

Group gets grant to study English medical access

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THE RECORD

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WEDNESDAY, AUGUST 4, 2010

Racine to merge with Saint-Denis?

By Kelly McDevitt

A group of lakeside residents in Racine have put together a petition to annex the municipality to Saint-Denis-de-Brompton. The petition was presented Monday evening at a Saint-Denis municipal council meeting with the names of 275 signatories.

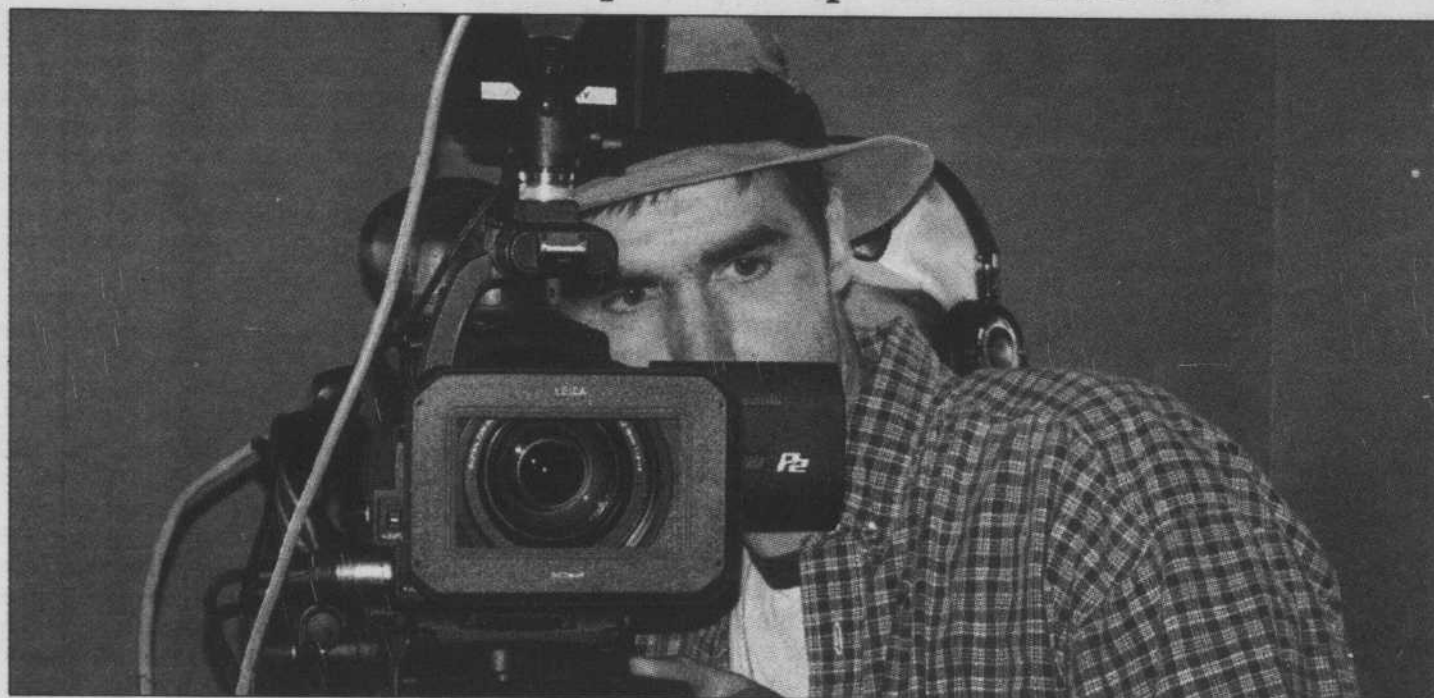
The residents are frustrated over taxes and a lack of municipal services. Taxes from lakeside residents make up 45 per cent of the Racine's revenue, despite representing only 20 per cent of its population. Meanwhile, 65 per cent of Saint-Denis residents live by the water; the group spear-heading the petition, Regroupement des riverains du lac Brompton, feels that a municipality with a majority of lakeside residents can better service its needs.

In a Radio-Canada report, Saint-Denis mayor and MRC Val-Saint-François prefect Claude Boucher said he has to consider the well-being of both municipalities, in terms of revenue loss as well as the cost of annexation.

If the Saint-Denis council approves, the merger proposal must also get the green-light from the MRC Val-Saint-François and Ministry of Municipal Affairs.

Local films, local talent

Young film entrepreneur taps business for art



DAMON COX

Independent filmmaker Damon Cox blends corporate business with creative talent to bring Townships arts to a whole new level.

By Corrinna Pole
SHERBROOKE

There must be something special about the Townships that inspires so many artists to make it their home while they refine and share their craft. As one of the newer artists to this broad community Damon Cox is aiming to tap into that artistic sea through

the medium of film.

"In this area there's no other companies doing this kind of thing," Cox said. "There are independent producers out there, like Albert Nerenberg with his company Elevator Films, but none that I know of, that do what we do."

Originally from southwestern, Ontario, Cox moved to Stanstead to work

on two films with Bachar Shbib before branching off to pursue his own interests. He formed Instead Cinema last May with the support of partner Bob Murray. The company focuses on creating commercials, promotional and training videos for corporate clients.

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Dancing
in
Danville
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What do you have on your plate?

Dishpan Hands page 7

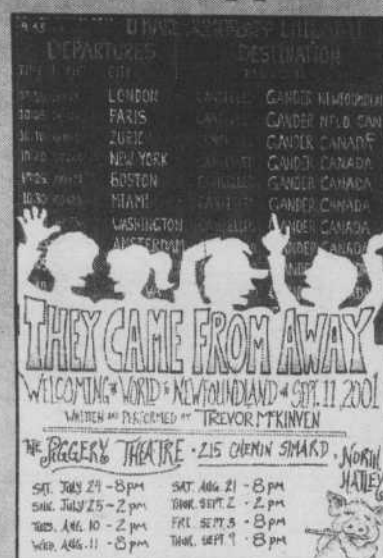
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Piggery benefit for Townshippers



Townshippers' Association invites the public to attend a special benefit performance of "They Came From Away" on Saturday, August 21, at the Piggery Theatre. A percentage of the proceeds from ticket sales will go to support Townshippers' Association's on-going programs and initiatives.

"They Came From Away" is written and performed by local artist and playwright Trevor McKinven. It recalls how the small town of Gander, Newfoundland welcomed 6500 stranded passengers into their homes following the chaos of September 11, 2001. The Townshippers' Association benefit performance of this original show begins at 8 p.m. on Saturday, August 21, 2010. Tickets are \$20 each and can be purchased from the Townshippers' offices in Lennoxville and Knowlton.

For more information, or to purchase tickets, contact Townshippers' Association at 819-566-5717 (1-866-566-5717) or ct@townshippers.qc.ca.

Weather



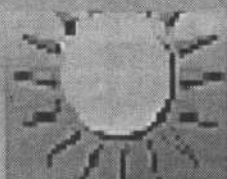
TODAY:
RISK OF
THUNDER-
SHOWERS
HIGH OF 27
LOW OF 19



THURSDAY:
ISOLATED
SHOWERS
HIGH OF 28
LOW OF 20



FRIDAY:
CLOUDY W/
SHOWERS
HIGH OF 22
LOW OF 13



SATURDAY:
SUNNY
HIGH OF 22
LOW OF 10



SUNDAY:
CLOUDY
PERIODS
HIGH OF 24
LOW OF 10

Dancing in Danville



KEEPING IN TOUCH

TOWNSHIPERS' ASSOCIATION



TOWNSHIPERS' ASSOCIATION

Whenever Townshippers get together, you know there's going to be dancing. This will certainly be the case when Townshippers' Association gathers for T-Day in Danville this September 17-18.

Expressions booth, will provide photos, directions and descriptions of 12 special walks in the Eastern Townships. For more information on these and other works in our growing collection contact Cathy Turner, Expressions Coordinator, at 819-566-5717 (866-566-5717) or by email at ct@townshippers.qc.ca

Two Intercultural Picnics for Seniors

Townshippers' Association's Health Partners are involved in two important intercultural picnic and information events for seniors this summer. Festival Estival will take place at the beach in Waterloo from 10:30 a.m. to 3 p.m. on Sunday, August 15 and Picnic in the Park 50+ is scheduled from 10:30 a.m. to 3 p.m. on Wednesday, August 26 at Davignon Park in Cowansville. Both picnics will feature a free picnic lunch for seniors, entertainment, music, activities and most importantly, vast information from many community organizations, health institutions as well as police organizations. This year's theme for the picnics is safety, in all its forms. For more information, contact Kate Murray at 450-242-4421 (1-877-450-242-4421).

57 Club - New Make Way For Youth Initiative!

Gourmet chocolate, coffee and networking with dynamic people...that's what The 57 Club is all about - every Thursday from 5:00 to 7:00 p.m. Beginning August 19, 2010, come and join

young individuals, aged 18 - 35, seeking to establish themselves in the Eastern Townships, along with local media personalities, entrepreneurs and educators. Treat yourself to a great cup of coffee all the while enjoying live entertainment at Sherbrooke's Wellington Street chocolate shop and cafe, Choco-La. Make Way for YOUTH-Desjardins Migration Agent Sheila Quinn will be animating these networking events. Choco-La owners Francois Paradis and Jouhainna Lebel and will be hosting this event where the only fee is the cost of your coffee or a treat from the cafe. Come with questions, because you're curious and for a chance to win the weekly door prizes! Everyone is welcome, whether aged within the participants' group, or because you have support and resources to offer. For more information, contact Sheila Quinn at Townshippers' Association at 819-566-5717 (1-866-566-5717) or by email at mwfy@townshippers.qc.ca.

Townshippers' Association is a non-partisan, non-profit community organization serving the Eastern Townships English-speaking community. Contact www.townshippers.qc.ca; ta@townshippers.qc.ca; 257 Queen, Sherbrooke (Lennoxville), (819-566-5717; 1-866-566-5717) or 584 Knowlton, Lac-Brome (450-242-4421; 1-877-242-4421).

Ben by Daniel Shelton



LOCAL NEWS

"When you get people like (federal Liberal party leader Michael) Ignatieff saying Canada should ban all exports of chrysotile, then investors get scared..."

Jeffrey mine faces permanent shutdown

Lack of financial partner may scuttle government loan guarantee

By Stephen McDougall
ASBESTOS

The Jeffrey asbestos mine faces permanent shutdown later this month if financing by the Quebec government is not granted, says mine owner Bernard Coulombe.

"This month, we must decide if we go on or not" he told the Record Tuesday morning.

"But the way things are proceeding does not look good for us."

Earlier this year, Coulombe was hopeful the Quebec government would help him proceed with the reopening of an underground shaft project that could extend the mine's life and create up to 400 permanent jobs. All he needed, he told Economic development minister Clement Gignac, was a loan guarantee of \$58 million.

Two weeks ago, he said Gignac agreed in principle to that guarantee, but added a new condition that would add an extra \$15 million to the project that was not part of the loan.

"The government hired industry auditor KPMG to do a due diligence audit of our operation and they stipulated that to complete work on the underground shaft would require special contractors, instead of allowing us to do the work ourselves," he said.

"They advised us that we would need another financial partner to pay the extra costs. And Gignac backed that position and said the loan was dependent on it."

