



# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



## WEEKEND EDITION

95 CENTS + TAXES

PM#0040007682

FRIDAY, SEPTEMBER 29, 2017

### Potential strike looms over daycare centres

Record Staff  
SHERBROOKE

Some 400 early childhood centres (CPEs) could be facing a strike in the near future as some 11,000 female CPE workers have voted in favour of a six-day work stoppage at an as yet to be determined date.

"This is the strongest result of the strike vote in the CSN sector affiliated to the CSN," noted CSN President Jacques Létourneau at a press conference on Thursday in Quebec City, referring to the 94 per cent vote in favour of the strike mandate. "It's a demonstration of the widespread disenchantment of workers in this sector," he added.

The unionized members of the CSN have been without a contract since March 2015, and although most non-monetary issues have largely been settled, negotiations are still stalled on the issues of salaries, pensions, group insurance, child / educator ratios, and the participation of women workers on boards of directors and at CPE meetings, among other things.

Létourneau stated that employees "face a real wall on the part of the employers' associations and the government" and he interprets support for the strike mandate as a willingness to "put additional pressure to unblock the negotiation".

The head of the CPE sector at the CSN, Louise Labrie, believes that the strategy is already paying off, saying she saw a new impetus at the bargaining table at a meeting last Tuesday.

"We came out quite satisfied) because the discussions are going well.

CONT'D ON PAGE 4

### Every child matters Local schools unite for residential school survivors



PHOTOS BY MATTHEW MCCULLY

Indigenous Cultural Alliance co-leader Bianca Martin; Bishop's new Indigenous Student Support and Community Liaison Officer, Melissa Poirier; Odanak Band Council General Manager, Daniel Nolett; Champlain College Campus Director Nancy Beattie; Richard O'Bomsawin, Grand Chief of the Abenaki council at Odanak; Bishop's Vice Principal Academic, Miles Turnbull; Bishop's Principal, Michael Goldbloom; Tyler Lewis, Head of School at Bishop's College School; and Randi Heatherington, representing aboriginal services at Champlain College

By Gordon Lambie

A large gathering of students, staff, and faculty from Bishop's University, Bishop's College School, and Champlain College took to the streets on Thursday to mark Orange Shirt Day, the annual event commemorating the

struggles of those children who were taken from their homes and placed in residential schools. Organized collaboratively by representatives of the three schools and Bishop's Indigenous Cultural Alliance, the event was hailed as a significant step in the local journey of reconciliation with Canada's indige-

nous peoples.

"It's a really important event because a lot of people don't really know about residential schools, and we're trying to educate as many people as possible," said Joshua Komangapik, co leader of

CONT'D ON PAGE 3

24/7 presence  
cleanup & rebuild,  
mold removal  
asbestos abatement

www.phoenixinc.ca • info@phoenixinc.ca

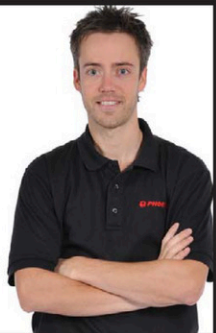
**PHOENIX**  
DISASTER RESPONSE

1 866 233-2425

RBQ: 8357-2438-01

1100 Thomas-Tremblay, Sherbrooke J1G 5G5  
1095 ch. Nord, Brigham J2K 4R6

Dan Pellerin, Owner



# The Record e-edition

There for you 24-hours-a-day 7-days-a-week. Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$82.21.

### Record subscription rates (includes Quebec taxes)

- 1 year print: \$155.91
- 6 month print: \$81.85
- 3 month print: \$41.57
- 12 month web only: \$82.21
- 1 month web only: \$7.46

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: [www.sherbrooke.com](http://www.sherbrooke.com)
2. Click e-edition.
3. Complete the form and wait for an email activating your on-line subscription.

## Weather



TODAY: SUNNY

HIGH 13  
LOW 2



SATURDAY: MIX OF SUN AND CLOUD

HIGH 14  
LOW 0



SUNDAY: SUNNY

HIGH 17  
LOW 3



MONDAY: SUNNY

HIGH 20  
LOW 2



TUESDAY: SUNNY

HIGH 21  
LOW 4

# Stellar Dawg in Stein's The Art of Racing in the Rain



## GOOD READS

### LENNOXVILLE LIBRARY

Over this past summer my sister came from the U.S. to the Townships for a visit. I insisted that we watch an episode of *Downward Dog*. This Pittsburgh-based show centres on a young woman's dog, Martin, who keeps the audience in the know about his life as a canine millennial. Yes, he can speak, at least to the camera. Unfortunately, he has a limited understanding of the language spoken by the humans around him, and much of the humour of the show derives from Martin's misperceptions about his life with Nan, his owner. I found it very quirky and often downright hilarious.

My sister said to me, "So, if you like talking dogs, you should read Garth Stein's *The Art of Racing in the Rain*." It sounded vaguely familiar, probably because it was a N.Y. Times bestseller for 156 weeks when it was published in 2008. Although I was a little concerned that it would be a little too *Marley and Me*, I decided to go ahead and pick up a copy. Rather disappointingly, it turned out to be not at all funny: the narrator-dog, Enzo, cannot even talk, although he does a heck of a lot of reacting to what people around him are saying, and complaining about his inability to form words:

Gestures are all that I have; sometimes they must be grand in nature. And while I occasionally step over the line and into the world of the melodramatic, it is what I must do in order to communicate clearly and effectively. In order to make my point understood without question. I have no words I can rely on because, much to my dismay, my tongue was designed long and flat and loose, and therefore is a horribly ineffective tool for pushing food around my mouth while chewing, and an even less effective tool for making clever and complicated

polysyllabic sounds that can be linked together to form sentences.

As you can see, he has a pretty wide vocabulary, for a dog. What's more, he is convinced that he is actually a human-waiting-to-happen, a hope stemming from a documentary on TV about dogs in Mongolia. (Enzo is a TV addict; in addition to being a total fan of car-racing footage, he has a full list of favourite actors, including Steve McQueen and Al Pacino [NB NOT Rin Tin Tin].)

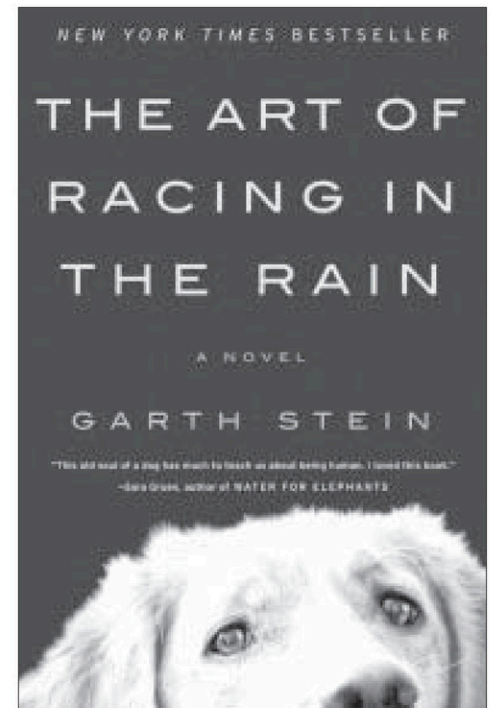
As an animal lover, of course, I knew—even with this prima facie lack of humour—that I would nevertheless read and enjoy the tale. One problem is that I tear up very easily whenever a child or animal is sick, injured, endangered, etc. so I generally avoid books on these themes. (Note: Enzo's demise is in the cards from the very start, so there is no spoiler alert necessary.)

The story concerns Enzo's owner, Denny, a budding race car driver and mechanic in drizzly Seattle, and his family and friends—and most affectingly, his relationship with Enzo. Named after famed Italian car designer Enzo Ferrari, Enzo the dog is a participant in virtually all aspects of Denny's life over the course of their 10 or so years together.

Although initially somewhat resentful of Eve, Denny's wife, Enzo quickly moves past his jealousy, eventually accepting both Eve and, later on, their daughter, Zoë. As a much-smarter-than-average dog, he recognizes how much joy these two bring to Denny's life, and he is suitably devastated by Eve's death part way through the book. (Again, non-spoiler alert: this is related in the first few pages!)

