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WEDNESDAY, MARCH 31, 2010

Granby ER hits 520 per cent capacity

By Maurice Crossfield

The Granby Hospital emergency room was in crisis mode Tuesday, faced with its busiest day ever.

"We had 52 people on stretchers at about 8 a.m., with a capacity of ten," said Granby Hospital director general René Giard. "By noon we were down to 42 by

placing some of the patients elsewhere, but it remains extremely crowded at 42."

That's the highest level of overcrowding in the Montérégie administrative region this year. Faced with such numbers, the hospital took the exceptional measure of issuing an advisory for the public to stay away if at all possible. People with

health problems were advised to call the Info Santé line, or try going to private medical clinics.

"At least for the people who can find other solutions than the emergency," Giard said. "But the emergency is still open for the people who need it."

Giard said the hospital even consid-

ered rerouting ambulances to other hospitals. But he said Granby's two neighboring hospitals, the Brome-Missisquoi Perkins in Cowansville and the Honore-Mercier in St-Hyacinthe, are already very busy and unable to handle the excess.

PLEASE SEE GRANBY PAGE 3

A family-friendly budget

By Rita Legault
SHERBROOKE

Families were the big winners in the provincial budget yesterday as Finance Minister Yves Séguin announced measures from family allowance cheques to the elimination of provincial sales taxes on diapers, baby bottles and breast-feeding supplies starting today.

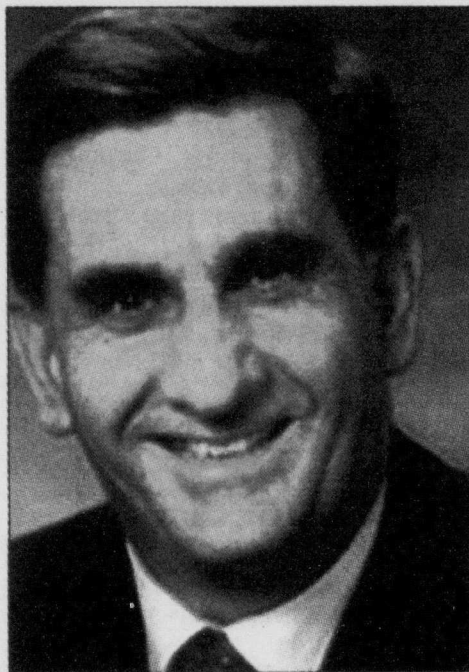
"I am presenting a budget of change, a budget that honours our commitments and puts money back into the pockets of Quebec families," Séguin said, boasting the budget helps families, people with low incomes and the middle class.

In all, Séguin said the government will put some \$1 billion back in taxpayers' pockets. Most of the money, some \$550 million to families with children under 18, will come in quarterly child assistance cheques from the government.

"The government wants to build a Quebec in which families will flourish," Séguin said.

Another \$243 million will be spent on a "work premium" that will offer income supplements to low-income earners. That, Séguin said, will encourage young Quebecers to get off welfare.

"Too many Quebecers do not partici-



WEB PHOTO

Quebec Finance Minister Yves Séguin's budget focused on the health, education and well-being of Quebecers.

pate in the labour market," Séguin said. "Everything must be done to induce Quebecers to enter the job market and stay there."

PLEASE SEE BUDGET PAGE 4

Freedom vs Finals



TOM PEACOCK

The warm weather lured hundreds of students from their studies yesterday as the temperature hit double figures for the first time in months. For more on the real meaning of spring, please see Page 8.

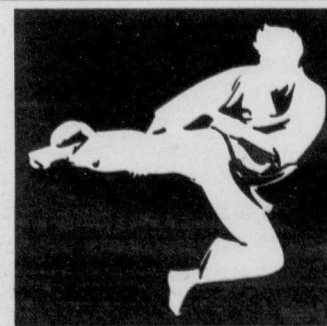


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Source-Soleil gets support

Staff

The Caisse Populaire des Plateaux de Sherbrooke announced a major contribution to the Maison Source-Soleil, a home for young people trying to find their way in society, at a press conference yesterday.

Roger Durand announced that the Caisse will provide \$10,000 per year over the next three years to the home where young people between the ages of 18 and 30 can access a variety of services, including a place to stay, support finding a job or returning to school, help managing personal budgets, and the chance to participate in numerous other activities.

Other Sherbrooke businesses, including Club Progrès, Radio-Canada Estrie and TQS Estrie also contribute significant funds every year to the home. The Source-Soleil will hold its third annual fundraising dinner on April 15 at three separate restaurants in Sherbrooke: L'Arlequin, du Bacchus et L'Entr'Amis. For more information call Josée Harrisson at: 563-1131.



PERRY BEATON/SPECIAL

Pictured are: Caisse Populaire president Roger Durand, President of the Board of Directors of Source-Soleil André-Rémy Blais, and Martine Bolduc, singer and spokesperson for the home.

BRIEFS

Bagging groceries for a good cause

Volunteers from Centre d'entraide Plus de l'Estrie will be bagging groceries at the Super C in Fleurimont April 1, 2 and 3.

The event is to raise money to support the organization's home visit program for low-income families.

Hydro rates up in Magog

Hydro-Magog will be raising rates April 1 by 1.4 per cent.

The rate increase was approved by Magog council March 22 after a similar rate increase was granted to Hydro Quebec by the Régie de l'énergie.

The rate increase will effect about 7,800 residential, commercial and industrial clients in the Magog area.

Water works in Scotstown

The provincial government has announced a grant to Scotstown for work to be done to the town's water system.

The \$737,500 will bring the town's system up to current standards, and will include work to eliminate any risk of bacterial contamination, as well as the construction of three wells.

The project, funded through Infrastructures Quebec, will employ 19 people.

Scotstown has a population of just over 700.

More Townshippers unemployed last month

The unemployment rate in the Eastern Townships rose from 8.2 per cent to 10 per cent last month. The region lost 3,200 jobs, bringing the number of jobs to 139,700.

In Sherbrooke, the unemployment rate was 8.1 per cent, compared to an overall rate for the province of Quebec of 9.6 per cent.

Planning a garage sale?

The city of Sherbrooke is promoting

the second R — Reuse — for their annual yard sale weekend, June 5 and 6.

Permits are available by filling out the coupon in the March issue of the infoSherbrookois, and will be only \$10 instead of the usual \$25.

All residents having yard sales must get a permit by May 7 at either the borough office or at 145 Wellington North.

A complete list of all the sales will be printed in La Tribune on June 5. A map will also be available marked with all the locations.

Last year 706 residents took part in the sale.

Blood Donor Clinics

Thursday, April 1

Saint-Hyacinthe

Hôtel-Dieu of Saint-Hyacinthe Auditorium

(Salle du Bazar)

1800 Dessaulles Street

9:30 a.m. to 3 p.m.

Objective: 75 donors

Making a difference

The Regroupement des organismes communautaires (ROC) de l'Estrie wants to remind the public of the contributions of local community organizations.

The ROC, in a release sent yesterday, highlighted the contribution to community life of the many organizations, especially those providing social services to Townshippers.

LUCKY WINNERS

Winner of the Monjoye Ski Tickets is Zdenek Palik of Sherbrooke.

Winners of tickets to the Sherbrooke Symphony Orchestra season Finale April 3 are: David and Shirley Nortcliffe of Cookshire and Julie Perkins of Lennoxville

Weather

Today: Cloudy Showers beginning in the afternoon. High 10.

Thursday: A mix of sun and cloud. Low 1. High 5.

Friday: A mix of sun and cloud. 60 per cent chance of showers. Low minus 3. High plus 4.

Saturday: Periods of rain. Low zero. High 10.

Normals for the period: Low minus 5. High 6.

Ben by Daniel Shelton



Sherbrooke to help Memphremagog fight landfill

City approves \$4 million arts center conditional on grant from Quebec

By Rita Legault
SHERBROOKE

While it will leave the talking to officials from the Memphremagog MRC, the City of Sherbrooke will be a full partner in contesting the expansion of the landfill in Coventry, Vermont.

Sherbrooke Mayor Jean Perrault said Monday the city will pay half the cost of documentation being prepared by Teknika, the firm hired to prepare regional arguments against the landfill development which is slated to double in size and accept most of the waste produced in the state of Vermont.

Perrault, who just returned from vacation, said councillor and Environment Committee chair Bernard Tanguay has been in contact with Memphremagog MRC warden Roger Nicolet to discuss the issue and that Sherbrooke plans to be very active in protecting the lake which serves as a drinking water reservoir for some



FILE PHOTO

Sherbrooke Mayor Jean Perrault said the arts community has lobbied extensively for an arts centre.

120,000 city residents.

Perrault said he has also accepted an invitation from provincial Environ-

ment Minister Thomas Mulcair to sit on the newly revived Quebec-Vermont Committee on Lake Memphremagog where he will join a representative from the Memphremagog MRC and Canadian co-chair Emile Grieco, the director of the regional Environment Quebec office.

Perrault made the comments after Monday night's lightning council meeting, which was over in 15 minutes.

Perrault explained that council meets every second Monday and that months with five Mondays are rare. Because council had already met twice in March, there were few subjects to tackle.

Councillors voted in favor of a new \$4 million arts centre that would be built at the corner of Aberdeen and Wellington.

Perrault said construction of the Centre de production des arts de la scène, which would house a number of theatre and dance companies, is contingent on 50 per cent participation from the provincial government.

Perrault said the arts community has been seeking an arts centre for the

past 15 years and he notes construction in the old downtown area would help revitalize the neighborhood. He notes the area is already sprucing up thanks to the restoration of the old train station by Limocar.

Perrault said the cost of the project soared because the city decided to build a new building rather than renovate an old building on Kitchener. An additional \$300,000 will be needed to decontaminate the soil at the Aberdeen site.

Council also approved funding for Phase 2 of the reorganization of the municipal police force. That will mean the hiring of 19 new officers and white collar workers.

Fleurimont Borough president Francis Gagnon said he was pleased the reorganization has arrived at this phase and noted boroughs will be better protected with a new community services program.

Police committee chief Robert Pouliot noted that thanks to the new program and hiring of more officers, there will also be a greater police presence downtown, in parks and throughout the city.

GRANBY:

CONT'D FROM PAGE 1

At the BMP Hospital Monday afternoon there were 21 patients on stretchers in the ER, which has a normal stretcher capacity of 12. BMP spokesman Josée Darche said ER traffic picked up last week with a rise in the number of elderly patients, primarily with heart and lung problems.

NO SURPRISE

The sudden rise in traffic at the Granby ER wasn't a surprise, Giard said. He said every spring there's an increase in the number of people seeking health care. Though he didn't give specific reasons, he said factors such as the change from winter to

spring, with people becoming more active again, is likely a factor.

"The period of April, May and June is always very busy," he said. "These aren't people who come for nothing. Their needs are obvious."

The busy period comes after a very busy winter for Quebec hospitals, particularly Granby and the BMP. The Granby Hospital regularly exceeded 400 per cent capacity during the winter months. Double capacity came to be a normal fact of life.

With a relatively small emergency room capacity and a large population, Giard said he was hoping for some good news out of Quebec finance minister Yves Séguin's budget Tuesday. The

Granby Hospital has been lobbying for a \$22 million expansion and renovation project for the emergency, a project cited as a priority by the regional health board. It was also a promise of Shefford MNA Bernard Brodeur in the last provincial election.

Part of the problem is also the lack of available long term care beds in Haute-Yamaska. In the coming years an additional 300 to 400 more long term beds will be needed to keep pace with the aging population.

Giard said early Tuesday afternoon he would be watching Séguin's budget closely.

"This project is a very important project for us," he said. "We are hoping there will be an announcement."

Granby Zoo welcomes prickly newcomer

The Granby Zoo's newest arrival isn't exactly cuddly. This little guy is an African porcupine, born on March 19.


Its parents arrived from the Staten Island Zoo, from which they were borrowed. Granby Zoo spokesman Paul Labreque said it is fairly rare for African porcupines to successfully reproduce in captivity. A baby was born at the zoo a few years ago, but failed to survive.

This time the youngster, who will likely be named Punky, appears to be in excellent health. Though it is still hard to tell for sure, Labreque said Punky seems to be a male. Zoo officials are now trying to work out an agreement to have Punky become a permanent resident of Granby Zoo.



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Will Quebec be able to close hole in budget?

By Eric Beauchesne

It's a not-so Super Tuesday for the poorer provinces, four of which - Quebec, Newfoundland, New Brunswick and Prince Edward Island - are presenting budgets today with another, Saskatchewan, tabling its on Wednesday.

All five are expected to report a deterioration in their financial situations, reflecting last year's unexpected weakness in the Canadian economy, a \$2-billion shortfall in their federal equalization payments and rising costs, especially for health care. Manitoba, which tables its budget April 19, has warned that the economic impact of mad cow disease, drought, forest fires and the smaller federal transfers will make it difficult for the province to balance its books.

"Quebec is obviously the highlight here," said Nesbitt Burns economist Douglas Porter. "Last we heard, they were struggling to close a potential gap of \$944 million for the 2003-04 fiscal year.

"Promised tax cuts will have to wait," he said, referring to the Liberal government's election promise.

Ditto for the others.

"New Brunswick and Saskatchewan both reported balanced budgets over the past year but had to dip into their rainy-day funds to get there," Porter said,

adding those "funds are drying up.

"P.E.I. and Newfoundland are both facing significant deficits, relative to the size of their economies."

In fact, the TD Bank, in a special report Monday, said Newfoundland and Labrador is in the worst financial shape of any province despite its new-found oil riches and the ensuing super strong growth in its economy in recent years.

And it predicted that in today's budget, Newfoundlanders will be asked to swallow "some very bitter medicine" that will possibly include "spending cuts, higher taxes and higher user fees."

The provincial budgets this week are expected to be in contrast to the one presented last week by oil-rich Alberta. The Alberta government estimated it would have a \$3.3 billion surplus in the fiscal year ending March 31.

However, the provinces, in contrast to Ottawa, will as a group be in deficit this year for the second straight year, the federal government predicted in its budget presented last week.

Further, their shortfall, estimated by Ottawa at \$5 billion, would more than offset the \$1.9 billion federal surplus, pushing the combined federal and provincial government sector back into the red for the first time following five straight years of budget surpluses.

"After five consecutive surpluses, the aggregate federal-provincial-territorial sector is expected to post a \$3.1-billion deficit in 2003-04," the federal budget documents stated. "The increase in the expected aggregated provincial-territorial deficit ... is primarily due to the deterioration in Ontario's fiscal situation."

Actually, the overall government shortfall will likely be even more than the \$3.1 billion that the federal government forecast in its budget papers.

Ontario Premier Dalton McGuinty, after last week's federal budget, upped his deficit projection for the province to a massive \$8 billion in the 2003-04 fiscal year, more than \$2 billion higher than had been forecast.

But the worst is yet to come, according to a report prepared for the provinces, which projects that they will sink deeper into debt unless they get more help from Ottawa to cover soaring health expenditures.

That report, by the Conference Board of Canada, projected that provincial deficits will continue to rise, reaching \$11 billion a year by 2020.

In contrast, Ottawa's surpluses would soar to a staggering \$80 billion a year over that period, said the report, which was used by the provinces to push their de-

mands for more federal funding.

It's a demand that five of the poorer provinces will reiterate in their budgets this week.

And it's a demand for which they will get support from an economic think tank, which in a report being released today, also calls for a reformed, and more generous, equalization program.

The Canadian Centre for Policy Alternatives supports the call by the poorer provinces for reforms which it calculates would boost annual equalization payments nearly \$5 billion a year to \$14.2 billion.