Coulombe said he told Gignac he has

Hatley residents seek answers on Montjoye, antenna

Kelly McDevitt
SHERBROOKE

Only 25 residents showed up on Monday to a public assembly in Hatley Township to discuss the future of Montjoye, despite over 200 signatories on last month's petition calling for a referendum on the issue. However the decision to purchase the ski resort may yet come to a referendum and mayor Pierre Levac is admitting that the plan should have been better explained to the public.

Hatley Township bought the land and buildings of Montjoye - including the main building, a garage, a workshop and several smaller buildings - last May from owner Serge Couture for \$899,000. The past few weeks have seen heated debate over the deal, with citizens accusing the mayor and council of a lack of transparency and demanding a referendum. In a La Tribune report, mayor Levac said the project would be "refined" before deciding whether or not to submit it to the public.

Meanwhile, Hatley residents are also looking for answers from the town and from telecommunications company Videotron on plans to construct a broadcasting antenna tower at Montjoye. A citizen's committee is asking for public consultation on the project, which would see the antenna built this fall, notably to address the tower's environmental impact.

"We collectively benefit from a natural, healthy environment, of one of the characteristics is an unobstructed landscape," said committee member Serge Auray in a press release, "the conservation of this environment falls on all of us."

Videotron, which has been planning to increase its cell phone service in the Eastern Townships, also plans to build four new antennae in Sherbrooke, including one on the iconic water tower in Rock Forest.

tried for the past two years to find other financial partners, but to no avail.

"We had a group of Chinese business people who were going to come last year to inspect our operation, then backed out," he said.

"The Quebec government knew all about this. And still they put this condition that we find another partner."

Coulombe argued he cannot find other partners because of the negative publicity his fiber has been getting by anti-asbestos critics who want to shut down the industry in Quebec permanently.

The critics charge the fiber causes cancer and is too toxic for human handling despite the industry's 26-year-old safe use policy which argues the Chrysotile-type fiber is not dangerous if handled properly.

"When you get people like (federal Liberal party leader Michael) Ignatieff saying Canada should ban all exports of chrysotile, then investors get scared that their money will be lost if the Liberals come to power," he said.

"It is difficult for me to convince them otherwise."

The fireproof fiber has been used in recent years to reinforce and extend the life of construction concrete, piping and road asphalt. Most of the fiber from Asbestos and nearby Thetford Mines has been exported to developing countries in Asia that need cheap and long-lasting construction materials for their growing infrastructure projects.

But the mines have faced hard times in the past decade because of heavy competition from asbestos mines in Brazil and Russia that have driven down prices.

The century-old Jeffrey mine has been employing

some 200 workers each summer and fall on a part-time basis after emerging from bankruptcy protection five years ago. But last year, Coulombe warned the town of Asbestos and the Quebec government it could not continue to mine its open pit anymore given a dwindling supply of fiber ore there.

He said the solution was to resume operation of an underground shaft that had been 90 percent completed before being abandoned in 2003 because of a lack of funding.

The problem was the completion of the shaft and hiring of more labour would cost him a minimum \$30 million that he did not have at the time.

"We thought that with a loan guarantee from the government that would restart the underground shaft and help us get back into full-time production, we could continue. But now that they have put new conditions on us, that does not seem possible."

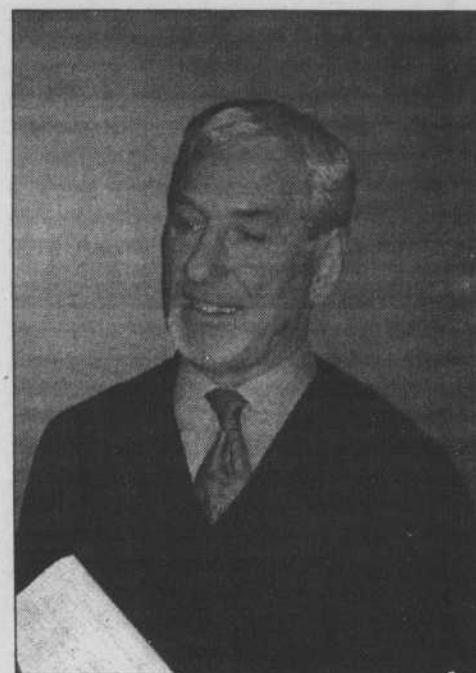
"We were ready to do all the work ourselves to restart, but the auditors and the government do not agree with us. So we are at an impasse."

Coulombe said extra cost was not the only condition the government had imposed on his mine. He said Gignac had demanded a \$10 million contingency fund be created by deducting 10 percent from future workers' salaries. Also demanded was a long-term labour contract from the local union to make sure the mine was not plagued by any strikes. Both were agreed upon by Coulombe and the union earlier this year.

But now, with no loan agreement in place, Coulombe said the mine's dwindling funds will not last long.

"We have been keeping the operation going with a skeleton staff to make sure the essential equipment is functioning and ready to restart," he said.

"But just the electricity bill per month is \$50,000. We cannot keep paying that forever."



STEPHEN MCDUGALL

Jeffrey Mine owner Bernard Coulombe says he may have to close the controversial operation this fall if an expected government loan guarantee fails to materialize

Officials for the economic development office and KPMG were not available for comment at press time.

If the mine does shut down, the economic impact on the town of 6,500 will be damaging. Mine union leader Rodrigue Chartier has told the Record the 200 workers who planned on getting paycheques from the mine this summer will have to resort to welfare once their unemployment benefits run out.

"If the government does not want to help out this mine and this area, then it will have to cough up the money for welfare payments for a while," he said.

"Most of these workers cannot get other jobs here given their age and the depressed economic conditions here."

Examining access to English health care in Townships

By Corrinna Pole

A collaborating team of researchers will be able to take a close look at the accessibility to health care services in English in the Townships, thanks to a sizeable grant from the Canadian Institutes of Health Research (CIHR).

The \$100,000 grant will allow a team of nine multidisciplinary researchers from Bishop's University and Université de Sherbrooke to explore the health of linguistic minorities.

Lead researcher on the project Dr. Estelle Chamoux, from the Department of Biological Sciences at Bishop's University, says the team believes English-speaking people in the Townships are having trouble finding health care, which can produce a damaging effect both physically and mentally, and they are looking for evidence to support their theory.

The group will examine problems such as how

easy or difficult it is to find a physician that English people are comfortable with, whether they are confident in their health care practitioner and how easy it is to book appointments or find assistance if needed.

The team will also study if English health care is being offered by a bilingual professional or one who is English herself.

"This is important because they can relate better not only to the language but the English culture," said Chamoux. "We think it might affect their confidence in the system and their willingness to consult with professionals if they do not have a professional they feel can understand them. There is also the concern over whether they can understand their treatment options."

Data will be collected from health care professionals and the French and English populations by

CONT'D ON PAGE 5

Commentary

"Ideology and conviction reign over data and rationality in the Harper regime. The rule of intuition trumps knowledge, evidence and reason."

Ivy Weir
SPECIAL TO THE RECORD

The prime minister is only keeping his promises. These would be the promises he made when he was president of the right-wing think tank known as the National Citizens Coalition. The group that formed in 1967 to oppose the National Health Care program, became home ground for Stephen Harper. Moving right along, he maintained the same convictions through his Reform Party days under the tutelage of Preston Manning and on to the coalition with the Progressive Conservatives when they merged with the Canadian Alliance. Nary an idea or thought has deviated from the dogma, forged within his earlier days within the Coalition.

As a result, Canada is being governed by a right-wing think tank mentality. That such a small wedge group should dictate the status and decide the path that our country should pursue defies the very concept of democracy. It is, of

course, the Reform-Alliance libertarian sector of the Conservative party, submerging the progressive aspect of the political philosophy that once held sway. Starkly put, a libertarian is defined as 'one who would abolish government'. For those who have followed trends and events closely, the present direction is adhering to that process. The long range plan stands, though in the interim, head count and costs of governing have increased.

One of his first acts was to get rid of the financial surplus he had inherited from the Martin-Chretien reign. Harper's motive was not so much to reduce taxes by the miniscule individual amount inherent in reducing the GST, but to dissolve a surplus that would deter any future rulers from supporting or creating more programs, thereby expanding government. Countless other programs met the same fate, whether incrementally or by a sudden about-face.

The mandatory long-form census currently under attack is one of them. Since National Coalition days, it has been an

intended target. Too much government in the lives of voters remains the template, while frivolous claims of threatened jail terms to uncooperative citizens becomes the talking point. Regardless of the rational voices reasserting the value of census data, ministers and their minions repeat the jail mantra, calculated to obscure their real motive of stripping and dummifying down government.

Taxes should be reduced to a skeletal subsidy for defence and foreign affairs. Government should be removed from universal health care in favour of private health care. Education belongs with parents, not with government delivered intervention. Family allowances should be tailored as a consequence. Law and Order is to be preached ad infinitum, regardless of the fact that violent and criminal behaviour has decreased over the past decade. Security Minister Victor Toews simply responds that Canadians don't feel safe. Prison Farms are being abolished. Even newly minted Conrad Black has decried the move. Younger prisoners, longer terms, more double-

bunking, more prisons, Toews says, are the answer. The same answer that has proven to be ineffective and hugely expensive in the U.S. A pox on any data. Fear mongering works.

Ideology and conviction reign over data and rationality in the Harper regime. The rule of intuition trumps knowledge, evidence and reason. The commandments of the right-wing think tank mentality are becoming the status quo, one day at a time. Exactly as Harper dreamed could happen when he first presided over the National Citizens Coalition. The realization of establishing the desired neo-conservative (read libertarian) pre-eminence over once accepted Liberal domination (read his perceived welfare state) becomes the hoped for goal.

If Harper succeeds, it should not come as any surprise. It is the same core ideology that was chiseled in stone when he was at the helm of the National Citizens Coalition. Voters at large, dismissed or ignored the evidence, just as his surveys told him they would.

May 'Willie' Pickton suffer tortures of the damned

By Ian Mulgrew
POSTMEDIA NEWS
VANCOUVER

Serial killer Robert "Willie" Pickton now can be unreservedly stuffed in penitentiary where hopefully he will suffer the tortures of the damned.

The long-awaited 9-0 Supreme Court decision upholding his six murder convictions finally condemns one of the country's most despicable and prolific serial killers.

It was an expected result.

In spite of misinformation given to his jury, the high bench agreed the overwhelming evidence left no doubt of Pickton's guilt and a retrial was unnecessary.

Unfortunately, the families of 20 of his other victims - 20! - must forego closure and justice. Eight years after his arrest and the initial revelations of his sanguinary crimes, that's what ultimately galls.

After one of the most expensive and exhaustive forensic investigations in history, after five years of complicated and even more costly legal wrangling, after an arduous 11-month trial that ended in 2007, we must live with a terrible residue.

Justice won't be done for too many.

The B.C. Crown said it expects to stay the remaining charges against Pickton, now 60.

For good reason.

A new trial would mean another recitation of his heinous deeds, another round of hellish detail - his pig farm was a human abattoir, body parts and remains scattered everywhere.

It would mean more excruciatingly painful testimony and who knows how much court time - five years? And that's not to mention that a key witness, one of 129 from the first trial, has died.