While the lives of Denny, Zoë, and Enzo are shattered by Eve's death, things get worse when Zoë's custody is challenged by Eve's parents, well-meaning but selfish people who never liked Denny. Worse comes horribly to worst when they engineer a full-blown court case calling Denny's fitness as a father into question. Denny's financial ruin is only one of the many consequences of their actions. One especially moving segment of the book occurs when Denny is sorely tempted to give in to the pressure Eve's parents have brought to bear, but is physically restrained by Enzo's timely intervention.

Throughout the book there are references to the qualities that make for a successful race car driver, and, by extension, a successful person. "Your car goes



where your eye goes" is Denny's mantra, and the art of racing in the rain in particular is used as a metaphor for life:

"Very gently. Like there are eggshells on your pedals," Denny always says, "and you don't want to break them. That's how you drive in the rain." Balance, anticipation, patience. These are all vital. Peripheral vision, seeing things you've never seen before. Kinesthetic sensation, driving by the seat of the pants. But what I've always liked best is when he talks about having no memory. No memory of things he'd done just a second before. Good or bad. Because memory is time folding back on itself. To remember is to disengage from the present. In order to reach any kind of success in automobile racing, a driver must never remember.

The appealing cover of this 321-page paperback features the head of a Golden retriever-type dog from the nose up, staring directly at the reader. American writer Garth Stein, author of two previous novels and one more recent one (2014), has parlayed Enzo's story into a small cottage industry. There are Enzo children's books, an interactive website, and several versions of the original book, as well as a feature film in the offing.

All in all, an enjoyable tear-jerker, loaded with life lessons and more race-car references than any person—or dog—actually needs. *The Art of Racing in the Rain* can be had in the Lennoxville Library.

—Melanie Cutting

## Ben by Daniel Shelton



# LOCAL NEWS

*"It's a continuation of what we did last year," Nadeau said, "the idea is to let everyone know what services are available."*

## Richmond Regional to host second annual health and wellness fair

By Gordon Lambie

The Community Learning Centre at Richmond Regional High School will be hosting a second community health and wellness fair this coming Saturday in parallel with the community craft fair going on over the course of the weekend.

"We listened to feedback from the first year that asked why not twin with another event so that each one can benefit from the clientele of the other," said Richmond Community Liaison Agent Gwyneth Grant, calling the second fair a "new and improved" take on what was already a successful event last year. "It will be really dynamic," Grant continued. "We're going to share the welcome area leading up to the school."

As in 2016, the fair will involve more than 30 different local health and community organizations at kiosks around the main floor of the school, although this year's event will also include seven presentations from participating groups in the school auditorium.

"There's so many groups," the Liaison Agent said, estimating that participation

is even bigger this year than last. "I think it's going to be a really fun day."

Gaétan Nadeau, community organizer with the public health authority in the Val-Saint-François, explained that the ultimate goal of the event is to bring services closer to the community.

"It's a continuation of what we did last year," Nadeau said, "the idea is to let everyone know what services are available."

Nadeau said that while last year's event was focused specifically on connecting services with the local English speaking population, this year's fair has been planned as a bilingual event in the name of drawing both more organizations and more visitors.

"It's a real community event," Grant said, noting that she is expecting groups ranging from the CIUSSS de L'Estrie-CHUS to the local historical society.

The Richmond health and wellness fair will take place on Saturday the 30th of September from 10 a.m. to 4 p.m. The RRHS Autumn Artisan show, meanwhile, will take place from September 30th to October 1st



COURTESY

Smiling faces from the first edition of the community health and wellness fair in 2016

## Every child matters

CONT'D FROM PAGE 1

the Indigenous Cultural Alliance, explaining that the march that took place between the Bishop's Campus and BCS was a step toward giving greater recognition to the intergenerational trauma caused by Canada's residential school system. "It's about recognizing the atrocities that have happened and that continue to happen today to indigenous people."

Richard O'Bomsawin, Grand Chief of the Abenaki council at Odanak, spoke both at the beginning and end of the walk about the significance of the day.

"We can learn from the past and know that history is history," O'Bomsawin said. "Our future is in our hands."

The Chief underlined the fact that although Orange Shirt Day is a day of remembrance and sharing about the terrible acts committed at schools across the country over many years, it is also an opportunity to look ahead with hope at the legacy that residential school survivors have left by sharing their stories.

"Today in our school system we can be who we are. We can take our beliefs with us to school. We don't have to change," O'Bomsawin said. "It is important when you go to school, never to forget your nation, never to forget who you are and where you came from."

In helping to open the event Bishop's Vice Principal Academic, Miles Turnbull, made a point of highlighting the important role that educational institutions have to play in the work of reconciliation with indigenous peoples and expressed appreciation to the provincial government to help fund the school's new

Indigenous Student Support and Community Liaison Officer position. He praised the work of Melissa Poirier, the first person to hold the position, noting that she helped coordinate this event in her first month on the job.

"Indigenous students continue to be underrepresented in Canadian higher education institutions and Bishop's is committed to doing its part to close this education gap," Turnbull said. "(Poirier) will help the university broker respectful and trusting relationships with indigenous communities, especially to establish and maintain a collaborative and consultative process to better understand the specific needs of indigenous students."

Tyler Lewis, Head of School at Bishop's College School, shared that BCS got involved in Thursday's event in large part because of Poirier's enthusiasm.

"Melissa is at the centre of all of this," Lewis said. "I have learned, in the past week, far more about the atrocities inflicted upon the Abenaki and other First Nations people of our country than I ever knew before Melissa reached out."

Although the head of school said he was not ignorant to Canada's History of residential schools prior to the preparation for Orange Shirt Day, he explained that the work of getting himself and the student body the proper context for the event was emotional and very informative.

"This did exactly for me what we hope it will do for our kids or our community, which is cre-

ate curiosity and raise awareness." Lewis said. "Let's understand what happened. We can't fix what has happened in the past but we can certainly learn from it and forge a better tomorrow."

Closing out the day, Chief O'Bomsawin shared a similar idea.

"We will survive the past to grow stronger in the future," he said. "Today our land is your land, we share it with you; walk on it softly, there is a lesson to be learned in every step."

More information about the history of Orange Shirt Day is available at <http://www.orangeshirtday.org/>

### JAMES E. CONNERS' FOUNDATION FUNDRAISING CAMPAIGN 2017

Since 1986, this foundation has provided PEES\* students paid tuition for private music lessons, instrumental or voice. This program has allowed over one hundred students to benefit from yearly music bursaries.

\*Princess Elizabeth Elementary School in Magog exclusively. With your donation, we can continue to assist these students.

Your contribution can be made to: James E. Conners' Foundation Inc. c/o Harvey Catchpaw, Pres.

47 ch. Renaud, Magog, QC, J1X 0V5 - 819-843-6991

An official tax receipt will be issued. Reg.'d no. 11892 3432

I'M LEARNING FRENCH

Because... my brain gets a boost.

CPF Canadian Parents for French

Join CPF - for answers and support as they discover French. [www.cpf.ca](http://www.cpf.ca)

# No charges in deadly Neptune Technologies and Bioresources explosion

Record Staff  
SHERBROOKE

After reviewing the investigation report produced by the Sherbrooke Police following the 2012 fatal explosion that killed three workers and injured about 40 others at the Neptune Technologies and Bioresources plant in Sherbrooke, the Director of Criminal and Penal Prosecutions (DPCP) concluded that it cannot be reasonably satisfied that it was able to establish the guilt of anyone. As a result, no criminal charges will be filed in this case.

Two prosecutors conducted a thorough review of the facts contained in the report to assess whether it revealed the commission of any criminal offenses. The prosecutors produced an analysis of their decision, which was submitted to their deputy chief prosecutor for a final decision. The families of the deceased have been informed of this decision by a public prosecutor, with the exception of a family that has not been contacted as yet.

Criteria for a decision to prosecute

In criminal law, the burden of proof that the prosecution must satisfy is very demanding. Due to the principle of the presumption of innocence, the prosecution must prove beyond a reasonable doubt the guilt of the accused in court. After reviewing the investigation report, the prosecutor must first assess the sufficiency of the evidence, taking into account all admissible evidence, including that which might support the defense. At the conclusion of this analysis, the prosecutor must be reasonably convinced that the accused can be found guilty. Where appropriate, it also considers the criteria relating to the appropriateness of prosecution with regard to the assessment of the public interest.