"The reforms will enable provinces to revitalize our social programs in line with the repeatedly expressed desires of the considerable majority of Canadians," the left-leaning research group says.

Meanwhile, the Senate finance committee announced Monday that it is launching a study into the federal equalization program, inviting provincial finance ministers to testify at hearings which will begin next week.

"This study is timely in view of Finance Minister Ralph Goodale's budget announcement that legislation to renew the five-year equalization program is imminent," said committee chairperson Lowell Murray.

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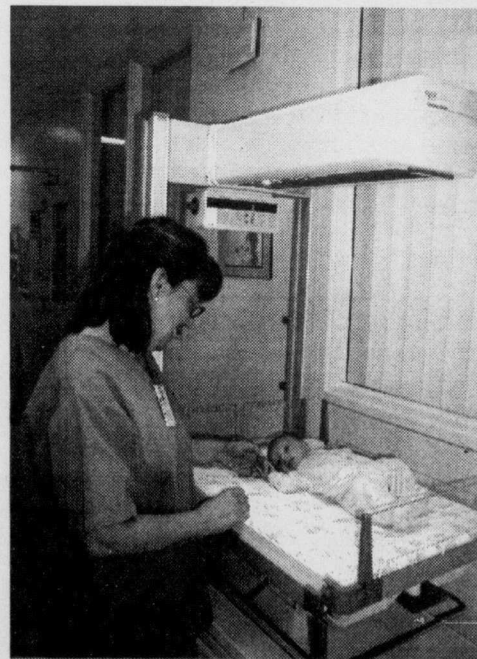
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has allowed the CHUS to purchase new equipment

*Purchase of heating beds for the
Neonatology Department*

Mrs Lise Larkin, nurse, and little Elliot present one of the four heating beds, or radiant incubators, used for newborns who must stay under observation. Newborns are usually bare to favour a better observation and allows the medical staff to intervene rapidly, where the necessity of heat. The purchase of heating beds was, in part, made possible thanks to the profits of the Richard Séguin and the "Orchestre symphonique des jeunes de Sherbrooke" show presented last November.



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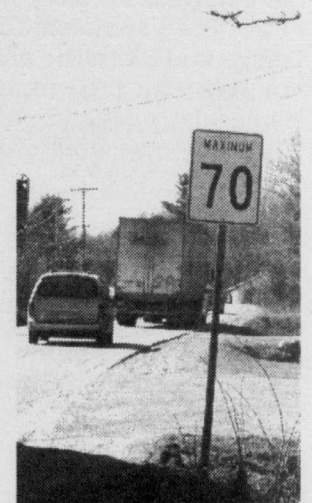
SPEED:

CONT'D FROM PAGE 1

The return to a 70 km/h zone is also interesting in the face of a recently completed study commissioned by the Borough of Lennoxville to study what should be done to ensure the safety of students walking to school from Oxford Crescent apartments on Belvidere Street.

The study, conducted by the engineering department of the City of Sherbrooke, recommends that the sidewalk be extended up Belvidere on the south side. In the meantime, since there's no provision in the budget for sidewalk construction, the study recommends increasing signage and a crosswalk from the corner of Oxford Crescent to the north side of Belvidere, where a sidewalk is already available.

The recommended signage is a bright yellow, with the crosswalk marked on the pavement in yellow rectangles for added visibility.



Mother pleads guilty to abduction charges

Staff

The Stanbridge East woman accused of abducting her two children and taking them to a Quebec City area apartment has pleaded guilty and must now wait to learn her sentence.

At the Granby courthouse Monday afternoon, Lucie Brodeur, 40, pleaded guilty to child abduction. Her lawyer wants to see her receive an unconditional discharge, while the prosecution will wait for a sentencing report before making a recommendation.

On Jan. 31, 2003 Brodeur was at a supervised visit at the Maison de la famille in Granby when she made off with her two young children. A province-wide police search turned up Brodeur and her children at an apartment in Charlesbourg, a suburb of Quebec City.

After being found fit to stand trial Brodeur was released on strict bail conditions. She was once again allowed to have supervised visits of her children.

At the time Brodeur said she was concerned for the safety of her children when she abducted them.

Fundraising Flowers



PERRY BEATON/SPECIAL

Daffodils will be springing up everywhere April 14 as hundreds of community volunteers distribute the fundraising flower to support cancer research. Pictured are Rita L. Côté, regional president of the Sherbrooke branch of the Canadian Cancer Society and Daniel Delisle, honorary campaign president, and manager of La Baie store at Carrefour de l'Estrie.

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Agence
de développement
de réseaux locaux
de services de santé
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Québec
Estrie

We would like your comments
to help improve health and social
services in the Estrie region

L'Agence de développement de réseaux locaux de santé et de services sociaux de l'Estrie (formerly known as the Regional Health and Social Services Board) would like to consult with Estrie-region Townshippers to improve our region's health and social services. For this process to succeed, your opinions are vital. The Agence régionale must make recommendations to Health and Social Services minister, Mr. Philippe Couillard, for a regional organization model of the local networks that operate on our territory, no later than April 30.

The Agence régionale would like to hear from all sectors of our community in drawing up this model, including the general population, various concerned organizations and Estrie health and social services establishments. A general consultation will take place about the proposal for organizing local networks, until **April 7**.

The document describing the proposal submitted for consultation is available on the "Agence's" web site (www.santeestrie.qc.ca/agence). If you would like to receive a hard copy of the document, it may be obtained by calling (819) 780-1130 or 1 866-733-7338 (toll free). The Agence wishes to hear its partners reactions and opinions regarding the proposal. We are expecting comments and suggestions on the level of support, notably those concerning the following elements:

- the underlying principles;
- the criteria and reasons motivating the preservation of the existing territorial boundaries;
- the criteria and reasons that motivate the Agence régionale to propose the merger of the Institut universitaire de gériatrie de Sherbrooke (Sherbrooke University Geriatric Institute) and the CLSC de Sherbrooke;
- the measures proposed by the Agence régionale to safeguard and reinforce the university missions of the two institutions;
- the reasons that motivate the exclusion of the Centre hospitalier universitaire de Sherbrooke from the local health and social services authority in Sherbrooke;
- the expectations regarding the roles and responsibilities of the local health and social services authorities.

Individuals and organizations who would like to submit a formal opinion or comments have until **noon, April 7th**, as follows:

By mail

- Développement de réseaux locaux
Agence de développement de réseaux locaux de services de santé
et de services sociaux
300, King Street East, suite 300
Sherbrooke (Québec) J1G 1B1

By telephone

- (819) 780-1130
- 1 866-733-7338 (toll free)

By Internet

- www.santeestrie.qc.ca/agence

These opinions and comments may also be presented at hearings which will be held **Wednesday, 07 April, beginning at 2 PM**. Furthermore, individuals or groups wishing to participate must inform us no later than April 5th by contacting Mrs. Caroline Smith by e-mail, csmith.rr05@ssss.gouv.qc.ca or by phone at the following number : (819) 829-3400, ext 42125.

This new model is to bring service delivery closer to the population and to streamline the delivery of health and social services to each person who is seen in the network.

Community Forum

The week ahead: The Innu deal, Plan O

Representatives of four Innu nations and the Quebec and federal governments sign an agreement in principle Wednesday that would recognize for the first time Innu title, and outline certain rights and obligations in territories along the North Shore and Saguenay-Lac St. Jean.

It's taken 24 years to reach this point. For that reason alone, the signing is a major achievement. But the hard part is only just beginning.

There is stiff opposition to the agreement in principle from non-natives who fear their rights will be ignored or subverted if a final treaty is signed, granting the Innu control over lands where both natives and non-natives live and work.

But as former PQ minister Guy Chevrette said after filing a report on the issues in 2002: "The proposal to allow the Innu to take responsibility for themselves, by themselves, must be supported with all our energy. This will demand courage on the part of everyone."

"Courage on the part of Quebecers to recognize and accept ancestral rights and the idea of an 'Innu' distinct society, within Quebec. Courage on the part of the Innu to accept the application of rules, the courage above all to take things into their own hands and to break away from the weight of dependency."

Benoît Pelletier, the minister responsible for native affairs, has answered critics who complained non-natives were being excluded from the process by appointing regional representatives, led by former federal Conservative minister Benoît Bouchard. Their job will be to act as a liaison between the negotiators and the communities.

"This is a case where you have to accept you won't please everyone. I know there will always be people who will be disappointed with the agreement," he said.

Negotiations towards a final treaty are expected to take at least two years.

PARIZEAU'S PLAN O

In last spring's election debate, Jean Charest kayoed Bernard Landry with the news that Jacques Parizeau had, that very day, resurrected his referendum night tirade about "money and the ethnic vote" in a campaign appearance before students in Shawinigan.

Landry, caught totally unaware, didn't know what to say, and his campaign was never able to recover.

If that incident wasn't enough to make Landry fully appreciate Jean Charest's ability to counter-punch, he must surely appreciate it now.

Last week in question period, the PQ leader was trying to corner Charest into denouncing the federal Liberal government's secret national unity fund set up in the mid-90s and scrapped in last week's federal budget.

Charest completely sidestepped the question, and instead raised the issue of the long-forgotten Plan O, Parizeau's secret strategy to amass a \$17 billion reserve to protect the economy in the event of economic upheaval if Quebecers voted Yes in 1995 to sovereignty.

Some details of the plan came out in 1996, but the document itself has never been released. Traditionally, a new government does not release archival documents of the previous government.

So, Charest said, if the PQ leader is so interested in transparency, he should authorize the government to release Plan O.

Taken aback, Landry tried to ignore the challenge and kept repeating his original question.

But Charest kept jabbing and finally Landry agreed. "Not only do I authorize you to release the plan but I ask you to do so," he said.

It sounded more like a plea to put an end to his Parizeau nightmares than anything else.

Having won the tussle, Charest then lamely answered Landry's question. "I expect, as a Quebec citizen, the federal

government to make public all pertinent information about the subject raised by the Opposition leader," he said.

Now all the government has to do is find Plan O and make legally sure it can release it in its entirety.

DRINKING WATER

In her annual report released in December, Auditor-General Doris Paradis raised serious questions about the Environment Department's ability to monitor the quality of drinking water in about 3,000 small supply networks.

These include privately-run systems and systems supplying campgrounds and ZECs, which are supposed to test water quality every month.

But Paradis discovered that more than a third of them were not doing that regularly, and many of those had failed to do so 50 per cent of the time, thus putting more than one million people at risk.

Paradis also prodded the minister to get moving on firmly establishing and funding 33 new watershed agencies, which are supposed to be the cornerstone of a new water policy, which itself is overdue.

This week, MNAs should get a progress report when a parliamentary commission questions the deputy minister.

ENERGY EFFICIENCY

After much prodding, Hydro-Québec has produced an energy savings plan acceptable to the Régie de l'énergie for the next few years.

Maybe it's because it is somewhat embarrassing for the utility to admit

that this year it will be a net importer of electricity. Maybe it's because Hydro realizes that it can cost less to save a megawatt of power than to produce it. Maybe it just needs the PR.

At any rate, Hydro has allotted \$40 million this year and a total of \$255 million through 2006 on 16 different energy efficiency programs for commercial and domestic users.

Among them is a pilot project to be carried out with Négawatts Production Inc., a non-profit agency which has already carried out pilot projects in Laval and Métabetchouan demonstrating how residential customers can achieve energy savings. The new pilot project will be to verify its earlier findings.

Last year, the organization tried to interest the Régie de l'énergie in the matter when it asked to appear before the Board's hearings on energy supply. Hydro objected, saying the issue at hand was energy supply not energy savings, and the Board agreed.

A few months and a loud public debate over the Suroît natural gas-fired generating project seem to have made a big difference, as the Board itself acknowledged in its decision approving Hydro's energy efficiency plan.

"Certain events in recent months have highlighted the importance of energy efficiency," the Board said.

It said Hydro's plan is an improvement, but it asked the utility to submit "more ambitious long-term objectives", adding it expects Hydro to demonstrate a "clear willingness to be an active promoter" of efficiency measures.

(Glenn Wanamaker can be reached by email at wanamakerg@hotmail.com.)

THE RECORD

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		GST	PST	TOTAL
CANADA: 1 YEAR	114.40	8.01	9.18	\$131.59
6 MONTHS	59.00	4.13	4.73	\$67.86
3 MONTHS	30.00	2.10	2.41	\$34.51

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

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The real deal on veal

By Claudia Villemaire
SPECIAL TO THE RECORD
ST-FELIX-DE-KINGSEY

It appears we have some explaining to do! Recently a story on a milk-fed veal operation in this region stirred up a flurry of comments that ran from reasonable to ridiculous - folks who nurture the image of bovine babies lying in golden straw, getting their sustenance directly from their mother. There are quite a few people who think raising a calf with the sole purpose of producing a carefully packaged meat product is still accomplished in that 'good old fashioned way'.

Well, it's not - at least not quite. But with the development of any market that involves growing a living, breathing animal to a certain weight, and a pre-determined quality, production methods and practices must be tried and tested time and again, always with the animals health, the rate of gain and final carcass quality in mind.

So there are a few things that consumers who, while casting a sharp eye on the packages of specialty meats at the meat counter, should realize. After all, it's because of their demands that certain productions are developed.

The calves we talked about are male, not a desirable animal when one is producing milk and needs only one male for his herd, but most likely uses artificial insemination to keep his milking herd producing milk. Half a century ago, herds were small, most often bull (male) calves were raised to supply meat for the producer's family and perhaps sell a couple at the local butcher shop.

Unfortunately, a cow will stop the flow of milk if she doesn't have a calf once a year. Milk production is based on 305 days milking, 60 or so days of rest and then our cow, who could weigh between 1,200 and 1,500 pounds, is drops her calf in a stall that normally measures 48 inches with very little back and forth movement due to the gutter behind her.

Milk producers hope for heifer (female) calves. They probably pray their herd which could number from 30 to 300 milking animals these days, at least in this area, will produce at least 50 per cent females in any given year.

We're back to the question, what to do with all those bulls?

The heavy veal producers, motivated by consumers demanding a quality veal product, found a workable solution. They developed techniques to raise newborn calves in an acceptable, cost-efficient manner.

So, today's methods have evolved to the point that these calves, (yes, there were questionable methods - veal factories where comfort and sanitation



CLAUDIA VILLEMAIRE/SPECIAL

Donovan loves the calves for the short time they are at the farm.

left a lot to be desired), now are housed in stalls that are 28 inches wide, (remember these babies weigh about 100 pounds), they stand on wooden slats, spaced closely enough they can lie down and curl up to sleep, (remember the old way with calves' noses tucked into their bellies), and they have no gutter behind them, giving a calf the chance to move back and forth freely. There are no chains or stanchions (those old steel neck yokes that clamped around the neck), cleanliness is indeed next to 'godliness' in these stables where waste is hosed away twice a day.

"And that's not all," said John Côté and Pascale Cardin, who operate the farm The Record visited.

"Before we could turn one shovel of dirt to build this huge stable, the environment inspectors were everywhere. Every corner of every field has been tested. Crop possibilities and soil content are outlined in a five-year plan, (which costs about \$1,000 and must be done every five years), they tell me what crops I can plant, where to put them and how heavy a coat of animal waste I can apply when it's time to empty the liquid waste lagoon," explained Côté.

According to Côté, the ministries of agriculture and environment work together to ensure no producer of any animal waste has more waste to dis-

pose of than he has land to apply it to. "Today, you must have enough land to support the waste of the animals you wish to keep."