All that expense, all that pain.

"My feeling is a feeling of relief," said Marilyn Kraft, stepmom to Cindy Feliks, whose DNA was found on the farm.

"I'm glad it's all over. Thirteen years have gone by since Cindy was taken. Every time something comes up, I have to relive her death. I don't need

that any more. It's been long enough. I'm not happy with it. But saying that I don't think I could stand to go through another trial. It's too hard ... I don't need it. Glad it's over. Glad he's going to rot in prison."

Pickton can receive no harsher punishment in Canada: life without parole eligibility for 25 years is as tough as we get.

A public inquiry would help us understand why the Vancouver Police Department and the RCMP for so long seemed impotent of stopping this unholy killing spree.

There are innumerable unsettling questions swirling around the lack of official response to the disappearance of needy women from Vancouver's Downtown Eastside throughout the 1980s and 1990s.

They must be answered and perhaps the soon-to-be-released VPD report on the investigation will shed some light on the department's shameful performance.

I'm skeptical.

Nevertheless, for Sereena Abotsway, Mona Wilson, Andrea Joesbury, Marnie Frey, Brenda Wolfe and Georgina Papin - for them, justice has been done.

Now their remains can be released from the evidence vault, their families allowed to bid them goodbye and their spirits finally allowed to rest.

For the others, for their families - the legal system be damned.

They will find strength where they have always found it - within and among themselves.

That said, Pickton's dark soulmate, Washington State Green River Killer, Gary Ridgway, told the authorities everything before heading off to do his time.

Now that his fate is sealed, perhaps "Willie" will finally do the right thing: Man up, confess and deliver us from this unspeakable horror.

He could give the heartbroken families the closure they need and dispel our nagging ugly fear that he did not act alone.

Don't hold your breath.

Vancouver Sun

Short-form census will stay: Day

By Mike De Souza
POSTMEDIA NEWS
OTTAWA

The Harper government will maintain the mandatory nature of Canada's short-form census, despite its concerns that Canadians were previously facing fines and jail time for not completing the longer version of the questionnaire, Treasury Board President Stockwell Day said Tuesday.

Speaking to reporters, Day said that the information from the short-form version of the census is necessary, while there are other sources available to get the details which emerge from the long-form census.

Day made the comments as the government stages a series of meetings of cabinet and the Conservative caucus to discuss its agenda. He explained that the meetings will focus on a review of the government's economic policies to ensure that they remain on track for economic growth.

At a news conference, Day and Denis Lebel, the minister of state for the Economic Development Agency of Canada for the region of Quebec, both said they have received some complaints from constituents over the summer about the government's decision to scrap the mandatory nature of the long-form census. Day said some were concerned about whether important statistics would still be available, but overall, he said most Canadians were concerned about other issues.

Montrealer accused of defrauding New Yorkers of \$8M

POSTMEDIA NEWS
MONTREAL

Four New Yorkers who turned over about \$8 million to Quebec investment adviser Perry Newman received grim news Monday: only \$121,000 remains in the bank accounts in his name and that of his company, Dover Financial Corp., according to the report of the bankruptcy trustee, accountant Bernard Gourdeau of RSM Richter.

Gourdeau said he will now begin tracking "where the money went and if there is a possibility that some of it can be retrieved."

At a creditors' meeting in Montreal Monday, and acting on the advice of counsel, Newman refused to answer any questions on where the money may have gone, Gourdeau reported.

Last month, Newman and his company were declared bankrupt in Quebec Superior Court.

The principal claimant, Edith Olanoff of New York City and Jerusalem, is owed \$7.5 million.

Montreal police and the FBI are investigating Newman for alleged fraud.

I have no interest in making the next 'Transformers'

CONT'D FROM PAGE 1

"It's important for me to bring my creative perspective and provide a level of professional quality to our commercial videos," said Cox. "A lot of input I'm getting from businesses is that they pay a lot of money to have their film made and they end up getting a quality that they are embarrassed to show. Our films are not like that, we work with our clients to make sure they are getting a high-end product."

The company also creates music videos for emerging and established musicians. But what is truly impressive is that Cox has found a way for business and the arts to mutually benefit each other by investing the capital from his corporate services into creative projects.

"The corporate funding contracts allow us to fund other projects and it's a positive thing for them," he explained. "When they invest in us to film short films and documentaries they are investing in the creative community and Canadian culture."

Documentaries are especially important for the 31-year-old independent producer who is a stickler for professionalism but not for losing his integrity.

"I want to create films that have a universal appeal...high quality entertainment that says something. I have no interest in making the next Transformers, I'll leave crappy films to people like Michael Bay," he explained. "I'm not interested in pop culture or something that will be forgotten in five years from

now. Entertainment is so manipulative so it's important that we as artists speak the truth."

His most recent project is to complete a documentary about Shazam Fest which he was inspired after visiting the festival in 2009.

"I thought it was such a great story that needed to be told," he said. "The fact that it is in its fifth year is an impressive mark for it to hit. The only thing I could really compare it to is Burning Man in the states. Even though Burning Man is a week long festival and Shazam is three days...the spirit is similar."

His plan is to create a feature length film on the festival that will focus on its success through three stories.

"It will promote Shazam and show this incredible family festival with all these diverse entertainers but it will also focus on this other human element as well as the family aspect," said Cox. "When we look at the footage we see the onsite security there but it's not really needed. Everyone there is about family and peace and there's no room for negativity. No one is ill natured about that event and you can't be in that situation or setting, its beautiful and so peaceful."

The film's length will depend on the amount of extra footage he can collect from volunteer submissions but Cox is off to a good start. During the festival he shot 25 hours of footage. On the second day of the festival, his last four minutes of footage was wisely used for one story Cox really wishes to tell.

"Jim Box is this 15-year-old kid who is very shy but he pushed himself to per-

form at the talent show and then won," he said. "He was a big fan of Radio Radio and their manager puts him up on stage to freestyle with them... He was a big fan of theirs and if you're an artist you can appreciate how special that moment would be to perform with someone you feel has influenced your life."

Like with any business, networking is a vital tool and Cox says he has already established contacts with the CBC, TVA and Much Music. While the list continues to grow, he wants to focus on developing his local network.

"One of the reasons I choose to stay here and not go to Montreal is the pool of untapped talent here. I want to find those artists, build a roster and collaborate on various projects," said Cox. "I want to follow the formula Pixar followed, to spent time on a project with a strong team so what you produce is quality rather than quantity."

The young filmmaker is also striving for professionalism when it comes to recruiting his talent, which includes actors, web designers and more. Even if they are new to the craft, Cox insists on treating his team as professionals.

"We're always looking for people who want to be involved, we want to be able to provide an opportunity for someone who is seriously interested in film to have that experience but we won't have them do it for free," he said. "I volunteered too much in my life and if I took a dollar for every hour I volunteered I'd be a millionaire by now. That's the un-

fortunate thing in the creative arts, is that people often do it for free but I'm a believer that it's the amateurs that make it hard for the professionals. As long as they are doing the work for free why should someone else get paid for it. Talent is too valuable to be given away."

Now firmly planted in the area with his wife Laura and their young daughter, Cox is ingrained in all aspects of his company both in the office to behind the camera.

"On the business side I'm focused but when I'm in the creative process I'm everywhere," he said. "I'm not so artistically temperamental that I don't listen to others' criticism or what they can bring to a project. Film is such a collective process and there is a great satisfaction in seeing a thought become something and see it come alive on the screen."

Cox insists he is no fly-by-night operation and with ten years of experience tucked under his belt he has the credentials to pull him out of the amateur category. He was one of the top students at Niagara College of Applied Arts and Technology and his script "Cold" was a semi-finalist for 2007 American Screenwriting Competition.

"I'm in this for the long run," he said. "I'm not interested in making a fast buck. I'm interested in exposure and the creative process...I'm keeping the momentum going and we want to be sustainable."

Health care access

CONT'D FROM PAGE 3

the researchers and their students over the next year.

"We are aiming at finding 1,000 English and 1,000 French to participate in the study so we can compare them," said Chamoux. "It will start with a big survey that will look at their perceptions of health care, their stress and anxiety levels and if they are reached by the government campaigns. After this we will ask one out of ten if they would be willing to submit a blood sample so we can evaluate the hormonal secretions and see if they produce a different pattern."

The blood patterns are important because according to Chamoux, biological markers can identify the presence of stress within the body and not just the mind. The effect and consequences on the physical and mental health of Townshippers is one of the team's major concerns.

Townshippers may draw a parallel between this study and the one launched last year by BU professor Claude Charpentier examining the English population's access to mental health. While Dr. Charpentier is participating on this new

study, Chamoux points out the two studies are different but both are vital.

"Dr. Charpentier has data on mental health but we've gone much broader," she explained. "We are examining the access to health care services but also trying to understand the consequences to the lack of that access."

Psychological Health and Well-Being has been identified as a strategic research theme at Bishop's and the university is determined to support research that will directly benefit the local and regional community.

Although the study is painting a local portrait in this unexplored field, the methods researchers develop could be used in the study of health of linguistic minorities across the country and around the world. It is also likely to help health institutions and their governing bodies to optimize their actions towards linguistic minorities and result in positive measures for all Townships residents.

Chamoux anticipates by September researchers will be ready to accept volunteers for the study.



ARCHIVE

NOTICE TO ALL CANADIAN CITIZENS

ATTORNEY ADVERTISING

Attention ASBESTOS VICTIMS Mesothelioma • Lung Cancer

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EDITORIAL

"In a place where increasing numbers of those who can speak English choose to go elsewhere to do so, this commitment may become demographically, financially and politically difficult to maintain."



Mike McDevitt

Speaking of health

Perhaps the most important issue to English speaking Eastern Townshipers living as a minority in a mostly French-speaking province is their ability to access Quebec's health care system. Now that the demographic bulge known as the baby-boomers approaches its heaviest period of health care consumption, concern rises exponentially as the government can't even provide the services it brags about now, let alone expand them without serious repercussions. At present, the average waiting time to see a specialist approaches boomer life-expectancy and will only continue to worsen as working conditions get worse and remuneration continues to lag far behind that of neighboring jurisdictions.

With an aging population, a scarcity of health care professionals, the health system - even while nearly bankrupting the province - is inefficient, impersonal and in need of repair.

These issues are mentioned here because they all play a part in the delivery of health care to patients, or 'clients' as people with nothing better to do like to call them. Moreover, in a jurisdiction which effectively treats the English language as a communicable disease in every other aspect of public life, the laudable policy of ensuring its availability in that language is under constant pressure from nationalists, unions and the rest of the language industry.

In the midst of the linguistic furor that swept the province in earlier years, the maintenance of bilingual status in English institutions (gee, thanks, boys) was not a guaranteed thing and it has not been long since a perfectly bilingual journalist from a prominent Montreal newspaper chose to go to an 'English' hospital where he spoke to the staff in English without a complaint and then proceeded to proselytize about the right to 'die in French,' an option that most anglos were perfectly willing to grant him.