The standard for a decision to initiate a prosecution is provided for in the ACCP-3 directive. Most public prosecutors in Canada have guidelines that impose a similar standard. In addition, the courts recognize that this standard is more demanding than the mere reasonable and probable grounds to believe that a person has committed an offense. They also consider that a lower thresh-

old for prosecution would be inconsistent with the role of the prosecutor in his capacity as an officer responsible for ensuring respect for and pursuit of justice, prosecutor is to ensure that justice is done. Consequently, the prosecutor does not seek to obtain a conviction at any cost and must avoid charges if the evidence is insufficient. The prosecutor must make a professional assessment of the legal basis of a prosecution and it is not his personal opinion on guilt that matters. His or her review must remain objective, impartial and critical. The decision to prosecute is a discretionary decision taken by the prosecutor in the performance of his professional duties without fear of judicial or political interference and without yielding to media pressure.

## Event of November 8, 2012

On November 8, 2012, an explosion occurred at the Neptune plant, whose main activity was the manufacture of krill oil often used in food supplements. The explosion caused the deaths of three workers and injured about 40 others. It was the direct result of an acetone spill

which took place during one of the production phases. The exact causes of the spill and explosion are unknown, although several hypotheses have been put forward but no cause of the explosion can be determined with certainty.

## Legal analysis

With respect to possible criminal negligence charges, all possible avenues were assessed and there was insufficient evidence to establish the guilt of anyone.

Mere negligence in the performance of an act or failure to perform an obligation imposed by law is insufficient to find criminal negligence. The Criminal Code also requires that such conduct be negligent in that it reveals a "careless or reckless disregard for the life or safety of others". Guilty conduct must therefore represent "a marked departure from the standard of conduct of a reasonably prudent person", thus distinguishing civil fault from criminal misconduct.

Neither Neptune Technologies Bioresources nor any of its employees can be considered negligent to the standard required in criminal matters.

# Heavy rain leads to leakage at Fleurimont hospital

Record Staff  
SHERBROOKE

The heavy rains that fell on Wednesday night caused problems at the CHUS Fleurimont, causing the roof of 6th Floor to begin to leak heavily around 6:30 pm, forcing the emergency displacement of 17 patients in the affected rooms.

"We're talking about infiltration, water that dripped drop by drop, there was no accumulation on the ground," explains Geneviève Lemay of the communications department at the CIUSSS of the Estrie-CHUS.

Infrastructure teams from the CIUSSS

began working quickly to repair the roof, as did the infection prevention and control team.

"As this is about moisture in the walls and in the roof, we need to repair it and return to normal moisture levels before we can reintegrate patients into the affected rooms," Lemay said.

A firm specializing in disaster recovery has also been hired to help correct the moisture problem.

Work on the roof is currently underway, but as of Thursday it was impossible to say whether this caused the leakage.

# Daycare

CONT'D FROM PAGE 1

We think that what has happened in the last few months in general assemblies gives us a boost to unlock the mandates," she said.

Nearly 30 negotiating sessions have taken place since November 2016 and more are planned in the coming weeks.

The CSN criticizes the employers' side for seeking setbacks in the working conditions of its members, while Quebec is accumulating surpluses that should instead be reinvested in the network.

The CSN points out that the CPE network suffered cuts of over \$300 million during the Liberal government's austerity years.

Their representatives assure us that they want to avoid a work stoppage, but not at any price.

"The high percentage of members supporting the strike vote shows us that women workers do not want to go back. It's done. We are digging our heels in and we are saying: "no, we won't back off any longer," Labrie said.

## GLIMPSES OF THE PAST



If the agricultural exhibition held in September of 1911 wasn't the most popular year, it still presented an impressive program. Apart from the animal shows and the famous horse races, the exhibition welcomed ballets, marching bands and even a car parade. In the evening, fireworks and other animations were presented to captivate the late visitors. Unfortunately, the Friday baby contest had to be canceled because of lack of entries. A few years prior, the fair experienced a rapid growth which led the organizers to increase the entry price from 25 ¢ to 50 ¢ for the day, a choice that left many visitors quite frustrated.

## INTERESTED BY HISTORY?

Visit the exhibit, *Childhood Memories*, presented in the American Biltrite room of the Sherbrooke Historical Society.

275 Dufferin, Sherbrooke  
Informations : 819-821-5406

LA SOCIÉTÉ D'HISTOIRE  
DE SHERBROOKE

www.histoiresherbrooke.org

# Sherbrooke Police concerns cancel rap concert

Record Staff  
SHERBROOKE

A "Back to School Party" featuring rappers Mike Shabb and Rymz scheduled for Saturday night in the Salle Bernard-Bonneau at Montcalm has been cancelled by the City of Sherbrooke following a recommendation by the City's Police Department.

A notice issued by the Sherbrooke Police Service (SPS) led to the cancellation of a contract with promoter BLK Management due to a fear of overcrowding and underage drinking.

"The room is located inside the Montcalm building, a high school, but outside of school hours, the Jacques-Cartier borough manages its rental," said Executive Committee Chair, Serge Paquin. "The Police Service questioned the appropriateness of renting this location for a show of this type, which was likely to attract minors when a liquor license had been

issued. The city official who took note of the police recommendations decided to cancel the signed contract."

Because it isn't that simple to cancel a contract, a claim has been forwarded to the City, which has agreed to pay compensation to the concert promoter. The final agreement was in the process of being concluded on Tuesday, and will be kept confidential.

Paquin says he's not entirely pleased with this outcome. "Instead of outright cancellation, it might have been better to set conditions and to frame the planned concert properly by ensuring that adequate security measures were put in place, but this wasn't done. We were faced with *fait accompli*. This is the first time that something like this has happened," Paquin added, pointing out that the leasing process may be revisited to avoid a recurrence of this kind of situation.

BLK Management, for its part, used

Facebook to decry profiling and denounce the discriminatory nature of the decision.

The Criminal Intelligence Section of the Sherbrooke City Police Service submitted a five-page report to the City of Sherbrooke mentioning that Rymz, a nominee for Rap Album of the year at this year's ADISQ awards, associates with and collaborates musically with Soldia, whom the report describes as a person who has been in trouble with the law.

The report also mentions that Shabb, a native of Magog, is an individual with a grudge against Sherbrooke authorities and mentions that the rapper includes lyrics that are insulting and in bad taste and often employs vulgarity.

The report also claims that "this type of event" usually attracts street gang members that could be in contact with the clientele.

At the Granada

"I am not in the shoes of the official

who made the decision," Paquin added, "but I think that what was at stake is the fact that the room is in a high school. The promoter has also reserved the Granada Theater, another City institution, for the performance of the show." The performance is scheduled for January 12, 2018.

According to Granada management, nothing has yet been signed as details still have to be arranged, and organizers have to commit themselves to respecting the usual safety requirements. Otherwise, it says, there is no reason for the show not to take place saying that while Hip Hop music can be provocative and the vocabulary used bit raw, this isn't the first time that a musical genre has offended some people, and that at one time, the blues were considered shocking and that Quebec legend Plume also upset people by using swear words in his songs.

## Canada kicked tires on used Kuwaiti jets, now looking down under: Sajjan

By Lee Berthiaume  
THE CANADIAN PRESS

Canada kicked the tires on the idea of buying used fighter jets from Kuwait to address a shortage of CF-18s, Defence Minister Harjit Sajjan revealed Thursday, but found they wouldn't be ready in time.

The revelation comes amid a bitter and escalating dogfight between U.S. aerospace giant Boeing and Montreal-based Bombardier, which has the backing of Justin Trudeau's federal Liberal government.

The Liberals had planned to buy 18 Super Hornets from Boeing to fill what they claim is a critical shortage of fighter jets, but have since threatened to go elsewhere over the Bombardier dispute.

Boeing has accused Bombardier of selling its controversial CSeries commercial liners to U.S.-based Delta Air Lines at a significant discount, thanks to assistance from what it considers improper government subsidies.