"Everything is checked and controlled. They use a GPS (Ground Positioning System) to decide where to

construct farm buildings. I was told exactly where I could build and that was that."

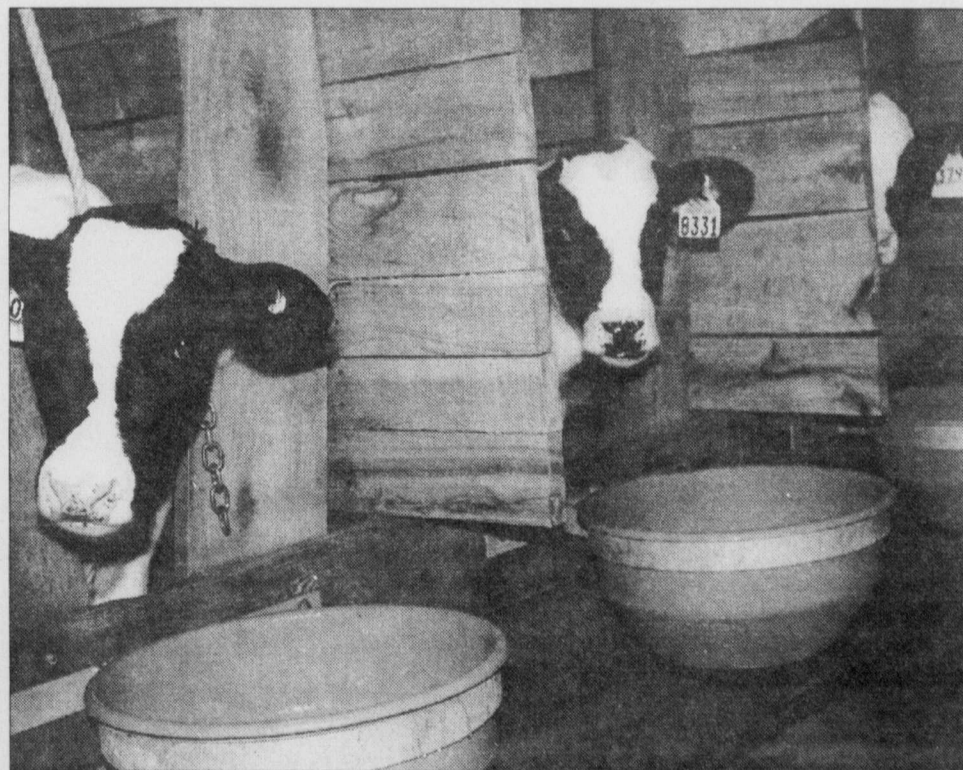
"They also determined how many calves I could process during a 12-month period, given each batch of 400 is in the stable just under four months.

Côté adds with a laugh: "These calves are looked after much better than the calves of long ago. The milk replacer is almost the same as we give our own newborn babies. If they require medication - they get colds and diarrhea like us - we know it takes 21 days to leave their system and we act accordingly. We have nipple pails for the babies who prefer that method and just about every one is named, hugged and brushed very often. Just ask my wife Pascale and my son Donovan."

"We love them to pieces the short time we have them," she says, eyes misty as she scratches and rubs the calves near her. "This is Minone," she says. "He knows me now and he's only been here a little over a week."

And that's the story of careful attention and proven methods some consumers seem to think is non-existent. Those packages of specialty veal may tug at the heartstrings of some sentimental folk who turn away from the meat counter empty handed, but, today's strict standards guarantee that old practices are a thing of the past and that milk or grain-fed veal you are contemplating for supper tonight is the best and safest probably anywhere in the world.

"The processed, deboned, vacuum-packed meat from this stable goes to Europe and the U.S.. Surely that means something," Côté concluded.



CLAUDIA VILLEMAIRE/SPECIAL

Cleanliness is next to 'godliness' in these stables where waste is hosed away twice a day.

A small Townships company with a big future

By Patricia Burns Sakal
SPECIAL TO THE RECORD

Champlain Forest Products Inc., tucked away in Bury, is a small company with a big future. It manufactures two product lines: cedar fencing and mulch. And, while other Canadian manufacturers of wood products struggle to make a dent in the U.S. market, this company exports 99 per cent of its fencing and nearly 90 per cent of its mulch.

The fences come in two styles: the stockade picket design and the vertical board, flat top model. Both are made in 6-foot, 5-foot and 4-foot heights. Since cedar is both weather-proof and rot resistant, the fences are never treated with chemicals.

Mulch accounts for 40 per cent of the company's business volume. Keeping pace with changing trends in gardening, the company dyes the mulch in a palette of shades, using purely organic pigments.

The company has come a long way in a short time.

Champlain Forest Products started in 1997 when Bruno de Champlain, then just 27-years-old, moved to Bury from the Beauce to set up a mulch-making business. He found premises very near the old Concord-Bury fence plant, thereby gaining ample and convenient access to bark, which is a byproduct of fence manufacturing.

De Champlain went into business with another advantage, namely customers. Prior to his arrival in Bury, he had worked as a sales representative for a Beauce-based mulch company. Once on his own, he was able to take advantage of his market knowledge and quickly build a customer base. A year later, Don Patenaude, a Vermonter with more than 25 years in the business, joined the company as a partner



PERRY BEATON/SPECIAL

Don Patenaude, a Vermonter with more than 25 years in the business, joined Bruno de Champlain to make Champlain Forest a climbing fence business.

and promptly went about securing new sales agents in the United States.

In 2001, the partners were presented with the opportunity to acquire Concord-Bury. They acted without hesitating for a minute. Mulch and fence manufacturing operations were consolidated under the same roof, and not a single job was lost in the transition.

Sales have steadily climbed from \$1 million to \$5 million. And, the compa-

ny is still young with plenty of plans for the future. High on the list of priorities is the European market place. Says de Champlain, "Cedar does not attract insects or worms. As such, it is allowed into European countries with none of the usual obstacles. Furthermore, there's a strong demand in Europe because cedar wood is a commodity that's increasingly hard to find."

Another priority is increasing the volume of fence sales in Canada. "Right now, we're looking for the right agents. Our fences are known in New England and along the Eastern Seaboard for outstanding quality. It's time that they were more of them on residential lawns, farms and around industrial sites in Canada," he adds.

As business grows, so will the workforce. Management is currently building a bank of potential employees in anticipation of hiring five to ten new employees over the next 24 months. Currently, there are some 25 employees including management and plant workers.

De Champlain notes, "Our employees are the true backbone of the company. They are skilled and totally dedicated. Whoever we hire to work in the sawmill or on new projects must have that same work ethic and sense of company loyalty. We are a team."

Indeed, Champlain Forest Products practices what it preaches. Even with the lower U.S. dollar exchange rate, employees still receive raises in recognition of performance plus.

The company has benefited from a total of \$175,000 in financial assistance from the Quebec Government agencies, notably the Centre Locale de Développement (CLD) and the Soci t  d'Aide au D veloppement de la Communaut  (SADC). As well, Export Development Canada, through Bank of Montreal, extends pre-shipment financing on major orders shipped to the United States. That relationship is turning into a valuable business building incentive.

Ask the partners where the company will be in five years. They will answer: "Bigger, better, stronger in the United States and growing in Europe. In Canada, we'll be a force to be reckoned with."

Lunch on us



PERRY BEATON/SPECIAL

Heather Bowman, president, and Doreen Morrisette, treasurer, of the Contact Sher-Lenn Group presented Carole Macknish, principal of Sherbrooke Elementary School, with a donation for the school's hot lunch program. Contact Sher-Lenn is a networking group of local business people from the Sherbrooke region. Bowman is the director of the University of Sherbrooke Geriatric Institute Foundation, and Morrisette is the director of the Charpentier International Language Centre.

Canada Reads in Lennoxville



PERRY BEATON/SPECIAL

Approximately 20 people participated in the Canada Reads event at the Lennoxville Community Centre last Thursday to enjoy an evening of readings. The Last Crossing was successfully made by James Sweeney. Marilyn Reed revealed The Love of a Good Woman. Graham Moodie gave his (uncut) version of Barney's Version. Maureen Quigg showed us Green Grass, Running Water. And Janice Angrave brought to life The Heart is an Involuntary Muscle.

Cardin: Coventry expansion must be referred to joint panel

Landfill seeks variance to bury waste closer to waterways

By Rita Legault
SHERBROOKE

Sherbrooke MP Serge Cardin rose in the House of Commons yesterday to ask Foreign Minister Bill Graham why he had not yet referred the issue of the landfill expansion in Coventry, Vermont to the International Joint Commission on boundary waters.

The Bloc Québécois MP said the expansion represents a serious risk to water quality in Lake Memphremagog which provides drinking water to some 150,000 Townshippers, including about 125,000 residents of Sherbrooke.

"The joint commission is a joint commission and both sides have to agree to take the matter under consideration," Graham replied to jeers from the other side of the House.

But Cardin insisted that either country could raise issues at the joint com-

mission and he demanded to know how long the federal government intended to wait before it ensured independent studies were done to guarantee the safety of drinking water for 150,000 residents of the Townships.

Graham attempted the reassure Cardin, noting he had already raised the issue with his American counterparts and that his government was taking the issue seriously.

"Let us do our work," he suggested, adding that Canadians have worked successfully with their American cousins on questions of international waters.

Meanwhile across the border, a Vermont state board is being called upon to study a request by New England Waste Services of Vermont (NEWSVT), the operators of the Coventry site, for a variance to expand the landfill closer to the Black River.

The State of Vermont Solid Waste and Air Quality Variance Board is looking at a request by the Coventry landfill to open a new cell closer to the river and the wetland that protects it. Vermont

State laws prevent solid waste facilities from operating any closer than 300 feet from waterways.

Memphremagog Conservation Inc. president Donald Fisher, who attended the preliminary hearing on Monday in Newport, said individuals and groups affected by the variance have till April 23 to apply for official party status at those hearings.

Fisher said that due to the financial considerations of coming up with technical experts and legal representation, MCI simply cannot afford to seek such status.

Fisher said the lake watchdog asked if it could make representations to the board, but an official replied that public commentary would only be allowed if the applicant did not object.

Fisher and a variety of other environmental activists and municipal officials from Memphremagog and Sherbrooke have been participating in Act 250 hearings on the expansion of the dump which are being heard by the District 7 Environmental Panel, a regional, rather

than state body.

The application for the variance will be available for consultation at Newport City Hall.

Fisher said former Vermont state legislator Bob Walker, who represented a local Fish and Game Club, said his organization would likely apply for party status at the hearings. The only other Canadian on hand for the preliminary hearing was an observer for the Memphremagog Regional Municipal Council (MRC).

The MRC, which is scheduled to make an official presentation before the District 7 Environmental Panel next week, will likely seek official party status at those hearings. Those hearings continue on April 6 at 5 p.m. in the Gateway building on the wharf in Newport.

Fisher notes that even if the landfill managers obtain a variance to expand closer to the wetlands and river, the District 7 panel will decide if the company can bury waste there.



ESTRIE COMMUNITY ORGANIZATIONS

- Action Handicap Estrie
- Actions Interculturelles de l'Estrie
- Alliance sherbrookoise pour l'autonomie à domicile
- Association de la Fibromyalgie de l'Estrie
- Association de la Sclérose en Plaques de l'Estrie
- Association de parents PANDA de l'Estrie
- Association de Sherbrooke pour la déficience intellectuelle
- Association des Accidentés Cérébro-Vasculaires et traumatisés Crâniens de l'Estrie
- Association des Groupes Jeunesse de l'Or Blanc
- Association des parents et amis des malades mentaux de l'Estrie
- Association des Sourds de l'Estrie
- Association québécoise pour les enfants dysphasiques
- Au Point 14-18 de Danville
- Azimut Nord
- Banque alimentaire Memphremagog
- Carrefour des cuisines collectives de Sherbrooke

- Carrefour du Partage de Magog
- Centre d'Action Bénévole de la MRC de Coaticook
- Centre d'Action Bénévole de Windsor
- Centre d'Action Bénévole du Granit
- Centre d'Action Bénévole du Haut St-François
- Centre d'Action Bénévole R.H. Rediker
- Centre d'Action Bénévole Valcourt et Région
- Centre d'aide et de lutte contre les agressions à caractère sexuel de l'Estrie
- Centre de Bénévolat de Richmond
- Centre de Santé des Femmes de l'Estrie
- Centre d'entraide Plus de l'Estrie
- Centre des femmes de la MRC du Granit
- Centre des femmes du Val St-François
- Centre des femmes La Parolière
- Centre des femmes Memphremagog
- Centre des jeunes de Lennoxville
- Centre L'Élan

- Coalition sherbrookoise pour le travail de rue
- Collectif pour le Libre Choix de Sherbrooke
- Corporation Jeunesse Memphremagog
- Cuisine amitié de la MRC d'Asbestos
- Cuisines collectives Bouchée Double Memphremagog
- Domaine de la Sobriété
- Eastern Townships Citizen Advocacy
- Elixir
- Espace Estrie
- Famille Espoir
- Famille Plus
- Grands Frères et Grandes Soeurs de l'Estrie
- IRIS Estrie
- JEVI - Centre de prévention du suicide de l'Estrie
- L'Ensoleillée
- L'Escalade de l'Estrie
- L'Éveil
- La Bouée Régionale de Lac-Mégantic
- La Chaudronnée de l'Estrie
- La Cordée Transit de jour

- La Croisée des Sentiers
- La Grande Table
- La Ligue pour l'Enfance de l'Estrie
- La Méridienne
- La Passerelle de Weedon
- La Rose des vents de l'Estrie
- La Source-Soleil
- L'Autre-Rive
- Le Pont
- Le Seuil de l'Estrie
- Lennoxville and District Community Aid
- Lennoxville and District Women's Center
- Les Étincelles du Bonheur
- Les Jeunes du Coin d'Ascot
- Les Soupapes de la Bonne Humeur
- Les Tabliers en Folie
- Les Vaillants Bénévoles
- L'Initiative
- Local des jeunes des Jardins-Fleuris
- Maison Caméléon de l'Estrie
- Maison de la Famille de Sherbrooke
- Maison de la Famille du Granit
- Maison de la Famille Memphremagog
- Maison de l'Action Bénévole de l'Or Blanc
- Maison des Grands-Parents de Sherbrooke
- Maison des jeunes de Fleurimont

- Maison des jeunes St-François
- Maison Jeune de l'Or Blanc
- Maison Jeunes-Est
- Maison Laurette G. de Montigny
- Moisson Estrie
- MomentHom
- Naissance Renaissance Estrie
- Place des jeunes l'Intervalle
- Pro-Def Estrie
- Rayon de soleil de l'Estrie
- Réseau d'Ami(e)s de Sherbrooke et des environs
- Réseau d'appui aux familles monoparentales et recomposées de l'Estrie
- Rivage du Val St-François
- SOS Grossesse Estrie
- S.P.E.C. Tintamarre
- Secours-Amitié
- Séjour La Bonne Œuvre
- Sercovie
- Service d'aide aux Néo-Canadiens
- Service de la Pastorale Sociale
- Services d'entraide Alimentaire de la MRC du Haut St-François
- Spot Jeunesse de Sherbrooke
- Table Ronde des OVEP de l'Estrie
- Townshippers' Association
- Unité Domrémy Danville-Shipton
- Unité Domrémy d'Asbestos
- Virage Santé Mentale
- Zone Libre Memphremagog

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Anglican Church may be first to bless same-sex marriage

By Bob Harvey

The Anglican Church of Canada may soon become the first of the world's national Anglican churches to approve church blessings of same-sex unions.

