it a point to bank totally on yourself and your efforts. If Dame Fortune happens to appear, you'll be all the richer for it.

SCORPIO (Oct. 24-Nov. 22) — Normally your intuitive instincts are pretty darn accurate, but it might be best that you don't depend on any of them too heavily. The signals you're getting could be inaccurate.

SAGITTARIUS (Nov. 23-Dec. 21) — Unless your need is so overwhelming or necessary, don't borrow anything of value from another. There's a strong possibility of mishaps, and you'd be held responsible for any damages.

CAPRICORN (Dec. 22-Jan. 19) — It's never a good time to request a favor from people you know only casually, because you don't know what you're getting yourself into. Allow plenty of time to understand the relationship.

AQUARIUS (Jan. 20-Feb. 19) — Unless they are implemented, big ideas you are toying with can never materialize. Try to do something about getting them operational instead of merely prophesying their worth.

PISCES (Feb. 20-March 20) — It's fun to dream about getting everything you want, but unless you are a millionaire, be prudent about money matters. Operate on what you have, not on what you hope you'll get.

ARIES (March 21-April 19) — This might be one of those blue Mondays when everything you want to do seems to be difficult to get started, owing to both your own sluggish nature and a lot of interruption from outside sources.

TAURUS (April 20-May 20) — If you fail to first finish all the jobs you left hanging from last week, your normal schedule for the week ahead will never happen. Don't create unnecessary problems for yourself.

GEMINI (May 21-June 20) — Buyer's remorse could rapidly set in when you realize you blew the stash over the weekend — and on top of that, you'll have little to show for it. It'll teach a tough lesson you need to learn.

CANCER (June 21-July 22) — You're asking for ill will if you selfishly satisfy a personal interest at the expense of others. Look out for yourself, but don't forget about the needs of others.

LEO (July 23-Aug. 22) — If you are more of a talker than a doer, don't expect to accomplish much of anything important. It may be very entertaining to hear yourself, but will it be worth a wasted day?

VIRGO (Aug. 23-Sept. 22) — Be careful about getting into any type of financial arrangement with friends because, if things don't turn out exactly as planned, you may feel cheated by the others.

LIBRA (Sept. 23-Oct. 23) — You might be totally oblivious to the ample supply of opportunities surrounding you, turning around and blaming rotten luck for your lack of advantages that everyone else seems to get.

Monday, Nov. 19, 2007

Assuming the worst is for the best

By Phillip Alder

English author Samuel Butler, who died in 1902, wrote, "Words are not as satisfactory as we should like them to be, but, like our neighbors, we have got to live with them and must make the best and not the worst of them."

Some words are poorly chosen (not these!), and some neighbors do not peacefully coexist, but thankfully they are in a minority.

You are the declarer in three no-trump. West leads his fourth-highest spade, and East puts up the jack. How would you plan the play?

How many top tricks (instant winners) did you find? It should have been six: two spades and four diamonds. You can get three tricks from clubs if West has a doubleton ace (assuming you would lead twice toward the dummy) or singleton ace, or they split 3-3.

Here, that line would fail. East would take the first club and return a spade, setting up West's suit. And since you would have to play a heart eventually, East would grab his ace and lead his last spade, giving the defense three spades,

North 11-19-07			
♠ 6			
♥ Q 7 5 4			
♦ A J 8 7			
♣ K J 3 2			
West			East
♠ Q 9 8 5 3			♠ J 7 4 2
♥ 6 3 2			♥ A J 10
♦ 9 4 3			♦ 10 6
♣ 7 5			♣ A 10 9 8
South			
♠ A K 10			
♥ K 9 8			
♦ K Q 5 2			
♣ Q 6 4			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1 NT	Pass	2 ♣	Pass
2 ♦	Pass	3 NT	All pass
Opening lead: ♠ 5			

one heart and one club.

You are happy to have West on lead, because he cannot play spades without giving you a third trick in the suit. You must try to make it expensive for East to grab the lead. Play a diamond to the board and call for a low heart. How does East defend?

If he ducks his ace, you win with your heart king and shift to clubs, getting two spades, one heart, four diamonds and two clubs. If he rises with his heart ace, you collect two spades, three hearts and four diamonds.

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. Today's clue: D equals Q

"X'U YXLTF BN KTMLXGE MABPY UBGTV, UBGTV... X OPZY JMGY YB RHMV YKT EMUT, FLXGW RTRZX, JTML LTTABW." - ZKMDPXHHT B'GTMH

PREVIOUS SOLUTION - "I can speak Esperanto like a native." - Spike Milligan "What's another word for thesaurus?" - Steven Wright

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KIT N' CARLYLE



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HERMAN



11-19

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"Your wife stuck in the bath again?"