The dispute took a turn this week when the Department of Commerce ruled Bombardier did indeed receive improper subsidies and proposed a whopping 219 per cent duty on any CSeries planes entering the U.S.

The penalties won't be official until

the U.S. International Trade Commission rules next spring on whether the Bombardier-Delta deal actually hurt Boeing's business.

The ruling has nonetheless divided the country — advocates in Quebec and Ottawa have been calling on the Liberals to fight fire with fire, while officials in Manitoba, where Boeing has a large facility, are urging calm.

Speaking from Riga, Latvia, where Canada has about 450 soldiers helping guard against Russian aggression in the region, Sajjan said he was disappointed with the Commerce Department's ruling.

The minister wouldn't say explicitly that the plan to buy Super Hornets is officially off the table, but he suggested as much.

"We are going to be moving ahead with filling that capability gap," Sajjan said. "We are pursuing other options."

There are growing signs that the top option could be to buy used F/A-18s from Australia, which is getting rid of the fighter jets as it upgrades to the controversial F-35 stealth aircraft.

Kuwait, too, plans to sell its own used F/A-18s after securing its own deal to buy Super Hornets. There had been speculation the aircraft, which are similar to Canada's CF-18s, would be in good shape.

But Kuwait won't be ready to sell fast

enough for Canada, Sajjan said, and the government is instead working closely with the Australians about possibly buying their jets.

"We have looked at the capability of the Kuwaiti fighters," Sajjan said.

"The biggest thing is right now they are not currently available. But we still want to pursue every single option. As you know, we are pursuing this option with the Australians at this time."

The key question appears to be whether any of Australia's F/A-18s have enough life left in them to serve alongside Canada's CF-18s until replacements for both begin to arrive in the mid-2020s.

The government has repeatedly emphasized the need for speed when it comes to addressing the current fighter-jet shortage, and hoped to buy interim Super Hornets by the end of the year.

That sense of urgency remains, Sajjan said, though he would not provide a timeline for when the government would pull the trigger on whatever option it decides to pursue.

"That capability we needed a long time ago," he said. "We had a plan in place, a very good plan that was going to fill the capability gap, invest in our current fleet and start the fighter replacement competition."

The government announced last November plans to purchase the planes to

temporarily fill a critical shortage of fighter jets until the entire CF-18 fleet is replaced in the mid-2020s.

Many defence experts, including 13 former air force commanders, have questioned Liberal claims the air force doesn't have enough CF-18s, and said replacement jets could be purchased much faster.

The Boeing-Bombardier dispute has become a major international battle, with the Trump administration backing the former and the Canadian and British governments siding with the latter.

Bombardier has a large aerospace manufacturing facility in Northern Ireland.

Yet it has also pitted different parts of Canada against each other.

Quebec Premier Philippe Couillard, whose government invested \$1 billion into the CSeries line, angrily called for a ban on all Boeing imports into Canada after the Commerce Department ruling.

But Manitoba Premier Brian Pallister and Winnipeg Mayor Brian Bowman called for cooler heads on Thursday, and said such rhetoric is not helpful.

Winnipeg is home to a Boeing manufacturing facility that employs 1,400 people and is the third biggest aerospace centre in the country.

## One dead, another seriously injured in Stanbridge Station accident

Record Staff  
SHERBROOKE

An accident involving a car and a motorcycle on Route 202 near the intersection with the Brais Range

in Stanbridge Station killed one individual and seriously injured another Wednesday afternoon,

The car was traveling on Highway 202 at around 12:15 pm and made a left turn to access a private entrance, cutting off

the bike coming in the opposite direction.

The two people on the bike, a man and a woman, sustained serious injuries, from which the man ultimately died. The driver of the car was not injured.

The dead man has been identified as Everett Haigh, 63, from South Stukely.

As yet, the cause of the collision is unknown.

# EDITORIAL

*Our knowledge of the biological, chemical and physical components of the biosphere and their interconnections and interactions is too limited to enable us to anticipate the consequences of our inventions and intrusions.*

## SCIENCE MATTERS

# Environmentalism is a way of being, not a discipline

By David Suzuki

I'm often introduced as an environmentalist. I prefer to be called a father, grandfather, scientist or author, as these terms provide insight into my motivation. Environmentalism isn't a discipline or specialty like law, medicine, plumbing, music or art. It's a way of seeing our place in the world and recognizing that our survival, health and happiness are inextricably dependent on nature. To confront today's environmental crises, everyone — garage mechanics, construction workers, dentists, politicians and judges — has to see the world through an environmental lens.

I recently attended an event with a panel of outstanding athletes and artists who had become activists on various environmental issues. The moderator asked what role awe had played in their commitment. Their answers revealed how inspiring it is to experience that sense of awe in the face of nature's beauty.

I couldn't help thinking that two more words should have been added to the discussion: humility and gratitude. As the panel grappled with the issue of ecological degradation, the idea emerged that all we need is to be more aware so we can use science and technology to solve the crises.

We're clever animals — so smart that we think we're in command. We forget that our inventions have created many crises. Atomic bombs represented an incredible scientific and technological achievement, releasing the power within atoms. But when the U.S. dropped them on Japan in 1945, scientists didn't know about radioactive fallout, electromagnetic pulses or the potential for nuclear winter. Those were discovered after we used the weapons.

Swiss chemist Paul Mueller won a Nobel Prize in 1948 for his discovery that DDT was a potent insecticide. Many years after the compound was put into wide-

spread use, biologists discovered a previously unknown phenomenon: biomagnification up the food chain.

When people started using chlorofluorocarbons, no one knew they would persist in the environment and float into the upper atmosphere where the sun's ultraviolet rays would cleave away chlorine-free radicals. As a geneticist, I only learned about the protective ozone layer when other scientists reported that chlorine from CFCs was breaking it down.

Our knowledge of the biological, chemical and physical components of the biosphere and their interconnections and interactions is too limited to enable us to anticipate the consequences of our inventions and intrusions. Nevertheless, we look to our creativity to lead us to a better world with nanotechnology, genetic engineering, artificial intelligence, geoengineering and space travel.

What we need is humility. Clever as we are, nature is far more creative. Over 3.8 billion years, every species has had to evolve ways to find food, water and energy, and to dispose of wastes, find mates, reproduce, avoid predators and fend off parasites and infections. Nature offers myriad solutions that we have yet to discover. If we had the humility to learn from nature, using an approach called "biomimicry," we would find far more and better solutions.

The Canadian Cancer Society recently reported that half our population will develop cancer. This isn't normal, but it shouldn't surprise us. After all, we have synthesized hundreds of thousands of new molecules that have never existed on Earth. Most have never been tested for their biological effects and tens of thousands are now used in products and enter our waste stream.

When we dump this vast assortment of new molecules into air, water and soil, we can't anticipate how they might interact within living organisms or what their long-term consequences might be.

Gone With The Wig



COURTESY OF LEVEL THREE ALEXANDER GALT ART STUDENT SIEANNA WALLER

Throwing more money into cancer treatment and research will not alone stem the disease. To arrest the cancer crisis (and it is a crisis), we must stop using the biosphere as a garbage can or sewer for these new molecules.

Along with humility, we should be grateful for nature's generosity, something I've learned from Indigenous peoples. They acknowledge the source of their well-being, clean air, clean water, clean food and clean energy — all things

that are created, cleansed or replenished by the web of life around us. In the urbanized industrial world we inhabit, we tend to think the economy is the source of all that matters to us, and so we have little regard for what we're doing to the natural systems that sustain us. It's time to see with new eyes.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Letters

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

**See your gift grow**

**Development and Peace**

1 888 234-8533  
[www.dev.org](http://www.dev.org)

## THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2  
Fax: 819-821-3179  
E-MAIL: [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com)  
WEBSITE: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)

SHARON McCULLY PUBLISHER ..... (819) 569-9511  
STEPHEN BLAKE CORRESP. EDITOR ..... (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN ..... (819) 569-9931

DEPARTMENTS  
ACCOUNTING ..... (819) 569-9511  
ADVERTISING ..... (819) 569-9525  
CIRCULATION ..... (819) 569-9528  
NEWSROOM ..... (819) 569-6345

KNOWLTON OFFICE  
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0  
TEL: (450) 242-1188 FAX: (450) 243-5155

### PRINT SUBSCRIPTIONS

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

### ON-LINE SUBSCRIPTIONS

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

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

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

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

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member  
ABC, CARD, CNA, QCNA

# COLUMNIST

Reaching the destination will make it all worthwhile. But I remember wondering once, in the seemingly endless formation for ministry, why the whole program was one long amazing ride uphill most of the way.