Vancouver's Bishop Michael Ingham struck out on his own two years ago and approved such blessings, and Karen Evans, the Canadian church's librarian, said some individual American dioceses, like Rochester, N.Y., have been blessing same-sex unions for 20 years.

"But there has never been authorization from the top down," she said.

The Canadian Anglicans' governing body, its general synod, will gather in

Winnipeg in late May and, on June 2, the 310 delegates are expected to decide the issue once and for all.

"If the general synod approves, we would be the first national church to authorize such blessings," said Evans.

The Canadian church's council of general synod has drafted resolutions that, if approved, would allow Canada's 30 Anglican diocesan synods and their ruling bishops to authorize the blessing of same-sex unions and grant dissenting parishes the right to go to a sympathetic outside bishop for oversight.

Last summer, the Episcopal Church, the American branch of the Anglican communion, voted down a resolution

to draft a standard ceremony for same-sex unions, but tacitly allowed local faith communities to continue deciding for themselves whether they would bless same-sex unions.

Canon Bill Prentice, one of the Ottawa diocese's members of the council of general synod, the church's governing body between general synods, said the council was split on the issue and "the resolutions went through any number of drafts.

"The prospect of breaking the church apart over any issue is a serious issue, and not to be taken lightly," he said.

Any Canadian sanction of same-sex blessings is likely to be censured by

other branches of the Anglican communion.

The world's top Anglican leaders warned last fall that Bishop Ingham's actions and the New Hampshire diocese's recent consecration of its new and openly gay bishop, the Right Rev. Gene Robinson, endanger the unity of the world's 70 million Anglicans.

In February, the leaders of 13 Anglican churches from the southern hemisphere said the American church's actions "represent a departure from five thousand years of Judeo-Christian teaching and practice" and threatened to break relations with the Episcopal Church of the U.S.A.

CanWest News

Nursing home failed to send scalded woman to hospital

By Debbie Parkes

A nursing home refused to send an elderly woman to hospital for four days even though she had been scalded in a bathtub, a coroner's inquest was told Monday.

Lucia Lefebvre's burns were so bad that skin from the soles of her feet came off on a towel, nursing assistant Huguette Lepage testified.

But the 82-year-old was only taken to hospital after her son's spouse, Nicole Belzile, phoned an ambulance herself, Lepage testified. Lefebvre died three days later - a week after she was burned.

The incident happened May 9, 2002, at the Florales Lasalle residence, a private nursing home and seniors' residence in Montreal.

Lefebvre, evidently confused, had tried several times earlier that morning to pour herself a bath. When staff found her, at about 11:30 a.m., she was lying crossways in the bathtub with her feet over the edge.

Lepage said she assessed Lefebvre's burns as being of second- or third-degree, and in her mind, Lefebvre should have been sent to hospital right away.

She said she asked her supervisor to phone for permission to send Lefebvre to a hospital, but permission was denied. "It made almost no sense," she said.

"I said, 'This is a transfer case.'"

What's more, there were no sterile bandages, so for the first few hours, staff applied bath towels soaked in cold water to Lefebvre's burns.

This might have contributed to the development of sepsis, since the towels weren't sterile, Lepage told coroner Catherine Rudel-Tessier.

Also testifying Monday was patient attendant Karine Sauvageau, who said she'd found Lefebvre trying to pour herself a bath that morning.

"Three or four times, I took her out of the bathroom," and got her dressed, she said. She said Lefebvre had turned on the tap, although there was no water in the bathtub because the plug wasn't in. The water was "very" hot, she said.

Sauvageau said she did not officially notify her colleagues about the situation, although one other patient attendant was aware.

Since the incident, the home has cut off the hot water to all the private bathtubs in the unit where Lefebvre was housed. Hot bath water is still available in a separate bathing room where residents are bathed by staff.

The inquest, scheduled to wrap up Tuesday, is one of five involving deaths of seniors in private nursing homes that the coroner's office is treating as a group.

CanWest News

Aging fraudster faces new charges

By Siri Agrell

An aging fraudster who gained notoriety in the 1990s as the Geritol Bandit has been accused of striking again, this time with defrauding the federal government of Old Age Security payments totalling more than \$169,000.

The RCMP arrested 70-year-old Leslie Joseph Gall at his Hamilton home Monday and charged him with 25 counts of identity fraud.

Police say the pudgy, silver-haired scam artist was using at least five different names to collect the government payments. Three of the men he was impersonating were recently deceased residents of Hamilton and one was a former Hamilton resident who had moved to the United States.

The Halifax native has been described by victims as a warm, affectionate man who would dote on his elderly female victims, sending them flowers and calling them constantly.

He courted his victims at senior citizen dances and often introduced himself as George Perkins.

News of his endeavours earned him several monikers in the press, including the Sweetheart Swindler, the Senior Con Man, the Lonely Hearts Charmer, the Blue Rinse Romeo and the Geritol Bandit.

The RCMP were notified of the latest fraud by Human Resources Skills Development Canada and the Ontario Office of the Registrar General.

"As soon as a red flag was raised, they called us in and this is the result," said RCMP spokesperson Michèle Paradis.

The RCMP believes Gall was collecting fraudulent payments between March 1998 and May 2003.

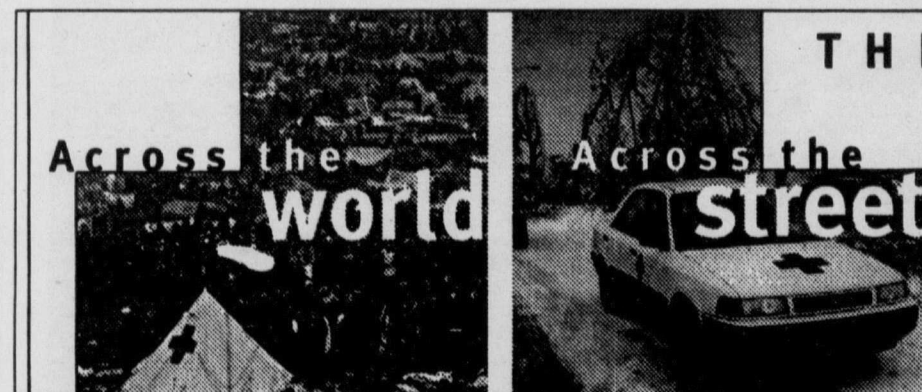
Police allege that the septuagenarian forged documents including Ontario birth certificates, drivers' licences, Canadian social insurance cards and passports.

He is charged with four counts of fraud over \$5,000, 11 counts of uttering forged documents and 10 counts of impersonation with intent to defraud.

In 1993, Gall was sentenced to 4 1/2 years in a Canadian penitentiary after pleading guilty to two counts of fraud, attempted fraud, possession of stolen mail, failing to attend court and jumping bail. Gall, 59 at the time, was also ordered to repay two banks he had defrauded of more than \$34,000 in 1987.

He had been deported from the U.S. in December 1992, after being charged with crimes that involved defrauding elderly women of large sums of money.

CanWest News



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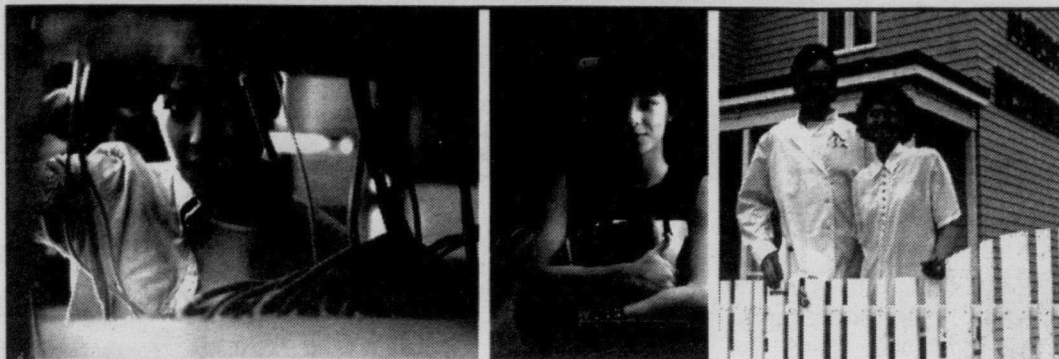
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The 2004 2005 budget takes action

Income tax reduction

\$1-billion income tax reduction

- \$550 million for Child Assistance.
- \$240 million for the Work Premium.
- \$220 million for all taxpayers, through the simplification of the tax system.

Health care

Support for health care is the priority for Quebecers. The Budget devotes \$20.1 billion to it, i.e. \$1 billion more than last year:

- Reduction of waiting times.
- Support for teams involved in the fight against cancer.
- On-going efforts to relieve emergency-room crowding.
- Creation of 50 new family medicine groups and associated medical clinics.
- Increase in the number of older persons receiving home-support services.
- Improvement in services for young people with adjustment problems, women who are victims of violence and people with a mental health problem.

Education and youth

Investing in education is crucial. The Budget devotes \$11.8 billion to it, i.e. \$309 million more than last year:

- Introduction of homework assistance programs.
- Implementation of the Healthy, Fit Schools program.
- Additional resources for early detection and follow-up of students with learning problems.
- Incentives to improve the success rate of college students.
- A new tax credit of up to \$8,000 to encourage young graduates to return to the regions.

Family

The family is the cradle and future of society. It must be given the means to flourish. The Budget gives families preferred treatment through:

- Child Assistance of \$550 million, mainly for low-income and medium-income families.
- Elimination of the Québec sales tax on children's diapers, baby bottles and breast-feeding items.
- Advance payment of the tax credit for child-care expenses.
- Construction of 16,000 low-rent and affordable-rent housing units.
- Payment of additional assistance to provide rent supplements to more than 5,000 low-income households affected by the housing shortage.
- Addition of \$39 million for the Residential Adaptation Assistance Program, for people with disabilities.

Employment

The Budget contains concrete measures to protect jobs and put Québec to work by providing businesses and workers with the means to support their initiatives:


- Creation of a Work Premium that will reward the work efforts of more than 500,000 low and middle-income people and families.
- The tax credit for on-the-job training periods is doubled and will be up to \$375 a week in the resource regions.
- Introduction of a new \$75-million strategic-investment support program.
- The tax on capital exemption is increased to \$1 million. As a result, 75% of Québec businesses will no longer pay tax on capital.
- Maintenance of the fiscal measures related to research and development activities.
- Possibility for artists to acquire an income averaging annuity and for performers to claim a deduction of up to \$15,000 for copyright income.
- Maintenance of the tax credit for film and television production and its extension to variety programs and television magazines.

Regions

By promoting the future of the regions, we promote the future of Québec. The Budget contains a series of measures to support regional initiatives and make the regions more prosperous:

- Creation of the \$300-million regional economic intervention fund (FIER) to support the start-up and development of businesses.
- Enhancement of tax credits for the resource regions:
 - Three-year extension of eligibility for tax credits for resource processing.
 - The rate of the tax credit for job creation in Gaspésie and in certain maritime regions is raised to 40%.
 - Permanent renewal of the flow-through share system for the mining industry and increased deduction rates, which can total 150% of the amounts invested.
- Possibility for businesses to claim 50% of the expenses incurred with college technology transfer centres (CCTTs).
- Reform of the Cooperative Investment Plan and introduction of a single deduction rate, which is raised to 125%.
- Creation of the *Corporation de financement des infrastructures locales du Québec* in order to facilitate infrastructure work, particularly in public transit, local roads and water management.
- The tax credit for on-the-job training periods is doubled and will be up to \$375 a week in the resource regions.
- A new tax credit of up to \$8,000 to encourage young graduates to return to the regions.

It's your budget. Take a look.
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Québec 

Losing weight is only the first step

By Mia Stainsby

Is the low-carb craze yet another fad coming through the revolving diet door?

No doubt about it, says an expert who has watched diets come and go for almost three decades.

Bonnie Liebman is director of nutrition at The Centre for Science in the Public Interest, with offices in Ottawa and Washington, D.C.

Currently, it's the low-carb mania and low-glycemic index (GI) diets entrancing dieters, but there others out there, too, some sensible, some questionable.

"In the 27 years I've been looking at diets, I've heard people rave about dozens of diets and could find testimonials for almost any diet ever designed. I have shelves of diet books, all popular at one time, but haven't stood the test of time. I've seen 'em all," she says. "I'm waiting for the pendulum to swing back. It's about low-carbs now, but in a few years, someone will be writing about how people aren't getting thinner on them."

Diet crazes are, indeed, like pendulum swings.

"Back in the '80s, everything was low-fat and high-carbs. Before that, it was calorie-counting and food combining," says Toronto dietitian Leslie Beck, of Nutrition Consulting Inc. and author of 10 Steps to Healthy Eating. "I think what diet books have done over the past 15, 20 years is target different food groups, different nutrients, to help people lose weight. We've attacked fat, now it's carbs. What's next - no protein?"

"The thing is, when people go on any kind of diet, they automatically start cutting out entire food groups and they're going to be eating less calories. And with low and no-carbs, ketosis (a metabolic state where the body uses fat for energy), can depress your appetite. But you can't stay there forever. Three U.S. studies have shown that after six months, you lose more weight on low-carbs than low-cal diets, but after 12 months, there's no difference. It suggests it's not sustainable for the long-term.

"You can't ignore the fact these books are going to be out there. What people have to remind themselves is that everything they do to lose weight has to be the same thing they do to keep it off, tomorrow, next year, five years down the road. They have to ask, is it healthy for the rest of your life? That's a really important question to ask. For me, the true measure of success is not the pounds you lose, but the ability to keep it off."

The long and short of it: "In North America, we eat too much and exercise too little," says Liebman. "We don't have to look at toxins or blood types or categories of food to see why people are getting fatter. People like to blame weight on some external evil. That's one reason these books are so appealing. However, these diets might work for some people because it gives them a reason to cut back. It's a motivator. It gives them a regime and a reason to follow it."

ATKINS

CONCEPT: Cut out carbohydrates and eat foods high in protein and fat.

WHAT IT IS AND HOW IT WORKS:

The late Dr. Atkins wrote several low-carb diet books and the latest version gives you the basics. A high-protein, low-carb diet with no restrictions on fat. "He used to say 'no carbs' but has loosened up, partly because Atkins sells low-carb foods," Liebman says.

The body goes into ketosis after 48 hours, the time it takes for all the carbs in the muscles to be depleted. You start off phase one with a maximum of 20 grams of carbs per day, about what's in a couple of slices of bread. In this phase, you eat no carbs (no grain-based products, no fruit, no dairy, no sweet vegetables, no sugars or sweets), opting instead for protein and fat. You gradually re-introduce carbs to the level at which you maintain your ideal weight. Because of low glycogen in the muscles, it's difficult to exercise.

WHO LOVES IT? (According to news reports and interviews)

Jennifer Lopez, Geri Halliwell, Matthew Perry

STRONG POINTS: As a diet, Leslie Beck says, the initial phase is very easy to follow, with no measuring required. "You cut out a whole category of foods. It promotes rapid weight loss immediately. You can lose a good five pounds a week." She says the weight loss appears to override a rise in blood cholesterol, even though the diet is heavy on animal fats. "If one were gaining weight and on this diet, it would be a totally different story."

EXAMPLE: Yes: Meats (saturated fats okay), all seafood, chicken, turkey, eggs, salad veggies (green lettuces), oils, butter, cream.

Less: Sweets (cookies, candies, soft drinks), refined grains (pasta, rice, breads), milk, yogurt.