ALLEY OOP



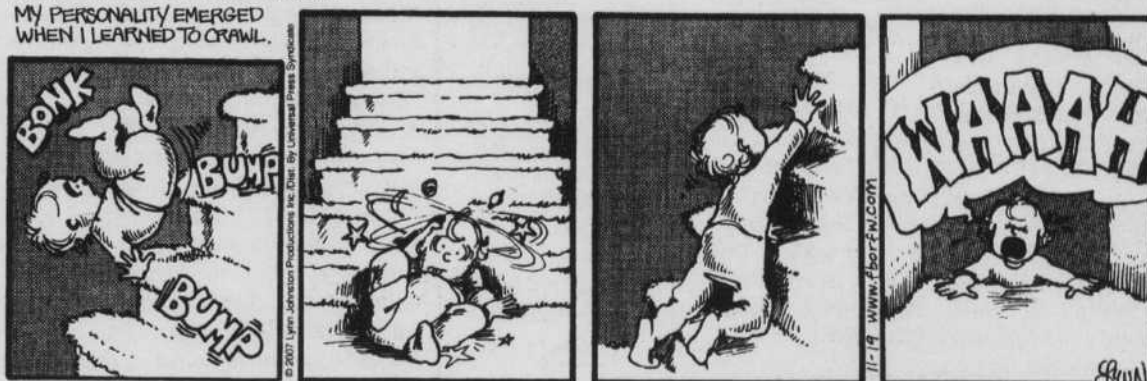
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FOR BETTER OR FOR WORSE



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CANADA
PROVINCE OF QUEBEC
DISTRICT OF MONTREAL

No.: 500-06-000321-055

"Class Action"
SUPERIOR COURT

MICHAEL ROYER-BRENNAN

Applicant

vs.

LA BRASSERIE LABATT LIMITÉE

Respondent

NOTICE OF HEARING OF A MOTION FOR AUTHORIZATION TO BRING A CLASS ACTION FOR THE PURPOSE OF SETTLEMENT AND APPROVAL OF A SETTLEMENT AGREEMENT IN THE MATTER OF THE CLASS ACTION RELATING TO THE PRICING OF BEER PRODUCTS BY LA BRASSERIE LABATT LIMITÉE

PLEASE READ THIS NOTICE CAREFULLY. YOUR RIGHTS COULD BE AFFECTED.

CLASS MEMBERS:

"All residents in Quebec who purchased a Labatt beer product at an inflated price or purchased a competitor company's beer product at an inflated price or purchased a Labatt beer product instead of a competitor company's beer product because said competitor company's beer product was at an inflated price, or any other group to be determined by the Court".

Class Members for Settlement Purposes Only:

"All residents in Quebec who purchased, between the month of March 2004 and April 21, 2005, one of the following beer products: *Bowes Lager (Broue Alliance Inc.)*, *Bowes Dry (Broue Alliance Inc.)*, *Old Milwaukee (Sleeman Breweries Ltd)*, *Pabst (Sleeman Breweries Ltd)*, *Milwaukee's Best (Molson Breweries of Canada Ltd)*, *Wildcat (Labatt Brewing Company Ltd)* and *Busch (Labatt Brewing Company Ltd)*, or any other group to be determined by the Court".

1. Purpose of notice:

On November 23, 2005, the Respondent pleaded guilty to the offence prescribed by the terms of paragraph 61 (1) of the *Competition Act*, namely to attempt to influence upward, or to discourage the reduction of, the price at which nine retailers of the Sherbrooke area supply or offer to supply so-called *segment-value* or *popular* beer products.

A Motion for Authorization to institute a Class Action was filed in the Quebec Superior Court against La Brasserie Labatt Limitée. The Plaintiff allege in the proceeding filed before the Court that he suffered damages, and more specifically further to the purchase of so-called *segment-value* or *popular* beer products, notably those manufactured and/or distributed by the Respondent.

A Settlement Agreement was entered into between the Plaintiff and the Respondent. The Settlement Agreement does not constitute an admission of liability by the Respondent, which denies that it committed any fault and denies all liability stemming from the acts or omissions alleged in the proceeding.

An amount of \$37,500 will be paid by the Respondent as part of the Settlement Agreement.