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

Today's word: Journey

By Revs Mead Baldwin,  
W. Lynn Dillabough,  
Lee Ann Hogle, and  
Carole Martignacco

**1**) "Are we there yet?" was a familiar question in the summers of my childhood.

Our yearly camping trip to Lac Phillipe was always preceded by lots of preparations. My father would regularly frequent Canadian Tire to check out all the new camping gadgets. We children would pack the essentials for a week in the woods. Then on the day we were to set out we would dash back to our rooms for one last important item as our parents tried valiantly to fit everything into our little Volkswagen. Then off we would set. The journey seemed always to be too long and each our turn we would ask "Are we there yet?" until our parents got tired of answering.

There is nothing like setting off on a journey to excite one's imagination about the possibilities that await. Will we meet new friends? Will we learn to swim this year? Will there be popcorn and hotdogs and lots of S'mores? One of the qualities of childhood that is worth nurturing is an expectation that good things are going to happen as I set off into an uncertain future.

Sometimes we have to work at this outlook, especially if we have experienced disappointment or betrayal in the past. Holding that hopefulness and excitement on the journey is perhaps even more important than the final destination. For our whole lives are a journey. We might as well enjoy the ride.

**2**) When I was in my late teens I fell in love with fantasy novels, like Tolkien's "Lord of the Rings" trilogy.

At the heart of each book there seemed to be a journey, often long and arduous, which brought reward or enlightenment at the end. One essential element of the plot was the formation of a band of disparate people (sometimes elves or dwarves) who travelled together on their mission. The journey bonded them as a group and was a life changing experience.

The metaphor of a journey also has deep roots in the Biblical narrative: Sara and Abram in search of a promised land, Miriam and Moses on a pilgrimage to freedom, Jesus in the wilderness to confirm his call to ministry. These journeys often led to self discovery and a meaningful purpose for life. One essential element is that the person needs to leave behind the familiar and move into the unknown with hope, trusting in the divine presence.

I have been on many journeys in my life. I travelled the country in my youth, went to school to pursue my dreams, moved to new provinces for work. I am beginning a new life journey in a few weeks. I look forward to the challenges and know I am not alone on my travels. What journeys await you, dear reader? Are you open to leaving behind the familiar and walking into the future with hope?

**3**) In Joseph Campbell's metaphor for life, the Hero's Journey, we are all on a path of mythic proportions. We set out from that similar place called birth, moving in the same basic direction toward life's end, carrying different loads on varied ways that diverge and converge. And the journey changes us, along the way we meet challengers and allies on the roadside, guardians or gargoyles or tricksters at the gate. So many

bends in the road, rivers to cross, forks of decision or even a complete U-turn, open vistas and fallen tree trunks. The path may seem like a dead-end, a maze or cul-de-sac, from which we must turn back and recalibrate. Does the spirit have a GPS? How often do you consult some inner compass, a sense of purpose or vision of the future to keep from being hopelessly lost?

Reaching the destination will make it all worthwhile. But I remember wondering once, in the seemingly endless formation for ministry, why the whole program was one long amazing ride uphill most of the way. Brief moments of peace or accomplishment were quickly followed by one more fiery hoop or another to jump through. Would I ever arrive, and would I like where I was when I finally got there? That journey taught me there was no there, there. This was a path of discovery I'd be on forever, so I'd need to learn to be content just being on the journey.

No sooner do we arrive than we're off again. And so it goes till journey's end. Spiritual teachers encourage us to move beyond the drivenness of a perpetual search for some new state of being. Happiness, we're told, is an inner journey toward a state that requires no travel fees - and the less baggage, the better! If every moment is a new arrival - presto, we're already there!

**4**) That old Diana Ross song from the 70's asks: "Do you know where you're going to? Do you like the things that life is showing you?" Um. No...Yes...Maybe...I don't know.

Sometimes we only see the journey in retrospect. We look back at where we have been and we look around at where we are now and it all makes sense. Some-

times things that seemed like failures at the time become the life lessons that lead us to make different choices. Sometimes we learn things about ourselves from "mistakes" that we would never otherwise know.

Wherever we go on our journey, God is always at the center. We learn from the cross that sometimes things that look like failure can be used for transformation. We learn that God can take what looks like brokenness and make something holy. And we learn that we can always come home.

In my daily morning prayer, this one is always included:

May the peace of the Lord Christ go with you, wherever He may send you.

May He guide you through the wilderness, protect you through the storm.

May He bring you home rejoicing at the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

We are always returning home. Whether our journey takes us to other lands or just through the storms of our life right where we are, God is with us.

**One word, four voices - now it's your turn to answer the question: How is your life like a journey, and where is it leading you?**

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

## Work begins on Coaticook's 120kV substation

Record Staff  
SHERBROOKE

**O**n Wednesday, the City of Coaticook began the largest project in its history, with more than \$10 million dollars committed to the Post 120kV substation.

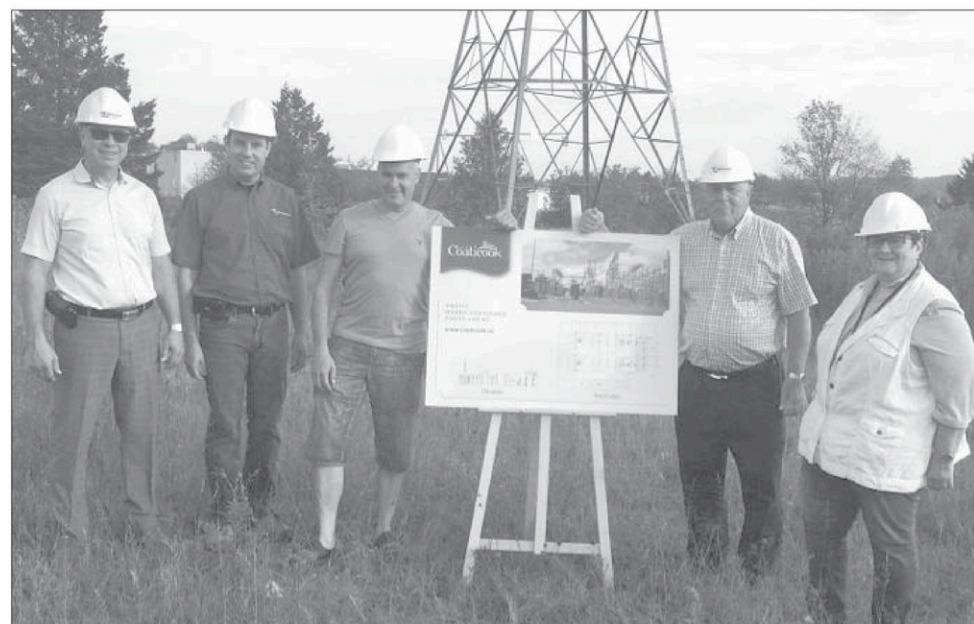
The City produces hydroelectric power but not enough to meet the needs of residents and contractors, so electricity from Hydro-Québec has to be purchased and distributed. In recent years, electricity consumption has reached the limit of what Hydro-Québec can provide for Coaticook, so the City had to move quickly to find a solution.

To respond to this need, city council decided to proceed with the construction of a new distribution post, a 120kV substation that will allow the City to purchase electricity at a better price and

connect customers that Hydro-Coaticook could not accept due to lack of capacity.

The land for the building is located on Merrill Street on the edge of the industrial park. Plans and specifications are in progress and some specialized equipment has already been ordered. The 120kV substation should be in operation by the end of 2018.

"The amount we have to invest is high and that can be scary, but it's a great project," says Coaticook Mayor Bernard Lamoureux. "It is one of the most beautiful projects I have seen in my political career. The station will pay for itself by saving on purchasing costs, but also thanks to the customers, mainly industrial customers, that we can recover. I am very pleased to see this project come into being. It is my legacy for the population."