CAUTIONS: Constipation is a common problem, as is the inability to exercise. Beck says the diet lacks calcium and vitamin D, depending on what vegetables are eaten and could also be low on vitamin C, vitamin A and folic acid. As well, a diet high in meat is a risk for colon cancer. A low-fibre diet such as Atkins puts one at risk for heart disease, stroke, cancers in the long run.

WHAT THE EXPERTS SAY

BONNIE LIEBMAN: "I don't think anyone has answered long-term questions about its risk, looking at calcium levels and kidney function."

LESLIE BECK: "Carb-counting, counting up the grams can get tedious...I think one of the biggest drawbacks of Atkins is, I don't see people following it as he intend-

ed; that is, after a two-week induction, you gradually re-introduce carbs... People love the rapid weight loss but run into problems in phase two. They have to learn to add carbs back in."

GLYCEMIC INDEX

CONCEPT: Choose carbohydrates that release glucose at desirable levels.

WHAT IT IS AND HOW IT WORKS

Carbohydrates release glucose into the bloodstream at different rates. So-called high-glycemic carbs release glucose quickly then crash (bad carbs) whereas low glycemic ones release them slowly (good carbs), over several hours, keeping levels calm.

High GI foods cause an outpouring of the hormone insulin, which in turn drives the blood sugar down. The body responds to low blood sugar by secreting stress hormones and increasing hunger.

From a diet perspective, low-GI foods would keep us satiated for longer periods.

Glycemic index (GI) was developed in 1981 for diabetics and athletes to help maintain stable blood sugar levels and ranks foods on a scale from 0 to 100, according to the extent they raise blood sugar levels after eating. Foods such as ice cream, croissants, dried fruit, bananas, carrots and watermelon have high GI. Pastas, baked beans, green peas, sweet potatoes, orange juice, blueberries and rice have a moderate GI; and low-GI foods include beans, cruciferous vegetables, high-fibre/low-sugar cereals, low-fat unsweetened yogurt, grapefruit, apples and tomatoes.

WHO LOVES IT?

Brad Pitt

STRONG POINTS: Studies seem to suggest diets based on low glycemic foods or meals are healthier. They may lower risk of cancer, Beck says. The healthy component of low-glycemic foods could reduce the risk of diabetes. "If you eat fruit, milk and yogurt instead of cakes, cookies, doughnuts and pastries, I can't argue with that," Liebman says.

EXAMPLE: Yes: Sourdough bread, beans, most fruits, low-fat dairy, most veggies, chips, whole-wheat pasta, pound cakes, lean meat, seafood, poultry.

Less: White bread, sweets, bran, potatoes, watermelon, bananas, carrots.

CAUTIONS: This is just a dumbed-down version of Glucose Revolution by Jennie Brand-Miller, Thomas Wolever, Kaye Foster-Powell and Stephen Colagiuri, the researchers who developed the glycemic index theory, says Liebman. While the information is credible, it doesn't tell you what quantities of a certain food one requires to have impact, says Beck. She feels people will single out individual foods as

either good or bad.

WHAT THE EXPERTS SAY:

BECK: "Just because a food has a high GI doesn't mean it's unhealthy and should be cut out. Good examples are carrots and bananas. I can't tell you how many people have told me they don't eat bananas any more - bananas, when eaten with a high-fibre cereal and milk changes the whole picture. It's too simplistic to say that all you have to do is eat low-glycemic foods and no high-glycemic foods."

Liebman: The ways to raise and lower insulin are clear and lowering insulin is good, but whether that makes you thin is not proven.

WEIGHT WATCHERS

CONCEPT: Count those calories using a precise system.

WHAT IT IS AND HOW IT WORKS

A calorie-counting point system, based on current weight. All foods are assigned point values, based on calories, fat and fibre. Dieters are allowed to rack up a certain number of "points" per day. If you're under 150 pounds, for example, you're allowed 1,050 to 1,300 calories a day and that will ensure a safe weight loss of one to two pounds a week. This diet doesn't exclude any food group and encourages five servings of fruits and veggies, two to three of milk products, six cups of water and a multi-vitamin daily. The program offers group support through weekly weigh-ins and meetings led by past members. Exercise is encouraged.

WHO LOVES IT?

Rosie O'Donnell, Sarah Ferguson

STRONG POINTS:

"I don't have any objections to this diet," Liebman says. "It's a pretty balanced diet and has no fancy theories other than eating healthy foods. A big part is about limiting portions and that's sensible."

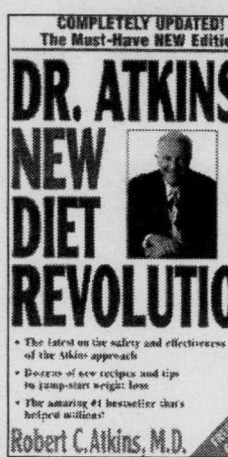
EXAMPLE: Yes: All fruits, all veggies, low-fat milk, low-fat yogurt, poultry, seafood, lean meats, grains. No restrictions.

CAUTIONS: "People can become fixated on 'points' rather than the healthiest choices," says Beck, "and they're not told how to map out the points to eat to prevent hunger and overeating."

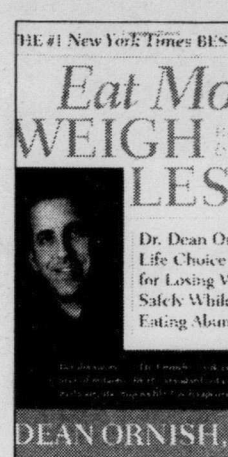
WHAT THE EXPERTS SAY:

LIEBMAN: "It's mostly behavioural. Most who follow this go to the support meetings, which is useful."

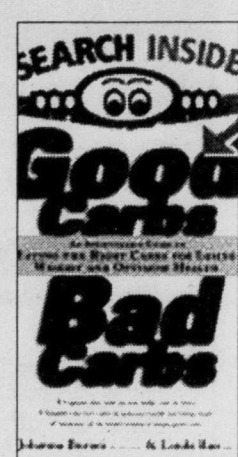
BECK: Likes the fact this diet doesn't cut out any food groups and is balanced, and thinks the support groups are great, although the social component is not for everyone.



The Atkins way

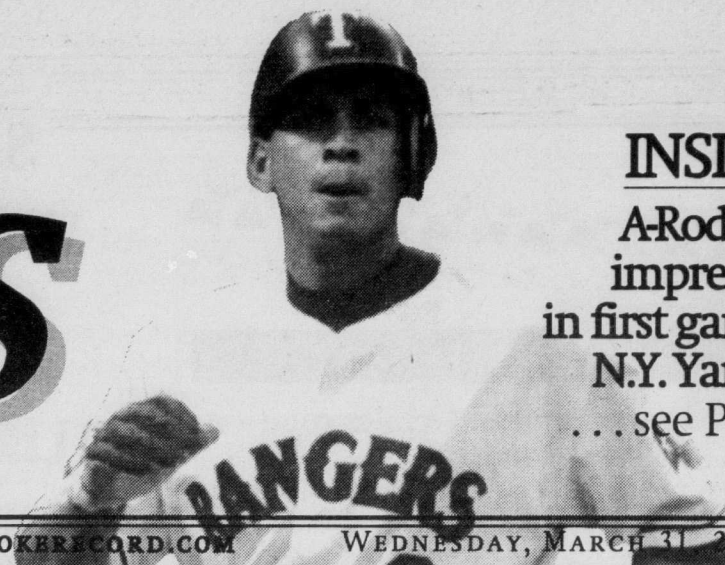


Every dieters wish



Ugly carbs

THE RECORD Sports



INSIDE
A-Rod not
impressive
in first game with
N.Y. Yankees
... see Page 14

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WEDNESDAY, MARCH 31, 2004 PAGE 13

Boulanger, Szita win big at BU awards night

Boucher receives Ray Almond Award

By Mike Hickey

SPECIAL TO THE RECORD

A pair of basketball players took home the top honours Tuesday night at the annual Bishop's University athletics awards night.

Sherbrooke native Anouk Boulanger was selected as the Female Athlete of the Year while fellow hoop star Jeff Szita was named the school's Male Athlete of the Year.

Prior to the awards ceremony, Bishop's athletic director Tony Addona reflected on the 2003-04 season.

"I think we had a good year," Addona said.

"The rugby (men) and women's basketball teams were league champions and the women played very well at the National Championships in Winnipeg.

"The men's (basketball) team advanced to the conference finals and things look very good for the future. We are on the right track.

"In Winnipeg, when the women's team was announced at the banquet it was mentioned that Bishop's enrollment of 1,800 (actually closer to 2,100) was the same size as the freshman psychology class at UBC.

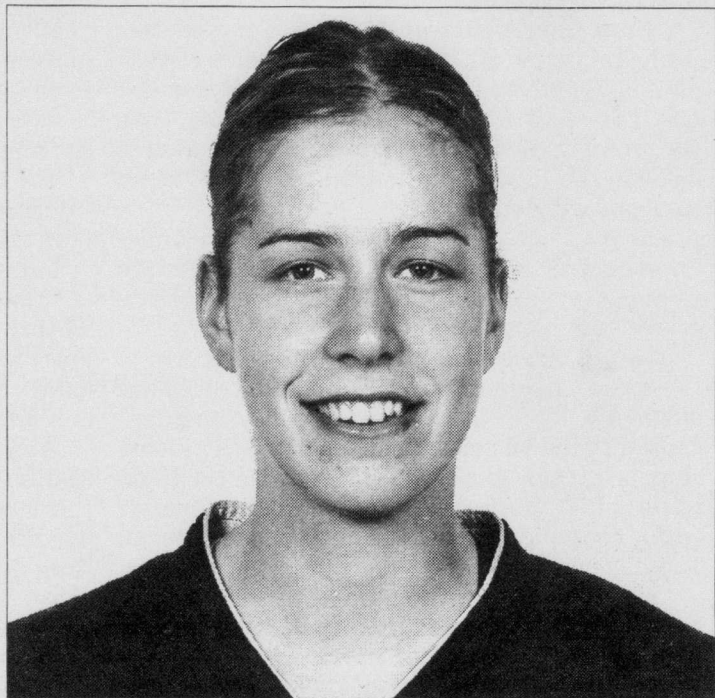
"That gives you an idea of what we are competing against in terms of enrollments of other schools."

Boulanger, last year's Newcomer of the Year, had a stellar sophomore campaign and earned All-Canadian status. She also paced the first-place Gaiters in scoring, free-throw percentage and blocked shots and was second in steals, rebounds, and assists.

Szita, a six-foot-seven post player from Timmins, Ont. dominated the nation in field goal percentage (68.3 per cent). He also averaged over 16 points and 8.4 rebounds per game for the third place Gaiters in conference play.

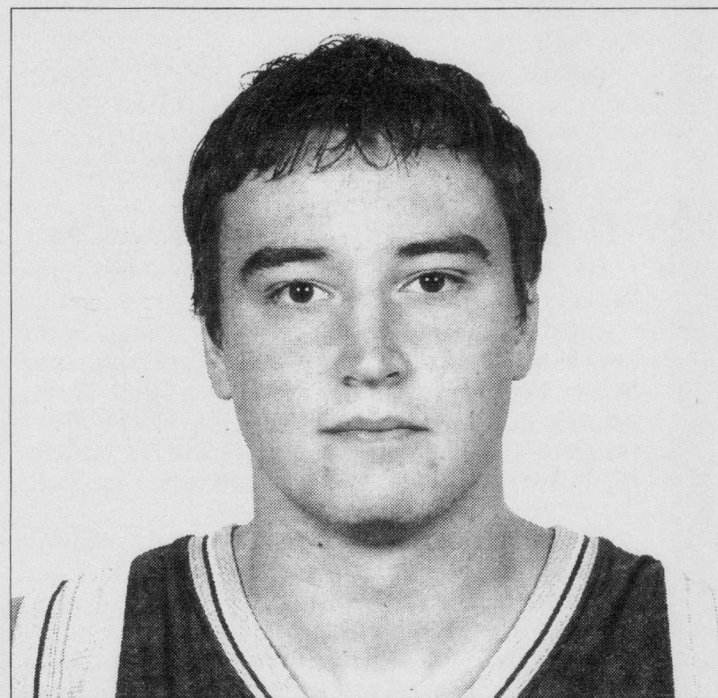
In addition to his work on the offensive end of the court, Szita lead the nation in blocked shots averaging 2.56 per game.

SEE AWARDS, PAGE 14



COURTESY BISHOP'S UNIVERSITY

Second-year forward Anouk Boulanger capped a great year by being named Bishop's Female Athlete of the Year.



COURTESY BISHOP'S UNIVERSITY

After a disappointing 2002-2003 season, Jeff Szita bounced back this year to capture the league's Most Valuable Player award.

2003-2004 BISHOP'S ATHLETICS AWARD WINNERS

FOOTBALL

Newcomer of the Year: P-O Proulx;
Lineman of the Year: J-F Roy;
Special Teams Player of the Year:
Alexander Dyer;
Defensive Player of the Year: P-O
Proulx;
La Cage aux Sports Offensive Player of
the Year: Gilles Colon;
Most Outstanding Player: Gilles Colon.

GOLF

Most Valuable Player: Ryan Storrar.

MEN'S LACROSSE

Rookie of the Year: Christopher
Lesanko;
Defensive Player of the Year: Joel
Myhre;
Most Valuable Player: Sylvain Laroche.

WOMEN'S SOCCER

Rookie of the Year: Céline Grondin;
Most Improved Player: Katharine
Michaud;
Most Valuable Player: Marie-Eve
Bellerose and Kelly Hodge.

WOMEN'S HOCKEY

Rookie of the Year: Maryse Richard;
Charles Chapman Award: Emily Mc-
Faul and Kellie Williams;
Most Improved Player: Kim Johnston;
Most Valuable Player: Michelle McKay.

SKIING

Rookie of the Year: Rob Mackay;
Most Improved Player: Urs Stockmann;
Most Valuable Player (Female): Jen-
nifer Bertram;
Most Valuable Player (Male): James
Morrison.

WOMEN'S RUGBY

Rookie of the Year: Lindsay Price;
Most Valuable Forward: Valerie
Dessaulles;
Most Valuable Back: Kelly Butler;
Miriam Cozen-McNally Memorial
Award: Stephanie Titman;
Most Valuable Player: Rebecca King.

MEN'S BASKETBALL

Newcomer of the Year: Mackenzi De
Brosse;

Most Improved Player: Cameron Mc-
Donald;
Most Valuable Player: Jeffery Szita.

MEN'S RUGBY

Rookie of the Year: Shea McEachrane-
Johnson;
Coach's Award: Derek Rougeau;
Best Forward: The Pack;
Best Back: Andrew Fawcett;
Most Valuable Player (B): Rob Mackay;
Most Valuable Player (A): A. Wanka;
Sausage Brothers: Forwards.

WOMEN'S BASKETBALL

Rookie of the Year: Emilie Crofton;
Most Improved Player: V. Arsenaault;
Team Award: Christine Murphy;
Most Valuable Player: Anouk
Boulanger.

MAJOR AWARDS

Ray Almond Award: Nathalie Boucher;
Newcomers of the Year: Dan McCul-
lough and Emilie Crofton;
Athletes of the Year: Jeffery Szita and
Anouk Boulanger.

SPORTS NOTEBOOK

Bedard earns spot in Orioles rotation

Canadian pitcher Erik Bedard has earned the final spot in Baltimore's starting rotation after an outstanding spring with the Orioles. The native of Navan, Ont., beat out former 15-game winner Rodrigo Lopez for the fifth spot in the rotation.

Bedard is 2-0 with a 2.04 ERA in five exhibition games. Although the left-hander had ligament replacement surgery in September, 2002 and pitched in only six minor-league games last year, rookie manager Lee Mazzilli felt compelled to make him the fifth starter.