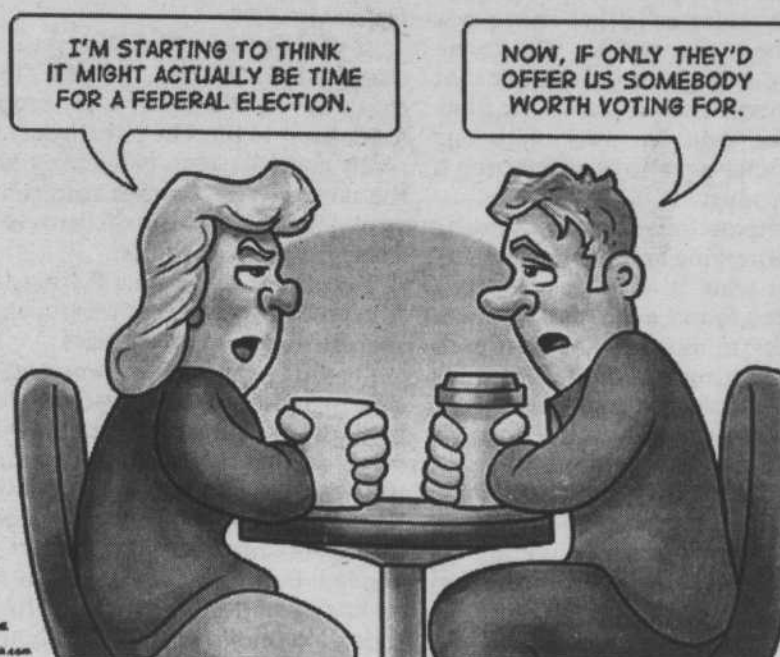
In recent years, serious efforts have been made locally to ensure that services are available to anglophones and, indeed, anecdotal evidence suggests that in many cases, patients' needs are met. Nevertheless, in a place where increasing numbers of those who can speak English choose to go elsewhere to do so, this commitment may become demographically, financially and politically difficult to maintain.

Now, a grant by the Canadian Institutes of Health Research may allow scholars to see, exactly, how effective health care delivery in English is and where improvements can be made.

This not an easy task. Asking people how they feel about things generally tells us how people FEEL about things, but not very much about things themselves, and perceptions can be altered for a number of reasons. The study will have to be very carefully constructed and interpreted. If, in fact, the team is 'looking for evidence to support their theory' that anglos are badly served, this is not a hopeful sign.

This subject is a tricky one, because how people feel is of crucial importance in health management and so perceptions are important, but to what extent will government be expected to respond to perceptions, particularly as perception is often only a very distant cousin to reality.

Given that accessibility to health care is 'iffy' for everyone (14-hour waits in emergency rooms), the difference in degrees of awfulness between the two major language groups should make for an interesting read. Let's just hope that anglos don't turn out to be better-served, because that could get messy.



Letters

"At the end of Watson Street (Oxford and College streets area), a short trail leads to a pond where you may hear an amazing concert given by a band of spring peepers..."

DEAR EDITOR,

War is a very good way of moving public funds into corporate coffers, not very democratic, as most of the money stays at the top. However in Afghanistan they have a truly democratic war economy where even the lowest ranks are free to do their own deals. One simply flows into the direction of all those American dollars without the complications of idealistic or moralistic B.S.

There is no business quite like good business. And in Afghanistan the con is on. And guess who are the marks? This is what our soldiers are dying for? What a sick joke.

J. KRPAN
Georgeville

Editor:

Let's imagine a small, protected wetland in the borough of Lennoxville within walking distance of town center or Bishop's University, a piece of wilderness in an urban environment. You don't have to put your imagination to work. This wetland already exists here. At the end of Watson Street (Oxford and College streets area), a short trail leads to a pond where you may hear an amazing concert given by a band of spring peepers in the springtime, or watch some ducks and their ducklings, dragonflies, even a heron

if you're lucky in the summer. Wild geese also make a stop there during the fall, on their way back to the North.

But this ecosystem, this little natural wonder, could well disappear if we don't act now. A housing project is planned on the 20 acres where a mature forest and the pond are located and some lots are planned on the very site of the pond. Early this year, the Ministère du

Développement durable, de l'Environnement et des Parcs (MDDEP) delivered an authorization to fill up the pond. According to them, the pond and its riparian wetland have little ecological value. But people living along the southern side of the pond and in the vicinity don't agree with this MDDEP decision. We can't simply stand by, waiting for the bulldozers to come and fill Ducks' Pond.

Sherbrooke pledged to bring the percentage of its protected areas to 12 per cent in the years to come. Lennoxville should also have 12 per cent of its territory protected. This unique wetland ecosystem has to be one of those protected areas. Let's take a step for nature conservancy at a local level by sending a letter or an e-mail or making a phone call to the president and councilors of the borough of Lennoxville, and to the Mayor of Sherbrooke, to ask them to take the necessary steps to protect Ducks' Pond.

CÉLINE PARENT
Sherbrooke

THE RECORD

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Out of Quebec residents do not include PST. Rates for other services available on request.

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

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

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C COLUMNIST

"There's still a helping for me at my mother's house, on her respective plate."

So little time



DISHPAN HANDS

SHEILA QUINN

Hello plate. Hello all of you things on said plate. How are you? Where is it that you fit into things exactly? Oh YOU! Old Work! I remember you - you were tasty, and there's still just a little bit of you left here - not quite ready to remove you from this gathering of things in my life, I mean, uh, PLATE - I savoured many good things with you. How about you? Yes you - New Work - still adjusting to your taste, but man, we're a great match. Flavourful, plentiful, the right portion for my appetite no less. I'm feeling quite hungry these days.

Look at these two beasts here, on either side of my dishware...the wee men I put out into the world - this great big slab of motherhood that's steaming hot goodness, but that I have to feed to the two beasts. There's still a helping for me at my mother's house, on her respective plate.

These sweet wedges of love life here - my goodness! Lemon meringue?! My very own "desert island" food, and I'm not certain what the other one is, but no matter, it's the one I'm supposed to share with someone anyway - I think he'll probably be able to tell me what it is.

Hello extended family - come on over here now - how about we potluck it? I've got some niece and nephew nummies, and some sister-in-law squares, a few pints of brother time to wash it all down with. Friends! So glad you could make it! Thanks for lighting the candles and putting on the music. Oh love life, I really do enjoy it when you help me get seated, thank you for being so thoughtful!

Would you look at this? There's a lovely side order here of hobby soup. I

see radio waves, newsprint, a camera, a few select teenagers, a microphone, a bass guitar, and could that be a thrift store and a dance floor floating around in there? Delectable.

Man, you know, I wasn't sure what to think of this volunteering marinade, but I tell you what, it makes everything taste better. In fact, I think I may try a little more, the next time.

Hey! Hey! Back off! This isn't YOUR plate! Oh, you're aware are you? Well, no, you can't just plunk that big piping hot task, role, hat, or responsibility on there without asking! No siree. I'd advise you to seek out another plate. As you can see, I'm in the midst of arranging the current contents.

I think I'll start off with this nice cup of down-time here. Cheers! Santé! Slainte! Here's mud in your eye! I feel better already.

Worries with no possible positive function? I'm afraid there's no room at the inn. You're OUT, with the rest of your gang - pointless drama, heady perfectionism, silly phobias and any of the rest of you that plan on eating ME up, you really are life's fast food. Yes, I know, you managed to sneak your way onto this plate of mine in the past, but I know full well that I'll feel guilty and crappy post-consumption. Better to not partake at all.

There are some rules of life digestion that must be established! No binge eating! No skipping meals. Put your fork down and take a little breather. Ask about the ingredients - what is it you are feeding me anyway? Feel comfortable saying NO thank you, I'm full. Virtual plates overflowing does not a happy muncher make. No force-feeding, and please attempt to use your cutlery and manners - no rushing through or food fights for that matter. Of course finger food is permitted - light, spontaneous, maybe even unexpected additions, maybe just available in season.

Here you go - this plate is yours. Go ahead and start choosing what to put on it. No one else has the right to add to it - you have to accept or decline...and are ALLOWED to accept or decline. Please and thank-you will contribute to the enjoyability of this meal. Thanks for eating with me today. Always a pleasure.

Don't miss DH Radio tonight on CJMQ 88.9 FM with your host and columnist, Sheila Q.!!!

Arctic survey for research only, German firm says

By Randy Boswell
POSTMEDIA NEWS

The German research institute whose ship is heading to Canada to conduct a controversial seismic survey near Baffin Island has expressed "growing concern" about the dispute, in which several Inuit communities and a leading Arctic environment group stand opposed to the Canadian government over a planned seabed probe in Lancaster Sound - which is also a proposed national marine conservation area.

Despite strong objections from Nunavut's Qikiqtani Inuit Association and Iqaluit-based Oceans North Canada, Natural Resources Minister Christian Paradis and Environment Minister Jim Prentice announced July 23 that the federal government's planned geological mapping mission in Lancaster Sound - to be carried out by scientists aboard the Polarstern - would proceed.

Opponents have argued that powerful underwater blasts used in seismic testing could harm the hearing of marine mammals and disrupt migration activity within the proposed marine sanctuary, a key habitat for narwhals, beluga whales and other species.

They also say - despite federal claims to the contrary - that the Canadian government plans to use the seabed survey to check for possible oil and gas deposits in Lancaster Sound before fixing the boundaries of the promised conservation area.

The planned survey has also drawn criticism from federal Liberal Leader Michael Ignatieff, who recently accused the Conservative government of "rushing ahead with oil exploration" in Lancaster Sound just months after announcing an ecological reserve "in exactly the same place."

Now, with its research vessel en route to Baffin Island to begin the seismic investigation, a spokesman for the Bremerhaven-based Alfred Wegener Institute acknowledged the "controversial public debate in Canada" over Lancaster Sound but insisted the Polarstern's mission is "pure basic research" that poses no risk to wildlife.

"Polarstern is an ice-breaking research vessel and not equipped for targeted oil-

and-gas explorations," the institute's communications chief, Ralf Roehert, said via email. "Seismic investigations on Polarstern have been intensively monitored and, with the methods used, no environmental harm to marine life was detected."

He also noted that while some research will be conducted for the Geological Survey of Canada, "the whole expedition is financed by the German minister of research simply for its scientific importance for international polar research. There is no other financial resource involved, not from the Canadian government, nor from any other source."

But Christopher Debicki, Nunavut projects director for Oceans North Canada, said federal researchers made clear during community consultations on Baffin Island that probing for possible oil-and-gas resources is one of the goals of the Lancaster Sound survey.

"While the German ship and its scientists may be proceeding with the best of research motivations, the Canadian government in its own documentation makes it very clear that this seismic work is proposed in the context of hydrocarbon exploration," Debicki told Postmedia News.

Prentice has said that the "incredibly rich ecosystem" of Lancaster Sound - which he recently described as the "Serengeti" of the Arctic - deserves the protection that a federal park designation would afford. But he insists the seismic survey "needs to be done" as part of the routine process to establish any marine conservation area.