(COURTESY VILLE DE COATICOOK)

AT **Toyota** **MAGOG** - GET A CHANCE TO WIN YOUR PURCHASE!



OUR PRICES  
TOOK A FALL.  
PUN INTENDED.

GET UP  
TO A

**\$1,850**

INCENTIVE  
WITH A LEASE\*



2017 iM CVT XSE Model Shown

2017 Premium Model Shown

2017 CVT XSE Model Shown

2017 Corolla iM    2017 Corolla    2017 RAV4 FWD LE    2017 Yaris Sedan



GET UP TO **15,000 AEROPLAN® MILES** WHEN YOU PURCHASE A TOYOTA.†

UNTIL OCTOBER 6, 2017 ONLY AT YOUR QUEBEC TOYOTA DEALERS.

\*The maximum incentive of \$1,850 applies to the lease of the 2017 RAV4 FWD LE (ZFREVTV B) base model, whereas a \$1,500 incentive applies to the cash purchase or financing of the same model. Other 2017 RAV4 models are not eligible for the incentive. A \$1,500 incentive applies to the cash purchase or lease of all 2017 Yaris Sedan models, and to the cash purchase, financing or lease of 2017 Corolla CE base models (BURCEM and BURCEC), whereas a \$1,000 incentive applies to the other 2017 Corolla models, and a \$1,250 incentive applies to the 2017 Corolla iM upon cash purchase, financing or lease. The incentive is applicable after taxes (taxes are payable on the total amount before the deduction of the incentive.). For leased vehicles, payment of applicable taxes on the incentive will be required at delivery. Lease and purchase financing provided through Toyota Canada Inc. upon credit approval by Toyota Financial Services. Subject to applicable conditions, the offers apply to individuals who lease or buy a vehicle until October 6, 2017 at a participating Quebec dealer, where you can obtain all of the terms and conditions. The dealer may lease or sell for less. Offers may change without prior notice. †Get up to 15,000 Aeroplan Miles with the purchase or lease of a new Toyota. Visit toyota.ca for details of this offer. ‡Aeroplan and the Aeroplan logo are registered trademarks of Air Canada Inc.



2500, rue Sherbrooke, Magog • 819 843-9883 • [www.toyotamagog.com](http://www.toyotamagog.com)

Open Saturdays

# Local Sports

*Félix Robert got his first goal of the year to put Sherbrooke up by a goal with the help of Nathael Roy and Benjamin Tardif.*

## Sherbrooke beats Cataractes 3-2

### Phoenix earn first win on the road in Shawinigan

By Dylan Konecny

The Sherbrooke Phoenix battled hard in their third straight road game Wednesday night to earn their first victory of the season. After kicking off the year with two losses in the Abitibi region losing in overtime to the Val-d'Or Foreurs, 5-4, and against the Rouyn-Noranda Huskies, 4-1. Sherbrooke battled hard against the Cataractes to get the win, 3-2.

Marek Zachar opened the scoring for the Birds just over three minutes into the first period with his third goal of the year, putting the Birds up 1-0 unassisted.

After Gabriel Denis scored for Shawinigan to tie it up, Sherbrooke responded with the next two goals, both of which came in the middle period.

Félix Robert got his first goal of the year to put Sherbrooke up by a goal with the help of Nathael Roy and Benjamin Tardif. Just under five minutes later

Robert found himself on the scoresheet again after setting up Evan MacKinnon for the Phoenix's third goal of the night pushing their lead to 3-1 for the second intermission.

In the third there was no quit from Shawinigan and they pulled themselves within a score when Jérémy Manseau scored with five minutes to go in the third to make it a one goal game, 3-2. Sherbrooke outlasted the persistent Cataractes and took home their first

win.

Brendan Cregan saw limited action but held strong, stopping 17 of 19 shots in the game. While Lucas Fitzpatrick, younger brother of Phoenix netminder Evan Fitzpatrick, had a busy night stopping 31 of 34 shots in the Shawinigan loss.

Next up for the Birds is their opening weekend which begins Saturday with a match against Chicoutimi and a game against Baie-Comeau on Sunday.

## Having epsom salt bath after a run can rid toxins from the body



A RUNNER'S MIND

CHRISTINE BLANCHETTE

For some people summer can be the busiest time of year with the whole family on holidays and vacations spots beckoning. They may not have had spare time for working out, which is like withdrawals only and no further deposits in the body bank. We know how that story inevitably ends. Your body has taken an unhealthy toll and when you combine your missed workouts with increased fatty foods, juice, pop or adult beverage while failing to hydrate properly, a bigger problem could be developing. Your mirror reveals your weight gain, your jeans look like they've been spray painted on, and you may be discouraged to start running again. You have built up a heavy supply of toxins in your body from not exercising and eating healthy and like it or not, something needs to be done to get you back on a

healthy track.

Changing your lifestyle to a healthier one may be hard to do all at once. In the meantime you can start to detoxify your body and turn over a fresh leaf for fall by having an Epsom salt bath. Mixing in your bath with Dr Teal's Pink Himalayan Mineral Soak and Foaming Bath hydrates your skin while releasing toxins. After my hard workouts I look forward to once or twice a week soaking in the Epsom salts. The scent of the Himalayan Epsom salts is welcoming and quickly relaxes me while soothing my tired muscles. Also, it also been known to reduce inflammation.

In an email interview, Dr. Bob Weil, The Sports Doctor based in Chicago, Illinois who hosts his radio show on healthylife.net, says, "Epsom salts, magnesium sulfate, have been around for many years as a soothing soak for sore muscles and often as a popular foot soak. Its astringent effect of drawing out inflammation or toxins is legendary but not scientifically proven. For many, it's quite helpful"

Basically, eating healthy, hydrating enough and working out can get rid of the toxins in our body, according to an article in Livestrong.com - August 14, 2017.

"Detoxification is the cleansing of the internal organs of the body from environmental pollutants, food waste, poisons, harmful bacteria and other

substances such as alcohol, medications and parasites," Dr. Weil said in an interview, adding, "The human body is designed to get rid of waste. The organs of detoxification include the colon, liver, lungs, kidneys, skin and lymph glands."

Training for a 10km or working out at a high intensity level can cause you to develop stiff or sore muscles. By soaking in an Epsom salt bath it is relaxing for both your mind and body and for those

runners or those leading a healthy lifestyle can appreciate Epsom salts to revitalize tired muscles and help exfoliate the skin. Who needs to break the bank for a spa treatment when you can enjoy a relaxing Epsom salt bath.

[www.runwithit.ca](http://www.runwithit.ca)

Twitter: @christineruns

Instagram- runwithit\_christineblanchette

Run With It on YouTube

As if dying in your 30's isn't hard enough to swallow...  
 What if you needed a fistful of pills just to digest your food?  
 Now that you know more about cystic fibrosis, won't you please help?

1-800-363-7711  
[www.aqfk.qc.ca](http://www.aqfk.qc.ca)

QUEBEC Cystic Fibrosis ASSOCIATION

The Q.C.F.A. is a provincial association of the Canadian Cystic Fibrosis Foundation.

# Church Services

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

### NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

### SCOTSTOWN

St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon worship and communion service on October 1 at 2:30 p.m. Minister: Rev. Susan Smith.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to a Communion worship with Rev. Linda Buchanan on Sunday, October 1 at 10:00. Communion will be served in the Presbyterian tradition. Children are always welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, October 1 at 2 p.m. in Richmond, 247 rue Principale Sud. Rev. Lee Ann Hogle will be leading this worship service during which we will celebrate both a baptism and communion. Please note the change in time. All are welcome!

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819 346-6373, the Rev. Samuel V. Dansokho, minister. Sunday, October 1, one bilingual service at 10:30 with communion and special Sunday School. The worship service is followed by a Mission & Service luncheon. Welcome to all! Ce dimanche, 1 octobre, nous avons un unique service bilingue avec Sainte-Cène et école du dimanche spéciale à 10h30. Le culte sera suivi d'un repas communautaire dont les bénéfices iront à Mission & Service. Bienvenue à tout le monde!