Bedard, 25, will be optioned to the minors before the season and called up to make his first appearance on April 10 against the Tampa Bay Devil Rays. Bedard will follow Sidney Ponson, Eric DuBose, Kurt Ainsworth and Matt Riley.

D-Rays hammer Yankees in opener

On the other side of the world, these New York Yankees looked lost.

Former Blue Jay Jose Cruz Jr. hit a tying home run that sparked a comeback, Tino Martinez helped beat his former team with his 300th career homer and the lowly Tampa Bay Devil Rays roughed up Mike Mussina in defeating the Yankees 8-3 in baseball's season opener in Japan on Tuesday.

The team that dominates the AL East couldn't do much in the Far East, getting out-hit 15-7 and playing sluggishly in the field.

A-Rod's first game in pinstripes won't be remembered fondly in the Bronx. He took called third strikes his first two times up before doubling and popping out.

But he did make three sparkling defensive plays at third base, the position he switched to when Texas traded him to New York last month.

On TV**WEDNESDAY**

- **TENNIS: 1 p.m.;** ATP, Masters Tennis Series: NASDAQ, TSN.
- **BASEBALL: 1 p.m.;** Major League Baseball regular season, N.Y. Yankees vs. T.B. Devil Rays, Sportsnet.
- **BASKETBALL: 7:30 p.m.;** National Basketball Association regular season, Golden State Warriors at Toronto Raptors, Sportsnet.
- **HOCKEY: 7 p.m.;** National Hockey League regular season, Montreal Canadiens at New York Islanders, RDS. **8 p.m.;** Edmonton Oilers at Dallas Stars, TSN.

THURSDAY

- **TENNIS: 1 p.m.;** ATP, Masters Tennis Series: NASDAQ, TSN.
- **GOLF: 4 p.m.;** PGA BellSouth Classic, first round, TSN.
- **HOCKEY: 7:30 p.m.;** National Hockey League regular season, Philadelphia Flyers at Montreal Canadiens, RDS. **8 p.m.;** Detroit Red Wings at St. Louis Blues, TSN.
- **BASKETBALL: 10:30 p.m.;** National Basketball Association regular season, Houston Rockets at L.A. Lakers, TSN.

Around Town

To submit your sporting event, fax it to (819) 569-3945, email newsroom@sherbrookerecord.com or contact Mike Hickey at (819) 569-6345.

WOMEN'S WORLD HOCKEY CHAMPIONSHIPS

**Women's hockey lacks
'punch' — that's a good thing**

By Lauren MacGillivray

Hayley Wickenheiser can throw a mean right hook. In 1998, for example, during a tournament in St. John's, Nfld., that served as a lead-in to the Winter Olympics in Nagano, Japan, Wickenheiser popped American blueliner A.J. Mleczko in the chops.

"There was a scrum and I sort of bent over, then my helmet came off," said Wickenheiser, a 25-year-old native of Shaunavon, Sask., who resides in Calgary. "She took a swing, and I took a swing, then the crowd started getting into it. The refs tried to come in right away. That was the only time I've hit someone without a mask."

But Wickenheiser, a five-foot-nine, 170-pounder and the only known member of the Canadian women's team to admit to fighting, said violence is rare in women's hockey.

The absence of violence is a key attraction to the game, and considering the current problems with violence in the National Hockey League — capped by the on-going Todd Bertuzzi/Steve Moore story — it seems to be perfect timing for the International Ice Hockey Federation (IIHF) women's world championship. The eight-day event began Tuesday in Nova Scotia.

"Fighting isn't in the nature of the women's game," said Wickenheiser after a practice at the Halifax Metro Centre, prior to Canada's opener Tuesday night against China. "We push and shove but it doesn't usually get bigger than that. There's not going to be the vicious hits and that kind of stuff."

Cassie Campbell, Canadian team captain, said fans will like what they see.

"There are a lot of people looking to our game right now," said Campbell, a 30-year-old forward originally from Brampton, Ont., who plays alongside Wickenheiser with Calgary's Oval X-Treme of the National Women's Hockey League (NWHL). "It gets physical out there but there's more finesse to our game and I think people appreciate that."

Jennifer Botterill said the women's game isn't

the opposite of men's hockey. Rather, it's what men's hockey used to be.

"It's pure," said the 24-year-old, originally from Winnipeg. "Maybe part of the population would want to see fights in women's hockey but I'm optimistic. I think people come to our games and bring their kids because they enjoy other aspects."

It's not that the women's game is perfect. By playing with the Toronto Aeros of the NWHL, Botterill said she has seen disagreements.

"I've seen a little bit of trash talk, or sometimes shoving," she said. "But that doesn't happen a lot."

The only other Canadian player to admit to fighting, besides Wickenheiser, is Correne Bredin — an alternate blueliner with Canada.

But it was under special circumstances.

"The only fight I was in was a joke," laughed the 24-year-old. "I was playing with a boys' team in Warburg, in bantam, and I fought the other team's mascot. There was a TV news camera there and people thought it would be funny."

Wickenheiser, meanwhile, said she's not a "big fighter."

The uncontested best all-around female player has her reasons for being more accepting of tussling than her teammates. Remember, she did recently play for HC Salamat, a men's professional team in Kirkonummi, Finland.

"There were a few fights on my team but the rule there was you got kicked out of the game," she said. "That's a good rule. But sometimes, a fight can be important to set the tone or the emotion of the game. I'd rather see two guys fighting face-to-face than taking cheap shots."

But most of the time, Wickenheiser said fighting has no place in the women's game.

"You don't want to punch someone in the face with a full-face mask on," she explained. "It's also respect. Most of these players have to get up for work in the morning and resume another life."

—CanWest News Service

AWARDS:

CONT'D FROM PAGE 13

Boulanger's teammate Emile Crofton, a native of San Jose, California was named the Female Freshman Athlete of the Year after helping the Gaiters to a fifth-place finish at the CIS Nationals.

Crofton was the team's second leading scorer (10.6) despite the fact that she came off the bench most of the season.

Dan McCullough was selected as the Male newcomer of the Year. The former Champlain Cougars star was a force to be reckon with on the football Gaiters' defensive line this past season finishing second on the team with 28 tackles, including a team-high six quarterback sacks.

The Ray Almond Award for outstanding contributions to the Bishop's athletic program was presented to Nathalie Boucher. Boucher has been an assistant coach with the women's basketball team for the past four years and has been instrumental

in helping promote the athletic program in the Sherbrooke community.

She has conducted clinics and was a moving force behind the implementation of the highly successful Small Ball program held Saturday mornings for boys and girls between the ages of 5 and 9.

Individual Most Valuable Players awards went to: Gilles Colon (football), Ryan Storrar (golf), Sylvain Laroche (lacrosse), Marie-Eve Bellerose and Kelly Hodge (soccer), Michelle McKay (hockey), Jennifer Bertram and James Morrison (skiing), Rebecca King (women's rugby), Andrew Wanka (men's rugby A), Rob Mackay (men's rugby B), Anouk Boulanger (women's basketball), and Szita (men's basketball).

Team rookie awards were presented to: Dan McCullough (football), Christopher Lesanko (lacrosse), Céline Grondin (soccer), Maryse Richard (hockey), Rob Mackay (skiing), Lindsay Price (women's rugby), Mackenzi De Brosse (men's basketball), Shea McEachrane-Johnson (men's rugby) and Crofton (women's basketball).

Obituary

GORDON ROSS PATTERSON
1933 - 2004

Gordon Ross Patterson passed away peacefully at his home in Barnston, Quebec, on March 1, 2004 with his family beside him.

He was born in Wakeham, Gaspé on March 26, 1933, the third son of the late Alvah Patterson and the late Maria Mullin. He moved to Coaticook in 1945 and then to Baldwin's Mills, where his father was manager of the Provincial Government Fish Hatchery.

He was the dearly beloved husband of June Fraser since 1957. Cherished father of Lorelei (Renaud Desaindes), Ross (Lucille Houle), Douglas (Chantal Madore), Dawn (Norman Wellman), Janice (Randy Spencer), Alison (Marvin Wellman). Special gramp to James, Tony, Cynthia (the little girl), Jacob, Hunter and Kody. An infant grandson, Kane Philip, predeceased him in 1996.

It is said, "The best thing a father can do for his children is to love their mother."

He was the brother of the late Angus (Velda), Evan (Mary), the late Ottis (Elvera), Charles (Winona), Glenda (Ken), Greta (Bob).

He is also survived by June's brothers and sisters; Marian (Dick), John (Merle), Malcolm (Doreen), Winston (Rebecca), Marilyn (Philip), Stevens (Rebecca), Warren (Rose), Karen (George), Diane (Marc), David and James (Carol).

Gordon worked for over 30 years at JW Kilgour furniture factory in Coaticook and a couple of years for South Shore Industries. He continued working, as a lumberjack with his brother Angus and later years with his son Ross. When ill health forced him to stop, he continued going to the woods daily to see Ross. Three weeks before his death he made a final trip and was excited to watch the skidder hauling logs and all the deer on the trails.

Hunting and fishing were his passions. He had many trips to Gaspé moose hunting, deer hunting at Anticosti Island, Caribou hunting and fishing north of Shefferville. He was a member of the Pinnacle Club in Baldwin's Mills, and a founding member of Fullerton Pond Fish and Game Club.

He started a fish hatchery in Barnston, raising rainborn and speckled trout for stocking lakes and rivers of private clubs and farm ponds. He was a partner with his brother, Ottis who also had ponds in Hatley. The ponds were opened for public fishing and many lasting friendships were made as was evident by the large attendance at the visitation and funeral. He also enjoyed hockey, ball, carpet bowling and bowling. Always anxious to watch the young generation, he spent many hours at are-

nas, ballparks and alleys. His presence at these events will be missed.

When he could no longer work, card parties became special to him. The wonderful folks at "500" and "Military Whist" gave him great pleasure. When he was too weak to attend, he always called his sister-in-law, Elvera, to hear about it, and if she had done some good bidding.

The visitation was at Charron Funeral Home in Coaticook, and was attended by more than 600 relatives and friends. The funeral was at St. Stephen's Anglican Church and was conducted by the Rev. Canon Ron West, and the Rev. Barbara Wintle. The regular Rector, the Rev. Canon Curtis Patterson was unable to be present, due to working on the Lower North Shore for a month. The organist was Karen Patterson (Gordon's niece) and she played two favourite hymns; "The Lord's My Shepherd", and "Joyful Joyful we adore him." The burial will be in Mount Forest Cemetery in the spring.

A special friend from Dixville Home said: "When you are sad, go outside and look up at the stars and you'll know he's watching you."

He was so dearly loved and will be greatly missed.

"Of all the music that reached farthest into Heaven, it is the beating of a loving heart."

Card of Thanks

PATTERSON - There are many wonderful people to thank; Dr. Natasha Bird for her compassion, care and house calls, to all who cared for him at Coaticook Hospital during the past year, to Yves Brunelle of CLSC whose regular visits made it possible for Gordon to remain at home. To all who brought in delicious meals and those who brought food for the reception and helped with serving. Thanks for the plants, flowers, phone calls, the hundreds of cards of sympathy, donations to Coaticook Hospital, St. Stephen's Church, Cancer Society, Mount Forest Cemetery, Gideons and other charities. How wonderful that all my 11 brothers and sisters (many from Ontario) were able to be with us. Appreciation to the hundreds of friends who came to the visitation and funeral. Many thanks to Rev. Canon Ron West, the Rev. Barbara Wintle, the organist, Karen Patterson and the choir for the touching service. Special appreciation to Claude and Stéphane Charron.

THE FAMILY

In Memoriams

ALLEN, Edna Mary - In memory of our mother who passed away peacefully on March 31, 2003.

There is a corner in our hearts
That is kept aside for you,
As long as life and memories last
We will always remember you.

JOYCE, GLEN
CAROLINE & MARK



ROTHNEY, Russell - In loving memory of a dear husband, father, grandfather and great-grandfather who passed away March 31, 2003.

God's garden must be beautiful
For He only takes the best.
He knew that you were weary
And He knew you were in pain,
He knew that you would never
Be well on earth again.
He saw the roads were getting rough
And the hills were hard to climb,
So He closed your weary eyelids
And whispered, "Peace be thine".

Lovingly remembered by
ARLENE (wife)
AND FAMILY

Card of Thanks

PINCHIN - On behalf of my family I would like to thank all who visited the funeral home and church to pay their respects to my dear wife, Marjory. Thank you to those who sent the lovely flowers and to all who donated to the different charities. Thanks to Rev. Willard for the lovely service, to the bearers and the Bulwer Church ladies for the lovely lunch. Thanks to Judy and the staff for the wonderful care Marjory received at the Grapes Home. Thanks to Everett Boynton for his care for us, in our bereavement.

GEORGE PINCHIN

Deaths

COWHARD, Norman - Passed away on Sunday, March 28, 2004 at the Youville Institute, Sherbrooke. Norman Webster Cowhard, at the age of 85, loving husband of Bertha Hughes, dear father of Charles (Tami), Edward (Patti), Robert, Susan (Scott) and Richard (Remy). Grandpa to Tiffany, Shaun, Benjamin, Amanda, Vanessa, Jeremy, Brittany, Emily, Olivia, Ryan and Jessica. Norman is also survived by many nieces and nephews. Resting at the Cass Funeral Home, 6 Belvidere St., Lennoxville, where friends and family may visit on Tuesday, March 30 from 12 to 2 and 7 to 9 p.m., and on Wednesday from 11:30 a.m. to 12:30 p.m. A funeral service will be held at the Green Ridge Baptist Church, 47 Queen St., Lennoxville at 1 p.m., on Wednesday, March 31, 2004, with Pastor Steven Black officiating. As memorial tributes, donations to the Canadian Kidney Foundation would be greatly appreciated by the family.

LITTLE, Donald Cedric - At the Brantford General Hospital on Monday, March 29, 2004, of Waterford, formerly of North Hatley, Que., at the age of 71 years. Beloved husband and best friend of Roberta (Cairns). Proud father of Grant (Cheryl), Dale and Ross (Heather). Loving grandpa of Jenna, Devon, Nicholas, Katlyn and Emily. Friends may call at the Thompson-Mott Funeral Home, Waterford, Thursday, 7 - 9 p.m. Funeral service will be held in the Chapel on Friday, April 2, 2004 at 11 a.m. Rev. Cheryl Fitch officiating. Interment in Greenwood Cemetery. Donations to the Heart & Stroke Foundation would be appreciated by the family. www.thompsonmottfuneralhome.com.

Card of Thanks

HENDERSON, Harold J. - Our sincere thanks to everyone who offered their support in so many ways when our loved one left us. Special thanks to the staff of the CHUS, Hotel Dieu, Sherbrooke, l'Hopital St. Louis, Windsor; the C.L.S.C.; Rev. Wilmur Davidson; Cass Funeral Home; Estelle Blouin (music) and the Ladies Auxiliary of the Legion in Richmond (luncheon). Your care, compassion and support made this sad time much easier for all of us to bear.

ROWENA HENDERSON
LOIS FERNE LAUBER
AND FAMILY
JOHN & EVELYNE GUNTER
AND FAMILY

The ability to listen is one of the most prized qualities in a friend

Dear Annie: I find myself in the awkward position of wanting to help my 24-year-old daughter, "Alice," with a problem she doesn't even know she has.

Though some people are better conversationalists than others, most have at least developed a sense of give-and-take while conversing. Alice apparently missed this. She constantly talks over people, never allowing them to jump into the conversation. She is a verbal steamroller, unable or unwilling to pause.