2. Approval hearing:

A hearing before the Quebec Superior Court to approve the Settlement Agreement will take place on **December 21, 2007 at 9:30 am** in room 15.07 of the Montreal Courthouse. During such hearing, the Court will determine whether the Settlement Agreement is in the best interests of the Class Members.

Any person wishing to make representations before the Court may do so with or without legal counsel. If the Settlement Agreement is approved, the Court will authorize the class action proceeding for the sole purpose of the Settlement Agreement and will also decide on the Motion relating to the costs and fees of the Class Counsel.

If you are a Class Member or a Class Member for the Purpose of the Settlement Only and if you wish to submit representations or object to the Settlement Agreement, you should do so in writing to Class Counsel at the address appearing below not later than **December 19, 2007, 5:00 pm**. If you do not send your written representations to Class Counsel by **December 19, 2007, 5:00 pm**, you will not be able to participate in the Approval Hearing and you will also not be able to file an appeal if the Settlement Agreement is approved.

3. Allocation of settlement fund:

The amount constituting the Settlement Fund, once known, after payment by the Respondent of the fees of Class Counsel and any settlement notice and administration fees will be paid to the following charitable organization: *la Coalition sherbrookoise pour le travail de rue*, within sixty (60) days of the date of the settlement approval decision.

Accordingly, no amount will be distributed directly to the Class Members for the purpose of the settlement.

4. Release and effect on other proceedings:

If the Settlement Agreement is approved by the Court, you will be bound by the terms of the Settlement Agreement unless you decide to exclude yourself from it. This means that any person who has not asked to be excluded from the Group may not institute an action or make any other claim or take any other legal proceeding against the Respondent or any other person validly released under the Settlement Agreement, the whole with respect to the allegations contained in the proceedings.

In addition, if you decide to exclude yourself, you will not be bound by the Settlement Agreement.

5. Class Counsel:

ORENSTEIN & ASSOCIÉS
2015 Peel St.
Montreal, Quebec H3A 1T8
Telephone: (514) 845-0141
Fax: (514) 845-2369
Attention: Mr. Jeffrey Orenstein

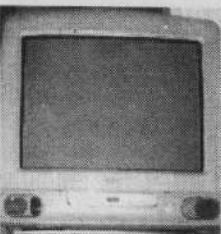
6. Interpretation:

In the case of inconsistency between the content of this Notice and that of the Settlement Agreement, the terms of the Settlement Agreement will prevail.

THIS NOTICE HAS BEEN AUTHORIZED BY THE QUEBEC SUPERIOR COURT.

CLASSIFIED

150 Computers



Have a computer to sell? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525.

155 Travel

COSTA CRUISE, March 16-23, 2008. San Juan, St. Marten, B.V.I., Nassau from Ft. Lauderdale. Very few seats left for Daniel O'Donnell, Charley Pride, Niagara Falls, Dec. 6-8. Info: Carol Soule, Bedford Travel, 1-800-363-4545. Quebec License.

190 Cars For Sale

1992 CADILLAC SEDAN DEVILLE, 4.9L motor, all equipped, original 2 tone paint, remote starter and alarm system, tinted windows, 170,000 km., mechanics in very good condition. Call 450-795-6761.

1992 TOYOTA PREVIA, 4 wheel drive, good running condition. \$2,000. Call (450) 297-2426, Eastman.



2000 VW PASSAT GLX, 73,000 km., V6 2.8L, 4 motion (all wheel drive), auto. tiptronic, black sedan, grey leather, 16" mags, winter wheels and tires, tinted windows, fully equipped, sunroof, 190 h.p. **Excellent condition.** \$10,900. negotiable. Call 819-566-0446.

190 Cars For Sale

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195 Trucks For Sale

1995 CHEVROLET 3/4 ton, 4x4, 5.7 litre, 5 speed, with Fisher plough, \$5,500. Call (450) 243-4178.

230 Tires

4 AUDI / Volkswagen 2006+ / Mercedes 15" rims, 5x112 bolt pattern. \$125. Call 819-566-0446.

4 MERCEDES ML Series mags and winter tires, Pirelli Scorpion Ice & Snow, 275-55-17, 50% worn, \$800. Call 819-566-0446.

4 WINTER TIRES, Yokohama Guardex 600, 195-55-15, one season of use, on wheels to fit Acura and Honda, etc. 4 bolt models, hubcaps included. \$350. Call 819-566-0446.

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

#1 HIGH SPEED internet \$18.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 5 Mps download and 800Kbps upload. Order today at www.acanac.ca or call toll free 1-866-281-3538.