Public Notice

Ministère du Développement durable,
de l'Environnement et des Parcs**MONTAGNES-VERTES NATURE RESERVE
(SECTEUR CONSERVATION
DE LA NATURE - QUÉBEC)
(RECOGNITION)****NATURAL HERITAGE CONSERVATION ACT
(R.S.Q., c. C-61.01)**

Notice is hereby given, in keeping with article 58 of the Natural Heritage Conservation Act (R.S.Q., c. C-61-01), that the Minister of Sustainable Development, Environment and Parks has recognized as a nature reserve a new private property which extends over 781 hectares. This property, in the Sutton Mountains, on the territory of the Municipality of Bolton-Ouest, known and designated as a parts a lot 349, lots 422, 423, 424, 425, 426, 427, 428 and 429 upon Official Plan and Book of Reference for the Canton de Bolton, Brome Registration Division, Regional County Municipality of Brome-Missisquoi and on the territory of the Municipality of Bolton-Est, known and designated as a lots 525, 526, 527, 528 and 530 upon Official Plan and Book of Reference for the Canton de Bolton, Brome Registration Division, Regional County Municipality of Memphrémagog.

This recognition takes effect on the date of the publication of this notice in the *Gazette officielle du Québec*.

Director of Ecological Heritage and Parks,
Patrick Beauchesne

Québec



IN BRIEF

Vegetation workshops in Sherbrooke

The City of Sherbrooke will be putting on two workshops this week on riverbank vegetation. The workshops will provide information on water and riverbank plants, including tips for planting and information on which plants can help with filtration, water conservation and both pollution and erosion prevention. The first workshop will take place at 6 p.m. on Thursday, August 5 at the Turgeon-Gaudreau rest area, located on Université Blvd between Labbé and Nick streets; the second will take place on Saturday, August 7 at 9 a.m. at Lucien-Bouchard Park. For more information, contact (819) 564-6352.

Taliban only one peril faced by grunts in Afghanistan

By Matthew Fisher
POSTMEDIA NEWS
SPERWAN GHAR AFGHANISTAN

Pte. Blair Kearley is going stir crazy. The 25-year-old infantryman from Baie d'Espoir, N.L., had tripped days earlier while in an engagement with the Taliban, badly spraining his left ankle. After pleading with the camp doctor, it was agreed Kearley would only have to wear a cast for four days, but with two days left before he would be able to go to war again with an ankle brace, Kearley so badly wanted to be out fighting insurgents in Panjwail District with 9 Platoon, Charles Company, 1 Royal Canadian Regiment.

"Unless my wife wants me out, I'm a lifer," Kearley said as he chain-smoked his way through a pack of Marlboro Lights and reflected on the perilous, austere life he had chosen.

Kearley, who enlisted four years ago, confides he doesn't talk too much about the war with his wife or anyone else at home. Part of that is operational security, but it is also about not causing worry.

About two-thirds of the 151 Canadians who have died in Afghanistan have come from its three infantry regiments.

The risks are such that 9 Platoon uses a lot of black humour to mask their apprehensions. When a soldier lost a leg, the joke was that he would be "back on his foot in no time."

But in what is a very tightly knit outfit, not much bigger than a high school class, each loss is been deeply felt.

"One IED struck the guy who had trained me and that hit me pretty hard, but he's back home now," said Derek Boutin of Fort Erie, Ont. "Walking through the grape fields, IEDs have hit my buddies. They have been as close as you can imagine."

Prouder Canadians than most, these soldiers fight for each other rather than for any cause and, although the soldiers in Charles Company acknowledged that others in their battle group have been having a harder time of it lately, their unit has had its fair share of bad scrapes, too.

"When something bad happens outside the wire you don't think of it then, but when you get back you realize that it was like a scene in a movie - something you never thought you'd be part of," Kearley said. "Like any job, you love it one day and hate it the next. But I like what I do. I definitely picked the right career."

Among the toughest parts of being a grunt in Afghanistan are the 12- or 14-hour foot patrols conducted in temperatures that invariably reach into the 50s. On every outing, the soldiers lug as much as 40

kilograms of water, rations, ammunition and body armour with them.

"When you are in full battle rattle in the heat in the middle of the day, it is almost impossible to breathe if you are under contact because of the weight of the gear, the heat and the adrenalin," Kearley said, as he surveyed a bleak landscape that included a forest of concrete blast walls and endless acres of sand and rock.

"If there is a situation, you don't know until it is over that you've got nothing left to give. It really drains you. You come back having sweated through your body armour and your boots."

Every remedy for dealing with heat involves consuming prodigious quantities of water the night before a patrol even if that means three visits to the latrine before dawn.

"I went down with dehydration when we were a week into it," said Boutin. "My vision went blurry. My arm went numb. I don't call it sweating here. I call it flooding."

"I was so gung ho I thought I didn't need so much water. It taught me how much you need to prepare before you go out. I now try to drink 15 or 20 bottles of water the night before."

Before deploying to Panjwail, the RCR battle group trained for desert warfare in California, "but there really is no way to train properly for the heat except to be here," Boutin said, adding that some soldiers had already lost as much as 35 pounds during their tour.

Master Cpl. Kyle Manser, a 24 year old from Kitchener, Ont., served in Kandahar as a private with Charles Company in 2006. Now a crew commander, he describes the heat as "the fight you just cannot win. You cannot force soldiers to drink, but we push them to drink a bottle every hour."

When not trying to survive the searing heat, cope with sand fleas or malarial mosquitoes or staying alert for scorpions and deadly snakes, the main preoccupation of the infantrymen in Panjwail is avoiding IEDs and being ready at any moment to engage the Taliban.

"I keep in mind the tactical point-of-view and I don't worry about IEDs because that would hinder the job that has to be done," Boutin said. "The Taliban are as creative as anyone can be. They have found some pretty innovative ways to get at us, but we've picked up on most of them. They adapt. We adapt. They are always trying to sneak stuff past us, but we catch them."

Like Manser, Master Cpl. Mike Martin of Ottawa was in Kandahar four years ago, too.

"I can't give you a number on how many Taliban are out there right now, but there are lots of them and, yes, they're close," he said. "Back in '06 there were large numbers of Taliban who would stand and fight. Now

they shoot and scoot and try to lure us into where they've put IEDs."

"I told my guys: 'You could step on something at any time, so don't spend your time thinking about it. That can drive you nuts and could make you miss something. Keep your eyes and ears open.'"

As dangerous as it had been during 1 Royal Canadian Regiment's first tour in Kandahar, which included the bloody Operation Medusa, "Panjwail is a harder fight now," Manser said. "The enemy is definitely present. They are right outside the camp and are a lot craftier with the IEDs than they used to be."

From what he'd seen of the Taliban, "I'd say they are pretty good," Kearley said. "It's like playing hockey on their rink. They know this ground and they know what they need. They've been doing this a long time and they're doing a pretty damn good job."

Aside from the lethal risks posed by the Taliban, "if you are in the infantry long enough, it will break your knees and your back," says Manser.

His fellow crew commander, Martin, who is 32, puts it another way.

"Infantry years are like dog years," he says. "You use them up pretty fast. Something goes and then you can't do this anymore."

Asked how 9 Platoon would stack up for fitness against a professional football or hockey team, Kearley replied: "They would be in better shape, but there is not a chance that they could do our jobs."

Although as privates they were the constant butt of jokes from those who outranked them, Kearley and Boutin both spoke highly of their immediate superiors.

"I really look up to the guys who've been here before, even if they trash talk you all the time," Boutin said. "If a buddy gets hurt or there is a family problem, they are always there for us, like father figures. I have learned from them that you can push yourself further as a soldier and as a person than you think you can."

Referring to their hardscrabble forward base, which has great chow and such unexpected comforts as beds, rather than cots, Kearley said: "This is home and when we are outside the wire, we like to get back here. It is where we eat and sleep. It is where our friends and family are."

Martin, who like Kearley is married and has a child, says that "people at home might sit back and say we are crazy but what is there not to like about this? Sitting in an office punching numbers into a computer or talking about your tennis game beside the water cooler isn't the same. We are seeing the world and making a difference."

New immigration rule 'unnecessary and mean-spirited,' says war resisters support group

By Carmen Chai
POSTMEDIA NEWS

A Canadian war resisters support organization is calling a new rule that requires immigration officers to contact government officials each time a military deserter applies for refugee status in Canada "unnecessary and mean-spirited."

On July 22, the Citizenship and Immigration office published a bulletin that states "persons who have deserted the military in their country of origin may be inadmissible to Canada," and insists immigration officers notify Ottawa's case management branch of any new refugee claims or updates to the cases.

"They're calling these cases high-profile and contentious. They're saying (the

soldiers) may be criminally inadmissible, creating this perception that they're criminals," said Michelle Robidoux, spokeswoman for the War Resisters Support Campaign.

So far, she said, the organization knows of about 50 American deserters who have applied for refugee status in Canada since 2004, although there could be 150 to 200 more currently in Canada.

Ten of the 50 applications have been denied, and the other 40 are awaiting a verdict, but Robidoux believes the new bulletin will stall the processing of each application.

"It appears they are prejudging these individuals who should be treated just like any other applicant. We don't think the timing for this special directive is an accident either," Robidoux said.

A private member's bill proposed by Liberal MP Gerard Kennedy, which would allow deserters to apply for permanent residency, will be voted on in a month.

"The government is afraid of fair debate and instead is trying to deny conscientious objectors their rights," Kennedy said in a news release.

New bulletins and directives are "routine, common practice" and stopping to notify higher authorities will not slow down an application at all, said Doug Kellam, a spokesman for the immigration office.

"It's not anything special and it's a routine practice. It is in no way unusual and is normal day business," he said.

"War deserters and resisters as a whole attract media attention and so be-

cause of that they fall under the category of high profile. We do this so we have awareness of cases so we know how they're progressing. Otherwise, these cases are not identifiable," he said.

Last month, the Federal Court of Appeal ruled an immigration officer's decision to reject a US deserter's application for permanent residency in Canada was "significantly flawed and therefore unreasonable."

Jeremy Hinzman served in Afghanistan in 2002 and 2003. He applied for conscientious objector status when the Iraq war began, but was denied.

In 2008, he was ordered deported, but Hinzman who is still in Canada appealed, saying he will be jailed if he returns to the US.

Cancer report challenged in \$1.3-billion Quebec lawsuit

By Kevin Dougherty
Postmedia News

In a blow to residents of a small Quebec community, provincial public health officials are disputing a study linking high cancer rates in the town to a toxic substance once used at the nearby Canadian Forces Base Valcartier.

In 2007, residents of Shannon, Que., population about 4,000, won the right to seek damages, estimated as high as \$1.3 billion, in a class-action suit against General Dynamics Ordnance and Tactical Systems Canada Inc. and the Department of National Defence.

But a review by the Institut national de sants publique du Quebec of a 2009 study linking higher rates of cancer in Shannon, north of Quebec City, to

trichloroethylene (TCE) in its drinking water says the evidence does not support that conclusion.

The case has become a major legal battle, with lawyers for the defendants challenging the claims of Shannon residents, and the legal team representing the residents presenting more studies.

Between 1940 and 1980, TCE, a known carcinogen, was used as a solvent to clean ordnance at CFB Valcartier, and in an ammunition plant on the base originally run by Canadian Arsenals, a Crown corporation, but operated by SNC Technologies Inc. in 1991 when it closed. General Dynamics acquired SNC Technologies in 2007, after the class action was authorized.

TCE was found in wells in Shannon in

about 2000 and residents collected evidence of the incidence of cancer and the presence of TCE, eventually hiring outside experts, such as Raymond Van Coillie, a toxicologist.