When I talk with Alice, I must make a comment several times before she is aware that I've said anything. Though she's a very cute girl, she does not make new friends easily and never keeps a boyfriend for long, which makes me think her lack of communication skills is hurting her social life.

Is there anything I can suggest for her that might help? I don't want to confront her, as she becomes very defensive when

criticized. — Steamroller's Mom

Dear Mom: There are people who learn to verbally run down others because, in the business world, it is sometimes the only way to get a word in edgewise. Your daughter, however, seems too young to have encountered this problem, so it is apparently a habit that will require effort to break.

One of the responsibilities of being a parent (no matter how old the child) is that you get to broach unpleasant subjects. The next time Alice verbally runs you over, take her hands in yours and look her straight in the eye. Repeat her name until she stops talking. Then tell her that when she doesn't allow others to respond, she is eliminating the chance to get to know them.

The ability to listen is one of the most prized qualities in a friend. Offer to work with her so she can improve her listening skills, and if you speak in a loving, non-

Annie's Mailbox

critical manner, perhaps she will hear you.

Dear Annie: I am a widowed senior who married "Chet" after the death of my first husband. Chet is a wonderful man whom I have known for 15 years. My problem is his sister, "Emma." It took four years to develop a relationship with her and her husband, but eventually we became close. We spent time at each others' homes, going to concerts and dining out — until last summer.

Suddenly, they stopped calling, answering their phone or sending birthday cards. The one time I called and asked if something was wrong, Emma was cool but insisted everything was fine. This is my husband's only sister, and she is in her late 70s. Since all my family has died in the last four years, I know how important it is to stay close. What can I do? — Indiana Sister-in-Law

Dear Indiana: It's possible that Emma

or her husband are having medical difficulties that they are trying to hide. It also could be that she heard or saw something that made her want to end the friendship, but you won't know unless she tells you. Ask Chet to call or, better yet, visit his sister and see if he can find out what happened. It would be a shame to lose what little family he has left.

Dear Annie: I was interested in the letter from the woman who wanted to donate her body to science. Please tell your readers that anyone who wishes to donate a body for the purpose of medical research can do so through Science Care Anatomical, which makes all arrangements for persons upon death at no charge to the family. The organization is accredited by the American Association of Tissue Banks, and can be reached at: Science Care Anatomical, 2020 West Melinda Lane, Phoenix, AZ 85027, 1-800-417-3747 (www.sciencecare.com). — Caroline in California

Dear Caroline: Thank you. Our readers will appreciate the information.

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

90th birthday celebration held

AYER'S CLIFF -

On March 21, 2004 (Mothering Sunday) St. George's church was filled with family and friends of Mercia Church.

Mercia Church was celebrating her 90th birthday. At this service many gifts were dedicated to St. George's.

Prelude was played by Emily Fowler.

Rev. Canon Curtis Patterson, Rev. Ron West and Rev. Deacon Barbara Wintle welcomed everyone. It was nice to have Rev. Canon Curtis Patterson back with us, he has been away for a few weeks doing some ministry work on the lower North Shore.

For many years the Fourth Sunday in lent has been observed as Mothering Sunday. So on this day we give thanks to god who gives us New Birth, and for the church which, like a mother, nurtures us in the life of the spirit. We also give thanks for our own mothers. Today as we gather together to worship God and give him thanks for a great lady who lots of us consider our nurturing mother. Mercia Church has, for many years, brought music and culture into our lives.

We must never forget her strong determination, her world vision and her love of people. Mercia certainly has served as an example to us all.

A couple of short messages were shared with us. One was from Mercia's daughter Lina and her family from Australia, who was unable to be here. Another greeting came from Bishop Bruce who was also unable to be with her.

Rev. Canon Curtis Patterson lead us all in worship. He dedicated New Hymn Books in celebration of Mrs. Church's contribution to the music life of St. George's, the Hymn Books were passed around to use.

First reading was read by Lisa Church. Psalm - which was musical selection using sign language was lead by Diane Wintle and young people from St.

George's Lennoxville. Second reading was read by Phyllis Gautier. Gospel reading by Rev. Deacon Barbara Wintle.

The Sermon was given by Rev. Deacon Barbara Wintle. She told us that the bouquet of red roses was given to the glory of god and in honor of those who have or will be celebrating their 90th (or plus) birthday this year. Mercia passed out roses to those who had celebrated 90 or plus birthdays.

The flowers on the table were given to the glory of god and in memory of Beatrice Schoolcraft - given in love by Bob & Kathy Alger and Steve & Jean West.

On Mothering Sunday the food that is specially associated in Simnel Cake: Something that was often made by Mrs. Church in the past when we celebrated this day either at St. George's or at St. Jame's in Hatley. A Simnel Cake is a fruit cake with two layers of almond paste, one on top and one in the middle. The cake is made with 11 balls of Marzipan icing on top representing the 11 disciples. (Judas is not included) Traditionally, sugar violets would be added. The name comes from a legend, that a man called Simon and his wife Nell. They couldn't decide whether to bake or boil the cake. So they did both, that's how the cake got it's name Simnel. (Simon - Nell)

Rev. Canon Curtis Patterson then proceeded to dedicate name plaques of loved ones on the memorial board, Canon Church's crosses that were skillfully mounted by Ernie Wintle, the exterior lights in memory of Lois Dustin, the exterior church sign in memory of a faithful member, Beatrice Schoolcraft. These were all dedicated to the glory of god and in fond memory of these loved ones.

A very lovely musical selection by Matthew (singing) and Emily (violin) Fowler. Both of these young people had

been students of Mercia's.

Prayers of the people were led by Muriel Martin. Celebration of the Eucharist with Rev. Canon Curtis Patterson and Rev. Deacon Barbara Wintle was received. During the communion, the choir sung, Tell out my soul and Gloria.

Thanks was given to Karen Patterson the organist, Violonist Sue Wintle - Coriveau, Flutist Pam Norman, Tuba Player Dave Gray, The duo, Emily & Matthew Fowler, Diane Wintle - Fontaine and her Sunday school pupils from St. George's Lennoxville, the choir for perfecting the music. To Mercia church for sharing her birthday with us and to all of you for coming and helping us to make this a special time of worship.

Everyone then sung Amazing Grace to close a beautiful service.

Everyone was invited to go to the Legion Hall on Rosedale Street to help Mrs. Church celebrate her birthday.

Approximately 80 people gathered for a pot luck dinner. Mrs. Church was honored with many cards, gifts and of course the traditional birthday card. Happy Birthday was sung to her by all those present while she made the initial cut. She received congratulatory certificates from the Governor General of Canada - Adrienne Clarkson, Prime Minister - Paul Martin, MP Deputy of Compton - Stanstead David Price, Minister of Education - Pierre Reid, Bishop of Quebec - Bruce Stavert, Municipality of Ayer's Cliff - Mayor Vincent Gerin.

Mrs. Church as we all know her, is one very special lady. In some way she has touched all of us, whether it was through her music, her love of church, or just her strong determination for you to succeed in what ever you were trying to do. She is blessed with so many friends and we just wanted to say Happy Birthday, Dear Mercia Church, you are one special lady to us all.

D. Smith

Birthday wishes

Happy 88th birthday wishes to Carrie Marlin on March 31st at the Grapes Residence in Sawyerville.

Love and best wishes from the staff and residents.

Bulwer Golden Age

On March 8, 39 members met for a pleasant afternoon and delicious supper. Cards and carpet bowling were enjoyed, as well as catching up with friendly news. Gordon Joyce was presented with an honorary certificate from the Bulwer Golden Agers. All members celebrating a 90th birthday receive this certificate. Congratulations, Gordon; Happy Birthday, Bill.

Despite a very cold dry March 22, 43 members were present for a change of pace. Bingo was played. Many members were lucky winners receiving a prize brought in by members.

Special draw was won by Serena Wintle, Isabel Nelson and Thelma Westman. Half and half winners were Mayotta Taylor and Sam Lake.

Sincere sympathy is extended to George Pinchin and family in the loss of Marjory Pinchin.

Speedy recovery to Bob who is recovering at Hotel Dieu Hospital after fracturing his hip.

Welcome to new members, Theda Lowry, Gilbert and Serena Wintle. Come join us in friendship - welcome one and all.

Happy Birthday, Gerald.

After a great meal was enjoyed by all. Thanks, Peggy and helpers.

Submitted by Margaret Vintinner

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: S equals P

"V GVRFOH DVJ FOBB XIP
AZVF ZO OCSODFR IW XIP. V
FOVDZOH, FZIPLZ, VAVUOJR XIPH
IAJ OCSODFVFTIJR."
- SVFHTDTV JOVB

PREVIOUS SOLUTION - "A half-truth is usually less than half of that."
- Bern Williams
"The color of truth is gray." - Andre Gide
(c) 2004 by NEA, Inc. 3-31

KIT N' CARLYLE



HERMAN

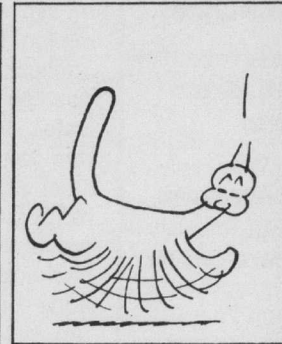


"I can't explain now, but I have been called away on business for three months."

ALLEY OOP

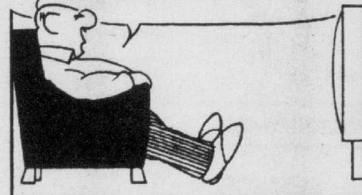


ARLO & JANIS



THE BORN LOSER

THESE DAYS, WITH CABLE TV AND SATELLITE DISHES, THERE ARE DOZENS AND DOZENS OF DIFFERENT CHANNELS TO CHOOSE FROM...



FOR BETTER OR FOR WORSE

SO, THIS IS MY STORY IDEA. JOSEF WEEDER IS A WELL-KNOWN PHOTOGRAPHER. PEOPLE SEE HIS WORK BUT KNOW NOTHING ABOUT HIM!



INTERESTING. AND IS THIS PIC FOR THE COVER? I SAY YES!



WHO IS SHE, MICHAEL? HER NAME IS SOPHIA... CAN SHE TALK? I THINK YOU SHOULD INTERVIEW HER!!



BARRY, PORTRAIT MAGAZINE IS ABOUT OUTSTANDING PEOPLE. I'D SAY THIS LADY STANDS OUT!



GRIZWELLS

HAVE YOU SEEN THE BAG OF BURRITOS I LEFT NEXT TO THIS ROCK?

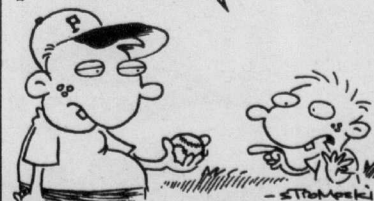


SOUP TO NUTS

ARE YOU GONNA START THIS 'I'M AFRAID OF THE BALL' BUSINESS AGAIN THIS YEAR, ANDREW?



I'm not afraid of the BALL... per se...



... IT'S THE COMBINATION OF VELOCITY, HARDNESS AND BONE SHATTERING CAPABILITIES OF THE BALL THAT I'M AFRAID OF...



CLASSIFIED

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

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
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001 Property for Sale

BEACH FRONT APARTMENTS, 4 units, near Daytona Beach. Will consider trade of Canada home or RV. Email hdins@planet.com for photos and details. US \$990,000. Call (423) 677-9501.

TO SELL OR PURCHASE a home, call **Rodney Lloyd**, Affiliated Agent, Groupe Sutton de l'Estrie, (819) 823-7474.

035 For Rent

HOUSE FOR RENT in Lennoxville on Speid Street. 3 bedrooms, basement and garage. \$750. per month. Available on July 1. References required and will be checked thoroughly. Call (819) 620-0331.

LENNOXVILLE - James Street. 3 1/2, heated, hot water included. No pets. Call (819) 565-7692.

LENNOXVILLE - Renovated apartments, 3 1/2, 4 1/2, 5 1/2. Pool. Close to town and buses. Includes hot water. (819) 823-5336.

NORTH WARD - Available July 1. 4 1/2 rooms, heated. 1 bedroom, kitchen, living room, dinette, stove and fridge included. No pets. Call (514) 861-6106 or (450) 672-1263.

100 Job Opportunities

NEED A PRE-SCHOOL TEACHER
• Bachelor in pre-school + elem. education
• Bilingual
Send CV to:
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2808 Prospect,
Sherbrooke J1L 3A9
or:
anglissimo@videotron.ca
16237

ENVIRONMENTAL VOLUNTEERS needed for Africa and Central America! Start: April 12. 14 month program. No experience needed. Info meeting: Toronto, April 10. Program fees, scholarships. josefin@humana.org. Call (413) 281-8779. www.gala-action.org

HOMEWORKERS WANTED. \$529.27 weekly. Process mail or assemble products at home. (416) 703-5655, 24 hour message. www.TheHomeJob.ca or write: Consumer 599B Yonge St. #259-430, Toronto, ON M4Y 1Z4.

MEDICAL SECRETARY REQUIRED, full time, must be bilingual. Contact: Brunet Pharmacy, 147 Queen St., Lennoxville, (819) 569-3601, ask for Valerie Courchesne.

100 Job Opportunities

SALES REPRESENTATIVE - ALL-DATA CANADA. The country's leading supplier of DVD and On Line automotive repair information is accepting applications for the position of **Field Sales Representative** for the Eastern Quebec region. Candidates must have a proven direct sales background, knowledge of automotive repair, basic computer skill, be bilingual and possess the desire to earn a high level income. Alldata offers a base salary, generous commissions and future growth. **Please respond by e-mail to gary@alldata.ca.**

WANTED: English speaking, female, live-in nursing caregiver. Reply to Box 349, c/o The Record, 1195 Galt St. East, Sherbrooke, QC, J1G 1Y7.

WORKERS WANTED. Skills in gardening, wood cutting, lawn mowing. Good physical health (good back). Age group: 18+, with own transportation. Call (450) 242-4404 leave message. Cell (450) 776-0670. Fax C.V. to (450) 243-6218.

130 Courses

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INVESTMENTS Want to save for a rainy-day? Invest for retirement, renovations, or a new car? Let's meet and talk about the only tax shelter available to Canadians, that combines insurance protection with non-taxable gains. A good investment at any age. Curious? Give me a call. Michael at (819) 569-2514 ext. 297.

145 Miscellaneous Services

DAN'S SERVICE - Service on household appliances: washers, dryers, stoves, refrigerators, etc. Tel. (819) 822-0800.

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

150 Computers

CONGRATULATIONS, YOU'RE approved. Get a genuine MDG Horizon computer system including a Samsung 17" flat monitor for only \$899 or just 81 cents a day, no money down. Call today! 1-800-791-1174.

150 Computers

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160 Music

HONOLULU MAGI MUSIC, 201 King St. East, Sherbrooke, (819) 562-7840. Sales, trade-in, rental, repairs, teaching of all musical instruments. Full warranty since 1937. Visa, Mastercard and lay-away plan accepted. Honolulu Orchestra for all kinds of entertainment.

195 Trucks For Sale

1977 GMC PICKUP, 4x4, good condition. \$2,500. Call (819) 884-5452.

290 Articles For Sale

BERNINA 830 sewing machine with cabinet (4 drawers), electric machine, jersey seam, overlock seam, embroidery, button holes, etc. Asking \$650. Call Lynda (450) 538-3387 after 6 p.m.