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290 Articles For Sale

ABRACADABRA turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps and records. 514-501-9072.

AIRTIGHT DROLET WOOD stove, burns up to 24" wood. \$350. Call 819-562-8024.

HARDWOOD FLOORING. Cherry, Maple, Oak, Birch, 2 1/4, 3 1/4, 4 1/4, starting at \$2.59 per sq.ft. Contact Monbert Flooring (819) 580-2227.

IT'S NOT CHINESE! Built here in Quebec for the last 35 years! Pool tables starting at \$1,395 with a lifetime guarantee! www.canadabilliard.com. 450-963-5060.

ROOFING SLATE for sale, 11x22. Call (450) 248-3883.

290 Articles For Sale

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RED OAK FLOORING, 3 1/4", 800 sq.ft., and mixed color, 2 1/4", 800 sq.ft., varnished, 2nd grade, at \$1. sq.ft. or deal for the lot. Contact Monbert Flooring (819) 580-2227.

STEEL BUILDING SUPER SALE! Prices too low to publish! 2 colors available! Call now for free shipping! www.crownsteelbuildings.com, 1-800-457-2206. Garages, workshops, heavy/farm equipment storage.

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294 Events

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430 Personal

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440 Miscellaneous

A CRIMINAL RECORD will affect your employment opportunities. A pardon removes your criminal record. To remove your criminal record, call now toll free 1-8-nov-pardon (1-866-972-7366). www.PardonServicesCanada.com.

CROSSWORD

ACROSS

- 1 Bangkok man
- 5 Throw a scene
- 10 Come again?
- 14 Dealer's delivery
- 15 Cold snap
- 16 Helps out
- 17 "Two Tickets to Paradise" singer
- 19 PC command
- 20 Fictional Montague
- 21 Sound of a wet impact
- 22 One of the Three Stooges
- 24 Pulverize
- 28 Finnish twins?
- 29 Harper Valley org. of song
- 30 Merchant
- 31 Top shot

- 32 Take on
- 35 Savors
- 37 "In Da Club" singer
- 39 Consisting of two names
- 42 Orchestral strings
- 46 NAFTA participant
- 47 Walking
- 49 Storm center
- 50 Destiny
- 51 Arrange
- 52 Young salmon
- 54 Andes animal
- 56 Gobbled up
- 58 Artist Salvador
- 59 "I Walk the Line" singer
- 64 Elevator pioneer
- 65 Flowed back
- 66 Fill too tightly

- 21 Hallowed place
- 22 Fancy tub
- 23 Elevs.
- 25 Gymnast Retton
- 26 Actor Guinness
- 27 Choose
- 30 Give meaning to
- 33 Craft of sci-fi
- 34 Brunch cocktail
- 36 Letters on Cardinal caps
- 38 Wilson's predecessor
- 39 Sleuth Drummond
- 40 Place alone
- 41 Actress Wood

- 43 Maltin or Nimoy
- 44 Popeye's Olive
- 45 Fixed
- 48 Bid first
- 52 Pig residence
- 53 Mohammed's birthplace
- 55 Fail to hit
- 57 Raggedy Ann's friend
- 59 Clampett patriarch
- 60 Seller's \$\$ equivocation
- 61 SHO rival
- 62 Low-spirited
- 63 "___ Pinafore"

Saturday's Puzzle Solved

C	U	P	O	F	T	E	A		E	R	A	S	E	R		
A	P	O	P	L	E	X	Y		T	I	S	A	N	E		
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D	O	S	S	E	S				P	A	N	E	L	L	E	D

- 67 Turns right
- 68 Howdy of early TV
- 69 Attaches

DOWN

- 1 Pooh's middle name?
- 2 Hoodwinked
- 3 San ___ Fault
- 4 Language nuance
- 5 Pinnacle
- 6 Pick
- 7 Can to a Brit
- 8 Glob ending?
- 9 Work at, as a trade
- 10 Big stinger
- 11 Racetrack near Miami
- 12 Forge ahead
- 13 Fearsome flies
- 18 HRE part

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64						65							66	
67						68							69	

By Michael T. Williams

11/19/07

Jeep

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- Cruise control
- Steering wheel audio controls

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- Cruise control
- Tinted glass

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24-MONTH LEASE
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- All-terrain tires

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24-MONTH LEASE
\$0 SECURITY DEPOSIT
\$5,326 CASH DOWN

Fuel consumption rating:
City: 9.3 l/100 km (31 mpg)¹
Hwy: 7.4 l/100 km (39 mpg)¹

ATTENTION

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