Van Coillie found 30 cases of cancer in 55 homes in what he calls the "red zone" where higher levels of TCE were found in the wells, compared to eight cases of cancer in 55 Shannon homes with little or no TCE in their wells.

But the INSPQ review says there were errors of methodology in Van Coillie's work. They say Van Coillie overestimated exposure to TCE, and also overestimated the risk of cancer.

"The results presented by Mr. Van Coillie exclude any conclusion as to the possible risk of cancer related to TCE in

the municipality of Shannon," the review found.

In a brief telephone interview, Van Coillie replied: "I found many cases of cancer in the red zone and they found none."

He noted that he is a toxicologist, studying the adverse effects of chemicals on living organisms, while the review used an epidemiology approach, taking a big-picture look at the causes, distribution, and control of disease in populations.

"I respect their way of doing things," he added. "They don't respect mine."

"There should be respect, rather than a public smear job."

Afghan suicide attack fails

By Brian Hutchinson
Postmedia News

Almost a dozen Taliban insurgents launched a brazen daylight ground attack on the largest military base in southern Afghanistan Tuesday, but they were immediately repelled by coalition soldiers including a group of Canadian engineers performing training exercises near the base perimeter.

The assault was launched at 11:18 Tuesday morning, local time, on a northern boundary at Kandahar Air Field. A lone insurgent ran up to the base perimeter and blew himself up, creating a small breach in a chain-link fence. Coalition forces including the Canadian engineers then engaged with more insurgents who arrived on foot, said Maj. Josh Major, a Canadian officer based at KAF. He said that eight to 10 insurgents were killed by coalition forces who responded to the ground assault with 25-millimetre cannon fire. There were no coalition casualties.

KAF commander Gordon Moulds of

Britain's Royal Air Force described the attack as "amateurish" and less complex than an insurgent ground assault May 22, the first at KAF since Canadians arrived here in 2006. In that assault, insurgents arrived at night. Tuesday's attack was "more an annoyance than anything else," said Major, speaking to Canadian reporters three hours after the failed insurgent effort.

"They destroyed about \$70 worth of fence."

The insurgents struck minutes after a minor, unsuccessful rocket attack on KAF. Two rocket-propelled grenades were fired toward the airfield from an outside location. One coalition soldier was slightly injured in the RPG attack, the result of taking some shrapnel.

Major agreed with Moulds' assessment that the botched insurgent operation was a desperate effort to generate some publicity for their losing cause.

The Taliban "have had a bad week," said Major, referring to recent beatings they've taken from coalition forces.

Medical association seeks fix for broken health system

By Meagan Fitzpatrick
Postmedia News

Canadians are not getting value for money in the health care system and it needs to be "massively transformed," according to the group representing Canada's doctors.

In a report released Tuesday, the Canadian Medical Association says the country's health-care system, and the principles that underlay it, are outdated and are in "urgent need of reform."

The group's policy document says Canadians wait too long for care, that care providers are overworked, that health information technology resources are "woefully lacking" and that there are insufficient mechanisms in place to monitor how well the system is serving patients.

The CMA has long been calling for the health care system to revolve more around the patient and among the recommendations in its report is the creation of a Charter for Patient-Centred Care.

"Patient-centred care is seamless ac-

cess to the continuum of care in a timely manner, based on need and not the ability to pay, that takes into consideration the individual needs and preferences of the patient and his/her family and treats the patient with respect and dignity," according to the CMA.

To transform the health care system so it is more efficient and better for patients, the CMA is also calling for comprehensive prescription drug coverage for all Canadians, more long-term care facilities to meet the needs of the aging population, the establishment of an arm's-length body to monitor the financing of health care programs, a national body to take the lead on a long-term health human resources strategy, and pay-for-performance systems to encourage higher quality of care both in doctors' offices and in hospitals.

The CMA says transforming the health care system requires "political courage and leadership, as well as flexibility from the health care professions."

Khadr's lawyer seeks delay in terror detainee's murder trial

Postmedia News

The lawyer for Toronto-born Omar Khadr has filed an application with the US Supreme Court seeking a delay in his August military trial in the death of a US soldier, say media reports.

Khadr's trial in the death of an army medic during a firefight in Afghanistan in 2002 is set to begin Aug. 10 in Guantanamo Bay, Cuba, where the now 23-year-old has been held since he was 15.

He is charged with murder, attempted murder, conspiracy, providing material support for terrorism and spying, and faces a possible life sentence.

His lawyer, US Army Lt.-Col. Jon Jackson, wants to halt the military trial, telling media on Monday in a statement that "the sad truth is that military commissions are discriminatory" and provide "only second-class justice."

"If you are a citizen, like the Times Square bomber, you get all the protections of federal court. If you are a non-citizen, you are tried by military commission," he said in a CNN report.

"This kind of discrimination is something we cannot stand for as a country."

Jackson said he asked the US Court of Appeals to hear Khadr's petition earlier this year, CNN reported, and he wants the US Supreme Court to order the Court of Appeals to hear the case or issue its own ruling on it.

The Supreme Court of Canada ruled in January that Khadr's basic rights had been violated by Canadian security and police officials who interrogated him at the Guantanamo Bay prison in 2003-04.

Last month, Canada's Federal Court of Appeals sided with the Harper government, staying an order that required the Conservatives to quickly come up with and pursue ways to help the young Canadian terror suspect.

The court found a judge had overstepped his authority by ordering the government to help Khadr and by setting himself up to supervise and approve its actions.

Canadian team to spearhead project probing Mars for signs of life

By Mike Barber
Postmedia News

A Canadian team will share a lead role in creating an instrument to analyze the levels of methane and oxygen in Mars' atmosphere, potentially uncovering signs of life on the red planet.

The Canadian Space Agency announced Monday that a team of Canadian scientists will develop the Mars Atmospheric Trace Molecule Occultation Spectrometer, or MATMOS, an extremely sensitive device that will orbit Mars and document its chemical makeup, said Victoria Hipkin, a planetary scientist with the CSA and the project's co-lead.

MATMOS will be placed aboard the ExoMars Trace Gas Orbiter, a joint project between NASA and the European Space Agency scheduled to launch in 2016.

If successful, "it would set a very clear pathway for future Mars exploration," said Hipkin. "It's a very ambitious mis-

sion."

MATMOS has its roots in another Canadian endeavour, SCISAT, a satellite measuring trace amounts of gas on Earth that has yielded discoveries on ozone depletion and air quality since its launch in 2003, said Hipkin.

"We're now applying this amazingly sensitive instrument to the Mars atmosphere to look for signs of activity," she said. "This is an area in which Canada is currently leading the world."

MATMOS will search primarily for methane, which Hipkin called "a potential signature of biology on Mars."

On Earth, both methane and oxygen are primarily produced by life - methane from algae and the digestive tracts of animals, and oxygen from plants.

"Together, they provide an amazing signature for anyone looking at Earth a long way away to say that there must be active biology on this planet, because those two gases will react together," Hipkin explained.

Local Sports

"With these nominations, do the Montreal Canadiens plan on more Quebec talent in their ranks in the next few years?"

Drummondville native to scout amateur players in Quebec

By Michael Innes

Former Montreal Canadiens forward, Serge Boisvert, was named last week as one of the new scouts for the Habs.

Boisvert is from Drummondville and played for the Sherbrooke Beavers in the Quebec junior major league (1977-80) and for the Sherbrooke Canadiens in the American Hockey League (1984-87) as well as some games with the big team in Montreal from 1984 to 1988, winning the Stanley cup in 1986. Boisvert has been associated with the Canadiens since 2009 as a counselor for player development.

Boisvert's nomination comes after General Manager Pierre Gauthier decided to overhaul the scouting depart-

ment on May 31. Six of the Montreal scouts' contracts were not renewed with the organization.

Boisvert, along with Ryan Jankoski will be in charge of scouting amateur players. With these nominations, do the Montreal Canadiens plan on more Quebec talent in their ranks in the next few years? For the moment only one Quebecer (Maxime Lapierre) is in its ranks. Is Boisvert nomination good news for players in Quebec especially for players in the Midget AAA League and Junior AAA League? Martin Bernard, head coach of the Cantonniers in the Midget AAA League and Jules Vallée of the Champlain Cougars were not available for comments.

Canadian youth team introduced

Postmedia News

The Canadian Olympic Committee on Tuesday announced a team of 60 athletes who will compete and partake in the inaugural Youth Olympic Games, which run Aug. 14 to 26 in Singapore.

"This will be an exciting, unique and eye-opening experience for Canada's top young athletes," said Caroline Assalian, COC executive director, Olympic preparation and games.

Canada's flag-bearer, who will lead the first-ever Canadian youth Olympic

team into the Opening Ceremony, is swimmer Jeremy Bagshaw.

Born in Singapore, he moved with his family to Victoria at the age of five.

"For me, being selected flag-bearer is a huge honour," said Bagshaw. "It would be an honour for any athlete, but I was born in Singapore and to lead Canada into the Games there makes me extremely proud."

Canada's 60 athletes will participate in 18 sports, supported by 23 coaches and eight mission team members.

Cantonniers training camp begins Sunday

By Michael Innes

Vacation is a thing of the past for prospective players for the next season with the Cantonniers in the midget AAA league.

With only a few days left to spend with friends and family, the 59 players will report to Head Coach Martin Bernard this Sunday at La Ruche High School in Magog for their physical evaluation before a good night's sleep. The players will jump onto the ice Monday

at 8 am for a full day of practice and then again on Tuesday morning for different drills. An intersquad game will take place in the afternoon.

Nine goaltenders, twenty defence-men and thirty forwards will do their best to take one of the spots available on the team. Wednesday night will be a first test for some of the players, as the Cantonniers will host the first pre-season game at 7 pm, as the Commandeurs de Lévis will be in town.

No final in the Quebec Junior Lacrosse League

By Michael Innes

There was another turn Friday night in the Quebec Junior Lacrosse League. It turns out that there will be no final series in the league this year. The Sherbrooke junior Extrême and the Montreal Shamrocks were to battle it out in a final series to determine the grand champions to represent Quebec in the Founders Cup from August 16 to 22 in Minico, Ontario.

Floors are almost impossible to get at this time of year because the different arenas in the area are starting up the ice for the next hockey season. League officials and members of the involved teams decided to cancel the final round this year.

"We are the champions of the of the season, finishing in first place and since we are defending champions we sug-

gested to the Montreal Shamrocks to form an all star team to go to the Founders Cup," said Denis Bernier over the weekend.

"We lost so much time over the last week that almost all the arenas in the area are starting up the ice for the next hockey season. We would have had to play our games in Windsor or East Angus and it's a little far for our fans," added Bernier. The teams could have played a best, two out of three series, but Sherbrooke's head coach, Mike Dubé, asked why create a rivalry among players who will be playing together in a couple of weeks. Sherbrooke hosted a mini training camp Saturday night for players of the three others teams that would like to join Sherbrooke for the Founders cup.

Wilfrid Laurier product anxious to beat the odds and stick with Detroit Lions

By Bob Duff
Postmedia News

Detroit Lions quarterback Matthew Stafford moved under centre, barking out signals.

The ball snapped, Stafford rolled left, directly toward Lions rookie defensive end Chima Ihekwoaba.