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, October 1, 11 a.m. Communion Service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112

# Massage techniques can help alleviate swelling from lymphedema

## Ask the Doctors



that contains waste products from proteins; cells, including white blood cells; and sometimes bacteria. Lymph nodes filter the lymph of infection and possible cancer cells. The lymph eventually drains upward toward the heart, where it returns into the bloodstream. When the lymphatic system is disrupted, it leads to lymphedema, the swelling of an arm or leg caused by stagnant fluid within the limb.

Such disruptions can occur due to infection or cancer in the lymph nodes; radiation therapy or node removal as part of cancer treatment; or sometimes, due to none of these causes. The latter is termed primary lymphedema. The condition is often inherited; is more likely to occur in the legs; and is more common in women.

Stage 1 lymphedema, with which you have been diagnosed, is characterized by swelling that can subside if the limb is kept elevated for up to 24 hours. If not treated properly, Stage 1 lymphedema can develop into Stage 2 or Stage 3, causing inflammation, infections and scarring of the dermis, the thick layer of skin below its surface. In Stages 2 and 3, lymph can't return to the heart, even with elevation of the legs.

My first suggestion is to keep your legs elevated as much as possible and to avoid positions that put more pressure on the lymphatic system, such as prolonged standing, sitting or resting cross-legged. Second, keep your weight down, because obesity can worsen lymphedema. Third, watch for signs of infection and help prevent infection by keeping skin moist to prevent small

breaks in it.

The type of massage that you do, called lymphatic drainage, helps move lymphatic fluid upward. Physical therapists trained in manual lymphatic drainage can accentuate this upward movement, as can the daytime use of compression stockings.

The node-replacement procedure you reference is called vascularized lymph node transfer (VLNT), in which a lymph node is transferred from one part of the body to another to help lymphatic drainage. It's sometimes used for breast cancer patients who develop lymphedema in the arm after having lymph nodes removed from the armpit. In those cases, a lymph node is transferred from the groin and connected to the lymphatic system in the armpit.

A 2016 study of 305 VLNT patients found a noted reduction in limb swelling and a decreased rate of infection of the affected limb. However, this procedure was predominantly done on patients without primary lymphedema, so it may not be applicable to you.

The T-cell inhibitor tacrolimus has shown an ability to prevent inflammation and scarring of the dermis in animal studies of lymphedema, but human research is needed.

In summary, use compression stockings, keep doing the massage techniques and seek out a physical therapist for lymphatic drainage. But most important, don't give up. You don't want the lymphedema to progress further.

*(Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.)*

**Dear Doctor:** I have Stage 1 lymphedema in my left leg, which causes pain and swelling. I do self-massages every morning, but it's not enough. Can anything reverse this? I've heard that lymph node replacement hasn't been very successful.

**Dear Reader:** First, let me acknowledge the frustration you must feel, not to mention the pain. This can be a difficult condition to treat.

Here's what happens: The lymphatic system is part of the circulatory system of the body — only instead of circulating blood, it circulates lymph, a clear fluid

# SUDOKU

DIFFICULTY RATING: ★★★★★

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

9/29

© 2017 Dist. by Andrews McMeel Syndication for UFS

## PREVIOUS SOLUTION

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

**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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

## PREVIOUS SOLUTION

© 2017 Dist. by Andrews McMeel Syndication for UFS

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

DIFFICULTY RATING: ★★★★★

# SUDOKU

**HOW TO PLAY:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

**Death**



**Judith Anne STATTON (1947-2017)**

Passed away with her family by her side, at the Maison Aube-Lumière, Sherbrooke, on

Wednesday, September 27, 2017, at the age of 70, Judith Anne companion of the late Keith Smith and daughter of the late Walter Statton and the late Lillian Desruisseaux.

She is survived by her daughter Lillian (Denis), granddaughter Vanessa (Bruno), grandson Greg (Shelby), great granddaughter Charlotte, her stepson Garry Smith and also her brothers and sisters, brothers-in-law and sisters-in-law, nieces and nephews, cousins and friends.

Resting at Bury St-Paul's Church, 558 Main St., Bury on Saturday, September 30, 2017 from 2 to 3 p.m. followed by the funeral service at 3 p.m. Interment at Bury Protestant Cemetery.

In lieu of flowers, donations to the Maison Aube-Lumière, 3071, 12ième avenue Nord, Sherbrooke, QC, J1H 5H3 would be appreciated.

**CASS FUNERAL HOME**  
3006 College St., Sherbrooke QC.  
PHONE: 819-564-1750  
www.casshomes.ca

**Death**



**Lillice Irene (Arbery) DEMPSEY**

1918 - 2017

Passed away peacefully on September 20, 2017 at the

Hotel-Dieu in Sherbrooke at the age of 99. Beloved wife of the late Bert Arbery.

Mrs. (Arbery) Dempsey leaves to mourn her sons Donald (Elizabeth), Ronald (Julia), her grandsons Matthew and Terrance (Rachel). She also leaves to mourn her great-grandchildren Calvin, Norah, Gabriel, and stepdaughter Sherri (Mamadou), children Juliette, Ismael, Ibrahim, as well as many relatives and friends.

A graveside service will be held on Saturday, September 30, 2017 at the Eaton Cemetery at 2 p.m.

In lieu of flowers, donations may be made to the Eaton Cemetery or the charity of your choice.

A special thanks to the Morrison Residence, the CHUS (Hotel-Dieu) as well as the Steve L. Elkas funeral home.

The funeral arrangements entrusted to the Steve L. Elkas Funeral Home. For information call 819-565-1155.

**STEVE L. ELKAS FUNERAL HOME**  
4230 rue Bertrand Fabi  
Sherbrooke, QC, J1N 1X6  
819-565-1155 • info@steveelkas.com  
www.steveelkas.com

**Death**



**Mr. Charles (Chuck) ATKIN (1946-2017)**

Passed away peacefully, at his home in Georgeville, on September 21, 2017, at the age of 71.

Loving son of Adelaide Hand and the late Jack Atkin. Longtime husband of Leila (Betsy) Atkin, father of Michael & his wife Sophia, Peter & his wife Carrie, grandfather of Lucas, Sarah Lucia, Jackson, and Sierra. Brother to Maureen and Nancy.

Chuck spent his last few months living as he always had: laughing and joking with friends and family, and working hard on his many building and landscaping projects.

Honouring his wishes, there will be no visitation or funeral service.

The family would like to send special thanks to Dr. Trudel, nurse Caroline Loubier, and the palliative care services from the CSSS Memphrémagog for excellent and thoughtful care in his final months.

In lieu of flowers, donations to the Frontier Animal Society would be appreciated. (2405 Griffin, Ogden Quebec, J0B 3E3) www.frontieranimalsociety.ca

**CHARRON ET LAMOUREUX**  
1295 Sherbrooke St., Magog QC.  
info@charronetlamoureux.com

PHONE: 819-769-8777  
www.charronetlamoureux.com

**Datebook**

FRIDAY, SEPTEMBER 29, 2017

Today is the 272nd day of 2017 and the eighth day of autumn.

**TODAY'S HISTORY:** In 1789, the U.S. Department of War established a regular army, maintaining several hundred troops.

In 1916, The New York Times reported that John D. Rockefeller, the head of Standard Oil, was almost certainly a billionaire, the world's first.

In 1966, the Chevrolet Camaro debuted for sale in U.S. dealerships.

In 1988, NASA launched STS-26, the 26th Space Shuttle mission and the first since the Challenger disaster of Jan. 28, 1986.

**TODAY'S BIRTHDAYS:** Miguel de Cervantes (1547-1616), writer; Caravaggio (1571-1610), painter; Enrico Fermi (1901-1954), nuclear physicist; Greer Garson (1904-1996), actress; Gene Autry (1907-1998), singer/actor; Jerry Lee Lewis (1935-), singer-songwriter; Madeline Kahn (1942-1999), actress; Ian McShane (1942-), actor; Lech Walesa (1943-), labor leader/politician; Bryant Gumbel (1948-), TV journalist; Ann Bancroft (1955-), author/explorer; Russell Peters (1970-),

actor/comedian; Kevin Durant (1988-), basketball player.

**TODAY'S FACT:** Miguel de Cervantes' "Don Quixote" is widely considered to be the first modern novel. It was initially published in two volumes in 1605 and 1615.