VOLKSWAGEN 16" ALLOY wheels, Jetta VR6 GLX 2000-01 model, with touring performance Michelins, MXV4 Plus, 205/55/HR16, A/S, like new, fits on all 5 bolt, 5x100 Volkswagens. \$800. Call (819) 566-0446.

WHITE WHIRLPOOL STOVE, only three years old. Asking \$350. Call (819) 563-8700.

290 Articles For Sale



Have something to sell? Make your classified stand out. For **\$10.00** more per day, run a **photo** with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **(819) 569-9525.**

HONDA EX 1000 watt gas generator with 12 volt boosting capacity. Also complete set of oxy-acet. torches with cylinders. Call (819) 822-0696.

MOVING OUT SALE - Swing set, end table, coffee table, fridge, single bed and dresser, etc. See on April 3 at 562 Prescott, Bury or call before at (819) 872-3716.

294 Events

VIC PHANEUF Memorial Dart Tournament, April 3, at the Bretagne. Registration: 1 p.m. to 1:30 p.m. Play at 2 p.m. Admission charged. Mixed doubles, picked out of the hat. **All proceeds go to the Maison Aube Lumiere.** Auction to follow dart tournament. All donations accepted. Everyone welcome. Info: Mary (819) 837-3152.

295 Articles Wanted

BUYING COMIC BOOKS, collectibles, trading cards, video games, Atari, Nintendo, G.I. Joe action figures. Paying cash. Call (819) 837-1244.

320 Livestock

25 EWES with 31 lambs and 1 ram. \$6,500. Call (819) 889-1371 or 889-2840.

325 Poultry

ADULT TURKEYS: 1 pair of Bourbon Rouge, 1 pair of Blue Slate, 1 pair of Royal Palm, 6 big male wild turkeys. Call (819) 889-2602.

330 Pets



Looking for a new home for your pet? Make your classified stand out. For **\$10.00** more per day, run a **photo** with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **(819) 569-9525.**

TO GIVE AWAY to good home: male kitten, born October, white with dark spots, good with children, healthy, litter box trained. Call (819) 346-3403, leave message.

340 Garage Sales

AYER'S CLIFF Estate Sale: Saturday, April 3, 9:30 a.m. to 3 p.m., no early birds please, 829 Clough St., Ayer's Cliff. 2 bedroom sets (double bed), big freezer, garden tools, table saw and other wood-working tools, antique dishes, and many other articles.

430 Personal

EVANLY - RAYS PSYCHIC ANSWERS. Rated #1 in Canada. Real psychics, certified astrologers. 97% accuracy. Serving Canadians since 1994. Credibility you can count on! 18+, \$2.99 per minute, 1-900-451-4055.

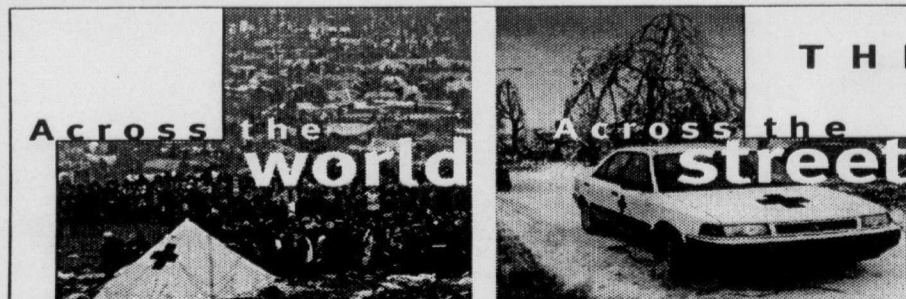
MYSTICAL CONNECTIONS thanks you for rating our Psychics # 1. Reveal your 2004! Love-money-life? 24 / 7, \$2.99/ min., 18+, 1-900-677-5872 or Visa/ MC 1-877-478-4410. www.mysticalconnections.ca

Looking for a job or qualified personnel? Consult our Classified ads!

440 Miscellaneous

CRIMINAL RECORD? Pardon: permanently seals a criminal record and removes the obstacles. Waiver: allows you to legally enter the US. Free information booklet. Call **1-800-661-5554**. www.pardonservicescanada.com

Call before 12:30 p.m. to make sure your ad appears the next day.



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Your Birthday

Wednesday, March 31, 2004

ARIES (March 21-April 19) — Instead of being up front and straightforward in your conversations with friends today, you're apt to express your remarks in ways that camouflage their true meanings. It'll catch up with you.

TAURUS (April 20-May 20) — It's smart to be cautious and practical in your financial affairs today, but if you become unreasonably suspicious of the motives of others, they will begin to question yours.

GEMINI (May 21-June 20) — Adopt a cooperative attitude today, but don't let others do all your thinking for you. Where important decisions are concerned, make certain you use your own judgment.

CANCER (June 21-July 22) — People who have been helpful to you in the past are entitled to special consideration today, but don't extend your generosity to rewarding the undeserving. Be discriminating about who you aid.

LEO (July 23-Aug. 22) — It always proves unwise to expect too much from others, and today will be no different. Even those who are exceptionally fond of you may be limited as to what they can do for you.

VIRGO (Aug. 23-Sept. 22) — You are asking for trouble if you discuss your plans today with an individual who is jealous of you and would welcome an opportunity to trip you up. Talk things over only with loyal

pals.

LIBRA (Sept. 23-Oct. 23) — Don't be a contributor to a conversation today where friends are speaking unkindly of another pal who isn't present. The gossipmongers will eventually be identified and look bad.

SCORPIO (Oct. 24-Nov. 22) — Timidity can have no role in your actions today if you have any hope of accomplishing what you set out to do. You can be bold and assertive without being reckless or foolhardy.

SAGITTARIUS (Nov. 23-Dec. 21) — You're the type of person who doesn't like to disappoint your friends, but in an attempt to make one feel better today, you could promise to do something that you know you won't be able to do.

CAPRICORN (Dec. 22-Jan. 19) — If you're lackadaisical or indifferent in your business dealings today, you can expect to be outwitted by a shrewd opponent. Keep yourself together and don't let your guard down.

AQUARIUS (Jan. 20-Feb. 19) — When it comes to important involvements today, you must make sure that you are your own person. Make others measure up to your standards instead of lowering yours to appease them.

PISCES (Feb. 20-March 20) — Much of value can be accomplished today if you are ambitious and tenacious in your aims. But if you expect things to fall into your lap without expending any effort, it'll be another story.

				North 03-31-04	
				♠ Q 7 6	
				♥ 10 9 5	
				♦ A Q 10 5 2	
				♣ 6 2	
West				East	
♠ 8 3 2				♥ J 10 9 4	
♥ Q 8 6 4 3 2				♠ K 7	
♦ —				♦ J 9 8 7	
♣ A K 9 3				♣ Q 7 5	
				South	
				♠ A K 5	
				♥ A J	
				♦ K 6 4 3	
				♣ J 10 8 4	
Dealer: South					
Vulnerable: Both					
South	West	North	East		
1♦	1♥	2♦	Pass		
2NT	Pass	3NT	All pass		
Opening lead: ♥ 4					

Bermuda Bowl, held on that picturesque island in 1950. It was a three-cornered battle between Britain, Iceland-Sweden, and the United States.

Johnny Crawford and Sidney Silodor had the given auction. Crawford (South) didn't open one no-trump, because he didn't trust their response structure.

The Scandinavian West led the heart four: five, king, ace. Crawford thought he had nine easy tricks, but when he led a low diamond, West discarded the spade two. Keeping a straight face, declarer cleverly inserted dummy's diamond 10. When East won with the jack, West assumed that his partner also had the diamond king. So, when a heart came back to the jack and queen, West cashed the club king to show where his entry lay, then (ignoring his partner's encouraging club seven) exited with a heart to dummy's 10. Crawford immediately claimed nine tricks.

At the other table, South did open one no-trump. George Rapee overcalled two hearts. North, with an awkward problem, gambled by doubling West into game. The contract can always be made, but North facilitated matters by leading the club six: seven, 10, king. A heart to the king lost to South's ace. Declarer ruffed the diamond return, cashed the heart queen, played a club to dummy's queen, then finessed his club nine. Rapee lost only three spades and two hearts.

With results like that, it is no surprise

Wednesday, March 31, 2004

Game brought home in both directions

By Phillip Alder

There are deals on which both North-South and East-West can make a game contract. This doesn't look like one of them, but it was in a way.

This layout arose during the inaugural

CROSSWORD

ACROSS

- 1 Thermoplastic resin
- 6 Musial or Lee
- 10 ___ Bator, Mongolia
- 14 Varnish ingredient
- 15 Movie: pref.
- 16 Palm thatch
- 17 Meat pastes
- 18 Director Preminger
- 19 Consider
- 20 Start of Mae West quote
- 22 Part 2 of quote
- 23 Lady's man
- 24 Maritime
- 26 Kind of perception
- 28 In a tawdry manner
- 32 Little nails
- 34 ___ Moines, IA

- 35 Hook's right-hand man
- 36 Ely or Howard
- 37 Part 3 of quote
- 41 Mil. captive
- 42 Como ___ Usted?
- 44 100 square meters
- 45 Amherst sch.
- 47 Make like new
- 49 Principle
- 51 Tornado
- 53 Outer edges
- 56 Part 4 of quote
- 59 End of quote
- 61 Kind of frost
- 62 Narrow secluded valley
- 63 Vedas reader
- 64 Scots Gaelic
- 65 Legendary loch

- 21 Ready alternative
- 22 ___ jacet
- 25 Editorial cartoonist of old
- 27 Greek letter
- 29 Restlessness
- 30 Most born in August
- 31 Poisonous evergreens
- 32 Fox's title
- 33 Ballplayer Pete
- 34 Female rabbit
- 38 Rani's wrap
- 39 Grappler
- 40 Attila the ___

- 43 Outfits
- 46 Actress Dina
- 48 Possess
- 49 Very little
- 50 Pause fillers
- 52 The ones here
- 54 Euripides play
- 55 ___ und Drang
- 56 Subsequently
- 57 Had on
- 58 Tobacco kiln
- 60 Hoodlum
- 62 Econ. meas.

Tuesday's Puzzle Solved

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

DOWN

- 1 Flower part
- 2 Place to remember
- 3 Delaying agents
- 4 Changed for the better
- 5 Unless, in law
- 6 Word with pine or tape
- 7 Church contribution
- 8 Long-tongued predator
- 9 Keanu in "The Matrix"
- 10 Disconnects from the space shuttle
- 11 In ___ of
- 12 Simians
- 13 Designate

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						68				69				

THE RECORD

Meeting of Milby Women's Institute

On March 4th members of Milby Women's Institute met at the home of Gloria Matheson. Being 1st Vice President's Day, Evelyn Sutor opened the meeting in the usual manner and thanked Gloria. The motto was: "When you put your best foot forward make sure your other one is good enough to stand on."

The minutes from the previous meeting were read and approved. Correspondence was a letter from the music students at A.G.R.H.S. appealing for help to fund their band trip to Scotland. It was moved by Meryl Nutbrown and seconded by Mildred Cairns that we donate \$100.00. This was passed with two ab-

Card parties

On Saturday March 6th, 2004 the Wardens of Holy Trinity Church, Iron Hill sponsored a 500 Card Party. Cards were played at 6 tables, followed by refreshments and the awarding of prizes.

The big winners were as follows: Bingo for Most Sweeps in No Trump: Doreen Gibbs and Stanley Coupland. 10 Spades Bid and Made: Barby Thompson and Gerald Coupland. 4th Game High: Doreen Gibbs and Clifford Jones. 4 of a Kind: Earl Whitehouse

Ladies 1st: Josy Streule with 6,760 Gents 1st: Bruce McPherson with 5,120. Ladies 2nd: Doreen McPherson with 6,180. Gents 2nd: Barbara Tremblay (as a gent) with 5,060. Ladies 3rd: Margaret Royea with 5,420, Gents 3rd: Reggie Smith with 5,020

Door prizes: Beverley Mason, Josy Streule, Carol Page, Stanley Coupland, Gerald Coupland, Herbie Riti.

Raffle: The grocery raffle was won by George Wilson and candy and fruit were won by Lena Roberts and Stanley Coupland respectively.

...

On Saturday March 20th, 2004 the Wardens of Holy Trinity Church, Iron Hill sponsored 500 Card Party. Cards were played at 6 tables, followed by refreshments and the awarding of prizes.

The big winners were as follows: Bingo for Most Sweeps in No Trump: Lena Roberts and Gerald Coupland. 10 Spades Bid and Made: Helen Campbell and Reggie Smith. 4th Game High: Doreen Gibbs and Gerald Coupland. 4 of a Kind: Not taken

Ladies 1st: Josy Streule with 5,840 Gents 1st: George Wilson with 6,400. Ladies 2nd: Yvette McElravy with 5,320 Gents 2nd: Gerald Coupland with 5,560. Ladies 3rd: Jean Riti with 5,280 Gents 3rd: Reggie Smith with 4,940

Door prizes: Stanley Coupland, Josy Streule, Doreen Gibbs, Bruce McPherson, Herbie Riti, Barbara Tremblay, Reggie Smith, Gerald Coupland.

Raffle: The grocery raffle was won by Beverley Mason and jars of homemade jam were won by Carol Page, Jean Riti and Carol Page respectively

Come and join us for a fun evening and a nice light lunch. The next Card party will be held on Saturday April 3rd, 2004 at 7:30 p.m.

Information: Douglas Hall at 266-0266 (Convenor). Lena Roberts at 243-6291 (Peoples Warden)

stentions.

Notice from Quebec W.I. Provincial Office stated that the deadline to register for Convention is April 20th.

For Agriculture, Beverly Patrick told about the robot machines in the barns of a farm in Warwick. Marina Evans talked about the water from Lake Memphremagog being polluted. For Education and personal development Evelyn Sutor said Townshippers' Day would be in Magog this year on September 18th. For Health and Community Living, Jean told how to remove lipstick and red wine by using 1 tsp. of chlorox. Also, she said nylon spray can be purchased as a replacement for regular nylons. In addition, she mentioned the dangers of a tanning salon. Ruby sent a safety tip: Be sure to turn off your oven when leaving home. The use of a timer as a reminder is a good idea. Install smoke detectors in all bedrooms or in hallways and have your chimney inspected regularly. Jean read a poem "Spring Cleaning". Mildred reported on Valentine cards sent and she also has the Milby W.I. History up to date to the end of 2002. Evelyn thanked Gloria for calling each member to remind them about the meeting. Jean Naylor gave a detailed report on the county meeting. For Publicity and Awareness, Meryl reported that the meeting for February had been in the Record, and after reading a couple of jokes, she read a poem on Friendship. Most of the members were happy to attend a movie about the W.I. of England showing how they made calendars to sell.

The possibility of making something for the W.I. booth at Ayer's Cliff Fair was discussed. More on this at a later date.

The Montreal Convention is May 18th and 19th. Linda Hoy, Quebec Provincial President goes to Tasmania, Australia on March 23-29.

Nine members answered the roll call naming a famous woman role model. There were a lot of names mentioned including Martha Stewart and of course beautiful Queen Elizabeth.

A delicious lunch was served by Gloria and Evelyn and we were happy to have Stella join us. The next meeting, in April, will be a "bring and buy sale" to be held at the home of Marina Evans.

Submitted by Meryl Nutbrown

**To The Pen's of
E.T. Writers
The Mountain Boy**

Woke up this morning,
Feeling kind of blue,
Then i got to thinking,
Just about you,
Looked out the window,
And saw the sun,
Come shining over the hill,
Just enough to give,
This mountain boy a thrill,

By the mountain boy,
Reginald Lace

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