Stafford zigged. Ihekwoaba zagged, then Lions coach Jim Schwartz delivered a zinger to the first-year defensive lineman from Burlington, Ont.

"I was kidding him," Schwartz said afterward.

"He missed a bootleg. I told him, 'I don't know if they run it in Canada, but it's the National Football League. They run it here.'"

Ihekwoaba is seeking to join Chicago Bears defensive tackle Israel Idonije (Manitoba) and Indianapolis Colts defensive end Dan Federkeil (Calgary) and wide receiver Samuel Giguere (Sherbrooke) as Canadian Interuniversity Sport products currently in the NFL.

Still, the presence of Ihekwoaba, 21, a six-foot-four, 260-pounder from Waterloo's Wilfrid Laurier University, in an

NFL training camp seems about as odd as the number he wore while playing along the Golden Hawks' defensive line.

Ihekwoaba was No. 9, which wouldn't make him the most amazing No. 9 ever to arrive in Detroit.

We'll give that honour to Red Wings legend Gordie Howe.

The No. 9 with the most amazing story?

We'll give Ihekwoaba that decision.

"In college, there's not really any designated numbers for positions, and No. 9 was a number that I liked," Ihekwoaba said, explaining that his fondness for the digit developed from his childhood handle on the playing fields of Burlington.

"They nicknamed me the Ninth Wonder, because of my freakish athletic ability."

Taking the field against the best players in football, many of whom are more physically imposing than he, and certainly, vastly richer in gridiron experience and know-how, it could intimidate a young man.

Not Ihekwoaba. He's overachieved his

entire athletic life, taking on and toppling larger foes.

As a youngster, he held his own in playground games against older brother Ugonna, two years his senior, and Ugonna's buddies.

"I used to kick around with the older guys and get beat up by them, but I was taking it, so they figured I must be different," Ihekwoaba said.

As he grew, besides football, Ihekwoaba starred on the hardwood, the soccer pitch and on the track, where he ran the 60 and 100 metres, uncommon events for a defensive lineman.

"I'm a speedy guy," Ihekwoaba said.

It's that natural ability which attracted the Lions to Ihekwoaba. They recognize he's a project, but figure it's worth the investment.

"He's really athletic," Schwartz said. "He's a talented player. He's got a lot of catching up to do, just in general in his exposure, he's behind."

"But he's got some tools to work with, and as long as he keeps improving every day, that's the only thing you can worry about."

After Ihekwoaba put up some impressive numbers at the CFL scouting combines, NFL teams began calling his agent, Dr. D.S. Ping of Ann Arbor, Mich.

Ping set up two days of workouts at the University of Windsor, allowing NFL teams to assess his client.

"I improved my times from the Canadian combines, and those were already pretty impressive numbers," Ihekwoaba said.

"After the (NFL) draft, the Lions contacted my agent and offered a tryout deal for their mini-camp."

"I was one of the ones selected to sign a three-year free-agent contract."

Actually, Ihekwoaba was the only free agent signed by Detroit from its spring mini-camp.

"I had this in my plans for quite a while now," he said of his NFL opportunity. "It's good that I can finally carry it out."

The odds remain long for Ihekwoaba, but a gut feeling says he'll find a way to stick.

It's never wise to bet against the Ninth Wonder.

Death

**Esther Lucina
(nee Brazel)
HONEY**

(1915-2010)

At Santé Courville, Waterloo, Qc, on August 1, 2010. Beloved wife of the late Gordon Honey, West Bolton, Qc. Sister of the late Stanley Brazel and half sister of the Reverend Harold Brazel, Sawyerville, Qc. Sister-in-law of the late Frances Honey Salisbury Duboyce and Percy Honey. Dearest aunt of Howard (Norma) Salisbury. She will also be missed by many close neighbors, friends and extended family. Cremation was held at Les Jardins Funéraires Bessette Crematorium in Granby. Many thanks to the staff of Santé Courville for their caring hands and compassionate care.

Under the direction of
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Waterloo
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Fax: 450 777-4393
www.famillebessette.com
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Family will receive condolences directly at the church from 10:00 to 11:00 a.m. Funeral service will be held on Saturday August 7, 2010 at 11:00 p.m. at the Creek United Church, 278 Brill Road, West Bolton, Qc, followed by the interment at the South Stukely Cemetery. Reverend David Lambie officiating. Memorial donations may be made to the Creek United Church, c/o May Banks, 4 Gaboury Rd, Foster, Lac Brome, Qc J0E 1R0.

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Card of Thanks

TAYLOR, Herbert - We would like to thank everyone for the phone calls, cards, food, donations and words of sympathy following the death of Herbert Taylor. Your thoughtfulness is much appreciated.

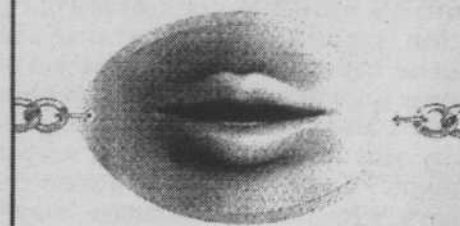
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Cemetery Meeting

CHERRY RIVER CEMETERY

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DR. GOTT



Farmer's night sweats a mystery

By Peter H. Gott, M.D.

DEAR DR. GOTT: I am an 80-year-old retired farmer. I have night sweats that begin at 10 p.m. and last until 10 a.m. I have to change my pajamas three times a night. This has been going on for three months now. I have been tested by infec-

tion, kidney, heart, lung and urology specialists, but everything checks out. I have no fever, diarrhea, vomiting or weight loss, and I continue to have a good appetite. Every blood test that has been taken (for which it seems I have given several pints of blood) is normal. I did have a malignant tumor on my prostate in 1996. After both were removed and the tissue was tested, I did not have to undergo chemotherapy or radiation. My PSA was 0 for nine years, but it is now reading 1.08. I also had a slight stroke six months before I started having the night sweats. The part of the brain affected was two small spots above the forehead. There were no visible signs of even having a stroke when the event occurred.

I take the following meds: albuterol, Advair, allopurinol, doxycycline, levothyroxine, Diovan, warfarin and fexofenadine. All meds have been checked for possible reactions. I am a male, stand 5 feet, 6 inches tall, and weigh 192 pounds. Please help. I'm miserable.

DEAR READER: The thing that stands out in my mind is your prostate cancer. You say both were removed. I take this to mean the tumor and the prostate gland itself. However, the problem with this situation is that now your PSA level is

going up, which means that there must be some prostate tissue still present. Your rising level could indicate that the cancer was not eradicated entirely and is now making itself known. Your urologist should be examining you thoroughly to check for any possibility that the cancer has returned.

My next thought would be your stroke. Your neurologist would be able to tell you if the damage to your brain could have resulted in your night sweats.

Other causes of night sweats include medication side effects, certain infections, changes in various hormone levels (such as testosterone, thyroid, etc.) and some neurological disorders.

You say that your medications have been checked, but I will review them briefly. Albuterol and Advair are most commonly used to treat asthma. Allopurinol is primarily used for gout and may cause abnormal sweating. Doxycycline is an antibiotic. Levothyroxine is a thyroid hormone-replacement drug used to treat hypothyroidism. Side effects from this drug are typically caused by therapeutic overdose and resemble hyperthyroidism, of which excessive sweating is a symptom. Diovan is used for the control of hypertension. Warfarin is an anticoagulant used in patients with certain clotting disorders, blood clots, heart attack,

stroke and more. Fexofenadine is used to treat seasonal allergies and uncomplicated idiopathic hives.

Two of these medications specifically list sweating as a side effect, but there is a possibility that two or more of these could be interacting, causing unwanted effects. Sit down with your primary-care physician or an internist to discuss the situation, and review the results from your plethora of specialists. Perhaps the answer is simple but your specialists are missing it because they are not looking at you as a whole body.

To provide related information, I am sending you a copy of my Health Report "The Prostate Gland." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092. An order form is also available for printing at my Web site, www.AskDrGottMD.com.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

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My 16-year-old son has mostly girls for friends

Dear Annie: My friend "Helen" has a 5-month-old baby, "Petey." This is her first child. She has no siblings and very little family, so her experience with babies is limited.

Petey seems to be rather small (about 12 pounds) for a 5-month-old. He seldom lifts his arms or legs or does any of the things my children did at that age. Helen has used a swaddling blanket on Petey since he was born. She makes him take a lot of extended naps during the day, plus at least eight hours of sleep at night. I fear she may have done some harm with this tight bondage, maybe cutting off circulation to his limbs.

How can I approach Helen about my concerns? Should I just MYOB? She becomes very defensive if anyone makes a comment about the baby. Her grandmother made a few suggestions once, and Helen didn't let her see Petey for six weeks. Also, Petey has not been checked by a doctor for nearly two months. Is this OK? Please give me some guidelines. — Shirley

Dear Shirley: Swaddling is quite common and often helps babies sleep. Most infants outgrow it by 2 months, although some continue a while longer. It is usually a good idea to stop swaddling when the baby learns to roll over, since it can become too constricting. At the very least, the swaddling should be loosened. Also, the longer an infant is swaddled the harder it can be to get the child to learn to sleep without it.

The pediatrician should see Petey roughly every two months to check his development. Between 4 months and 7 months, babies should be rolling over, reaching out for things and able to stay in a sitting position and hold up their heads and chests when lying on their stomachs. It's time to call the doctor if these milestones are not reached by 7 months, or if the child doesn't use an arm, a leg or one side of the body.

Petey may be just fine, but if you think otherwise, bring this column to

Annie's Mailbox

Helen, and use it to start a neutral discussion.

Dear Annie: My 16-year-old son has mostly girls for friends. They invite him everywhere. He does have a couple of guy friends, but they hang around other boys my son doesn't like very much, so he usually stays away. He also isn't very good at sports, so he avoids them. Is this OK? — N.Y.

Dear N.Y.: Yes. A lot of perfectly normal teenage boys are not athletic and/or have little interest in sports, and many find the company of girls less threatening than that of teenage males, who can be aggressive and taunting. If your son seems well-adjusted and is relatively happy and doing well in school, we wouldn't worry about these preferences.

Dear Annie: "Not Knowing Is Painful" asked how to find out whether her son's ex-girlfriend, who won't return his calls, had given birth to their child in Nevada.

We've all heard stories of women who place their babies for adoption without the father's knowledge. Our state has a putative father registry. It lets the state, court and social services, etc., know that there is a potential and interested father out there. In my state, having sex with someone is considered prior notice of the pregnancy and birth of a child.

Fathers who don't register within the proper timeframe may involuntarily forfeit all their parental rights. Please tell "Not Knowing" to have her son check this out. — Joanne

Dear Joanne: Thank you for the information. About 23 states have putative father registries, which allow a father to voluntarily acknowledge paternity. Although each state's requirements may differ, "Not Knowing" should suggest her son contact the Division of Welfare and Supportive Services in Nevada.

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

Wales Home News July 2010



July was another great month in the Activity Department. Thank you to the many volunteers who assisted with this month's activity line-up. Your dedication and assistance are assets to The Wales Home. In addition to Reading Group, Military Whist, 500, movies, bingos, brunches, picnics, exercises, Church Services and much more, here are some of the monthly highlights. Full listings are available online at www.waleshome.ca

On July 1st, Canada Day was celebrated with many wearing red and white. A barbeque was held, followed by a dance with music by Eddie Malboeuf. On the 6th, a Strawberry Social was held on the Nursing Care Units with the help

of Marion Patrick and friends. On the 7th, residents and drivers enjoyed a lunch outing at Le Luxor in Victoriaville. On the 8th, strawberry shortcake was served to residents in the Main Living Room. On the 9th, residents enjoyed lemonade in the living room. It was a refreshing way to spend some time with friends and make use of the newly installed air conditioning during the heat wave. On the 30th, residents were invited to the living room to partake in a make your own ice cream sundae afternoon.

Birthday celebrations were held on Norton 2 on the 12th for residents of this floor. Happy birthday to everyone who fêted in July. On the 21st, the monthly

birthday party was held in the fourth floor recreation room and was hosted by Richmond's St. Anne's Anglican Church.

Music was once again a big part of the monthly activities. Sunday hymn sings in the Shaw 1 solarium and Wednesday sing songs on Norton 2 and 3 were led by Norma Knowles Lester. On the 15th, John and Sylvia Luxton gave an impromptu performance on piano and violin before the morning exercise class. Some residents and drivers attended the Scott Woods concert at RRHS during the evening of the 15th. On the afternoon of the 19th, Chet Perkins' daughter Ruth Lucas and her daughters Laura and Elizabeth gave a stunning performance, which involved the use of vocals and sev-

eral musical instruments. The Roxton Singers returned on the evening of the 26th to perform for residents in the Main Living Room.

Best wishes are extended to Reinhold and Barbara Hafner and William Kellas who have moved. Sympathies go to the family and friends of Veronica Burningham and Harold Donaghy.

May you all have a wonderful upcoming month, be sure to be on the lookout at the beginning of September for August's Wales Home News.

By: Rebecca Taylor

Diabetes The New EPIDEMIC



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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: A equals K

"ZS R MPTRC PUFSDT, TRDG

ITPHUS ORHZDRXXK IXRKH R IRPC

CGRC CGT UCGTP PTRXXK XZATH."

TXZVROTCG RHGXTK

PREVIOUS SOLUTION: "Can you imagine Simon (Cowell) as a kid? His imaginary friends probably never wanted to play with him." - Paula Abdul

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KIT N' CARLYLE



HERMAN



"No food, no drinks, and just one trip to the bathroom. Have a nice flight."

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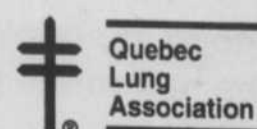
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Your Birthday

Wednesday, Aug. 4, 2010

In the year ahead a number of outside influences are likely to play many critical roles in your affairs. Remarkably, most will be good ones with their input producing many benefits.

LEO (July 23-Aug. 22) - Because you've finally figured out how to overcome negative aspects and replace them with positive ones, it should be a good day for you. You'll be able to accomplish all that you want to.

VIRGO (Aug. 23-Sept. 22) - There should be an encouraging financial trend starting to take hold for you. Do what you can to make the most of what you have at hand, and you will be rewarded more than usual.

LIBRA (Sept. 23-Oct. 23) - Some of your nobler inclinations could turn out to be lucky ones for you. There is something good in it for you whenever you put yourself out for the sake of another.

SCORPIO (Oct. 24-Nov. 22) - Trust that your evaluations are superior to those of your adversaries, and you'll end up being the dominating force. All you have to do is believe in yourself and all that is good.

SAGITTARIUS (Nov. 23-Dec. 21) - Enjoy yourself with friends and leave all of your serious issues or problems behind you. It'll serve as a burst of power within you that will carry over into your entire life.

CAPRICORN (Dec. 22-Jan. 19) - Lady Luck will do whatever she can to help you

sort out what is troubling in your life, and to put you on a good path. However, make sure you're still doing your part to try all that you can to make this happen.

AQUARIUS (Jan. 20-Feb. 19) - For productive results when working with others, be a bit laid back and let them take the lead. Your common sense and adaptability will still keep you on the right track.

PISCES (Feb. 20-March 20) - Even if others are pointing out that somehow you got the short end of a deal, you'll know that you're on the road to benefits and advantages, and you'll be right. Continue to follow your instincts.

ARIES (March 21-April 19) - Involvements with others could be better than usual, mostly because people in general are likely to react harmoniously with one another. It'll be easy to handle most things calmly and politely.

TAURUS (April 20-May 20) - Do a bit more than that what is expected of you and watch how much cooperation you suddenly get. Your efforts will be appreciated and rewarded in ways you would never expect.

GEMINI (May 21-June 20) - Lack Luck will show up the minute you start putting forth some extra effort, especially where joint endeavors are concerned. Both your undertakings and relationships will do a lot better with her around.

CANCER (June 21-July 22) - Impediments that have acted like a monkey wrench in your affairs can now be handled easily. Don't think of them as being a nuisance and they'll disappear.

Wednesday, Aug. 4, 2010

Do not delay; do the desirable

By Phillip Alder

George Canning, an English statesman who died in 1827, only 119 days after being appointed as prime minister (still the shortest reign), said, "Indecision and delays are the parents of failure."

That can be true in bridge — as in this deal. How should the defenders play to defeat three no-trump?

North has only nine high-card points. When partner shows a strong, balanced hand, North would normally raise to two no-trump. Here, though, bidding three no-trump is justified for two reasons. First, a one-no-trump overcall is half a point stronger than a one-no-trump opening: a good 15 to a bad 18 instead of 15-17. And knowing where the missing points lie — in the opener's hand — makes the declarer-play more accurate.

The critical play, as is so often the case, occurs at trick one. East must not signal with his spade 10, encouraging partner to lead the suit again. If he does that, declarer will duck the trick, and what will West do next? He will be forced to shift to another suit. Then South has the time to dislodge both of East's aces and gets home with an over-trick.

East must not be indecisive or delay.

North		08-04-10	
♠	7 6 3	♠	K 10 9 5 4 2
♥	K J 8	♥	A 5
♦	Q J 10 5	♦	A 4
♣	Q 8 3	♣	J 10 6
West		East	
♠	Q	♠	K 10 9 5 4 2
♥	7 6 4 3 2	♥	A 5
♦	7 6 3	♦	A 4
♣	9 5 4 2	♣	J 10 6
South			
♠	A J 8	♠	K 10 9 5 4 2
♥	Q 10 9	♥	A 5
♦	K 9 8 2	♦	A 4
♣	A K 7	♣	J 10 6
Dealer: East			
Vulnerable: Both			
South	West	North	East
1 NT	Pass	3 NT	1 ♠
Opening lead: ♠ Q			

He must overtake the spade queen with his king. This gives him the tempo over declarer.

Let's assume South ducks. East plays another spade, gets in with his diamond ace, and drives out declarer's second spade stopper. South can take only eight tricks before being forced to play a heart. East grabs his second ace and cashes the rest of his spades to defeat the contract.

CROSSWORD

Across

- 1 Outré
- 6 Mahal
- 9 Door parts
- 14 Dictionary note subject
- 15 Brandy letters
- 16 Drools over, in a way
- 17 "Call it ___": "No winner"
- 18 S or SE
- 19 Netizen who might hear "You've got mail!"
- 20 Male goose during hunting season?
- 23 Novelist Deighton
- 24 Small, medium, or large: Abbr.
- 25 Sought-after former football announcer?
- 33 Le Pew of skunkdom
- 34 Like waitresses: Abbr.
- 35 Shocking buildup?
- 36 Shangri-las
- 38 Purple minus blue

- 40 Bingham of "Baywatch"
- 41 Get molars, say
- 43 Shiatsu response
- 45 "Night at the Museum" creature, for short
- 46 Fencing implement at the shop?
- 49 Free (of)
- 50 ___-El: Superman's birth name
- 51 Biblical guy who refused to believe the writing on the wall?
- 59 Part of HDTV, briefly
- 60 "South Park" brother
- 61 Main life line?
- 62 "Good ___!": Charlie Brownism
- 63 Super ___: game console
- 64 Cinemax rival
- 65 Baby-sits, e.g.
- 66 Jetta fuel
- 67 English class assignment

- 29 Rush Limbaugh ex ___ Fitzgerald
- 30 Video game trailblazer
- 31 More agreeable
- 32 Early seventh-century year
- 33 '80s-'90s tennis star Korda
- 37 Oater lawmen
- 39 What a full moon mitigates
- 42 Shallowest Great Lake
- 44 Cattle unit
- 47 Waiting at a light, say
- 48 "The magic word"
- 51 Desperate, as straits
- 52 Score after deuce, maybe

- 53 Must have
- 54 Swedish retail giant
- 55 Have-___: the less fortunate
- 56 S&L offerings
- 57 Gillette razor
- 58 Like a shirker
- 59 NBA bio stat

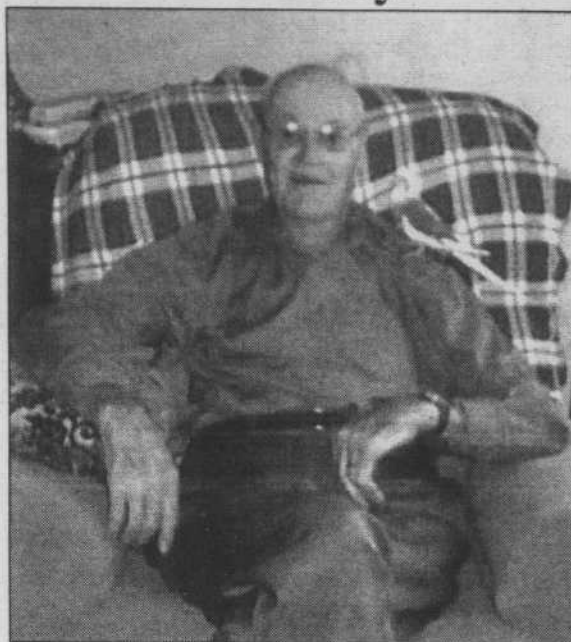
Down

- 1 Marsh, for short
- 2 Meat pkg. letters
- 3 Take home
- 4 "Yikes!"
- 5 Fix by fusing, as metal
- 6 Swanson product
- 7 B-boy connection
- 8 Hoops legend
- 9 Singer with the Black-hearts
- 10 With eager anticipation
- 11 Fr. miss
- 12 Cold one, so to speak
- 13 Ukr., once
- 21 Snorkeling site
- 22 Chimes in with
- 25 Jason's wife
- 26 "Not ___ out of you!"
- 27 Driller's prefix?
- 28 "That is ..."

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

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17						18				19				
20						21				22				
					23				24					
	25	26	27					28			29	30	31	32
33						34				35				
36					37		38		39		40			
41						42		43		44		45		
46							47				48			
						49				50				
	51	52	53					54			55	56	57	58
59								60			61			
62								63			64			
65								66			67			

Happy Ninetieth Birthday



Your friends,
Jane and Ronnie

80th Birthday

A very happy 80th birthday on August 4, 2010
is wished for **John Grubb**
of Choiniere Road, Bromont, QC.
We hope you have many more healthy, happy years.

Best wishes from
George, Carolyn and family

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