**TODAY'S SPORTS:** In 1951, NBC broadcast a college football game between Duke University and the University of Pittsburgh. It was the first live sporting event to be televised nationwide.

**TODAY'S QUOTE:** "I think we all strive to push ourselves, to overcome our struggles. And when we do, we get to know ourselves better." — Ann Bancroft

**TODAY'S NUMBER:** 777.68 — points lost by the Dow Jones Industrial Average on this day in 2008, following the bankruptcies of the financial services companies Lehman Brothers and Washington Mutual. It was the largest single-day point drop in history.

**TODAY'S MOON:** Between first quarter moon (Sept. 27) and full moon (Oct. 5).

**Do Just One Thing**



By Danny Seo

People who use a wood-burning fireplace, listen up: Don't scoop the ashes out of the fireplace into the trash. Instead, invest in a fireproof metal tin where you can scoop your warm ashes and let them completely cool down naturally. Save these ashes over the winter months and use them as nutrient-dense soil amendment for your garden, lawn or compost in the spring. It's as simple as sprinkling the ash everywhere and mixing or tilling it into the lawn, garden soil or compost. Wood ash is loaded with calcium, potassium, phosphorus, magnesium and aluminum.

**Death**

**Clinton Raymond WILLARD**

Passed away in Montreal on July 23, 2017, formerly from East Angus.

Beloved husband of Margaret Willard (nee Hutchinson). He leaves to mourn his three children Vicki (Izzy), Cindi (Eric), David (Elaine), seven grandchildren and eight great-grandchildren.

*May you rest in peace,  
never to be forgotten  
by those whose lives  
you have touched.*

**In Memoriam**

**BELLAM, Wayne** - In loving memory of a dear husband and father who passed away October 1, 1994.

*Always in our thoughts,  
CONNIE & COREY*



**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# When family doesn't visit

FRIDAY, SEPTEMBER 29, 2017

Dear Annie

**Dear Annie:** My husband and I are retired. We are in our 70s, and he is in poor health. He has cancer. But the problem I'm writing to you about is that he does not get visits or calls from his family on a regular basis unless he's in the hospital. They live in the same town as we do. When I was younger, my parents shamed me into visiting twice a month. I didn't mind, because it was the right thing to do. How do we approach this problem. Shame them? — Looking for the Right Words

**Dear Looking:** Don't play the shame game. Be direct. It's possible his family members don't realize no one's calling or visiting; everyone may just assume another member of the family is staying in close touch. Tell them how much it would mean to your husband if they visited more often and not only when he's in the hospital. They're not just your husband's family; they're your family, too. And we all sometimes need family to remind us of what's important.

**Dear Annie:** My daughter and I had lunch today at a very nice pizza cafe we frequent. Three booths away were a couple and a boy of about 8 or 9. The woman started to berate the child. Apparently, she asked him to get a plate, and the plate was too small. She very loudly screamed, "How can you be so stupid to get such a small plate!" She went on and on. I walked by the booth, and both the boy and the man were staring silently at their plates. The woman continued for at least 15 minutes. She told him she was going to shave his head! The child began crying. It was such verbal abuse that I couldn't eat my food. Then the boy yelled, "I don't even want to be in this family!" Other diners began to notice. She finally left the restaurant, with the man and the boy trailing behind. What must this kid's life be like behind closed doors? I wanted to do something. I wanted to call the police; it was so horrible. Should I have spoken to her? — Wish I Were With Child Protective Services

**Dear WIWWCPS:** It's difficult to know what to do when witnessing such situations unfolding. The best course depends on the scenario. If it's merely an exasperated mom raising her voice at her child in the grocery, try to empathize. Every parent has been there, and

in such moments of frustration, support can go much further than judgment. That might mean offering assistance (carrying groceries, cleaning up a spill, etc.) or just a sympathetic smile.

In more extreme situations, use caution. Experts recommend not confronting the parent yourself if you can avoid it. Instead, seek out a security guard or, in cases of physical abuse, call 911 and try to monitor the situation from a distance until authorities arrive. Take down the license plate number or other relevant information. If you find that you must intervene in the moment to protect the child's safety, proceed as gingerly as possible and try to be kind to the parent. That may sound counterintuitive, but it's the best way to de-escalate the situation.

**Dear Annie:** My father-in-law and mother-in-law died a couple of years ago, months apart from each other. When it came to settling the estate, the will stated in clear and precise terms that everything was to be divided 50-50 between my sister-in-law, "Jackie," and my wife. We did as they requested.

A few months later, Jackie contacted my wife saying she had discovered \$110,000 in cash stashed away in their parents' house. (My father-in-law had a distrust of banks, given that he grew up during the Depression, and he told me that he always kept a large amount of money handy for "financial emergencies.") My wife was given her share of the cash, \$55,000. The found money was timely because my daughter was getting married, and we had some bills of our own that needed paying.

A year later, Jackie contacted my wife to say that we need to return the \$55,000 because that money was "promised" to her by my in-laws for building them a house.

My wife refused to return the money, not only because we don't believe Jackie but because we can't afford to withdraw this from our savings account. As a result, Jackie has written letters and sent text messages that are very nasty and hurtful.

Her tirades are now bordering on harassment. We

have asked her to stop sending text messages and to call us or meet in person instead, but she refuses. Recently, my wife reached out to Jackie with an olive branch on Jackie's birthday, sending a nice card with a beautiful message. In return, Jackie sent back the card and enclosed in it a four-page letter that was extremely hurtful.

I thought about reaching out to her husband, "Leon," but he's very unstable, too. Their son, who is in college but can't drive because of previous accidents, called us crying the other day because his father is threatening suicide because he is tired of driving his son everywhere. You can't make this stuff up.

We are very concerned about Jackie's mental health. My wife, daughter and I believe that Jackie needs counseling to get a better grip on reality. I am also concerned about my wife, who is taking all of this very hard. What should we do? — Family Feuding

**Dear Feuding:** I'll start with the two people you and your wife can control: you and your wife. This familial stress is negatively impacting her health, and it sounds as if it's doing a number on yours, too. Make your own mental health a priority and consider attending some counseling.

Now, I also believe that Jackie would benefit from therapy. But until she believes that herself, there's little you can do. You might be able to get help for her husband, whether he wants it or not, however. Laws vary by state. Call the National Suicide Prevention Lifeline (800-273-8255) for more information about the steps you can take. When a person threatens to kill himself, it's always best to take him seriously.

Try to be there as much as you can for your nephew. Maybe you could give him a ride once or twice a week. This would alleviate some of the pressure his father is evidently feeling, but more importantly, it would show your nephew that he's not alone. It sounds as if he is bearing the brunt of his parents' issues and could use some help.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

## Fidelity Rebekah Lodge #33 welcome Sabrina Royea at August meeting

On August 7, 25 officers and members of Rebekah Lodges gathered at Wood's Restaurant in Ayer's Cliff to welcome our President of the Rebekah Assembly of Quebec, Sister Sabrina Royea, for her Official Visitation, to Fidelity #33.

We all enjoyed our supper with the menu of our choice prior to the meeting.

Vice-Grand Ernestine Whipple was asked to present the head table - Noble Grand Lorinda Hadley; Grand Master of Grand Lodge of Quebec Joyce Copping; and President of the Rebekah Assembly of Quebec Sabrina Royea.

Chaplain Barbara Smith said "Grace" and we all enjoyed our food served by our delightful waitress Debbie Keeble.

Following the meal the meeting was called to order and opened in form.

Conductor Arnold MacKeage introduced the Appointed Officers of which he is Grand Guardian of Grand Lodge. They were welcomed and had a poem read to them.

Then the Elected Officers were introduced and properly welcomed with Lorinda reading a poem to them. The Grand Master Joyce Copping was presented and officially welcomed and then seated at Lorinda's left.

Last, but certainly not least, was our own President Sabrina who was presented by her Marshal and mother Susan

Lawrance. Sabrina was extended the Honours and then seated at the right of Lorinda. She received a gift from Fidelity #33.

Under "good of order" all who wished to speak were given the opportunity.

Grand Master of Vermont Joy Royea thanked us for all courtesies and extended "Greetings" from the Grand Lodge of Vermont. Deputy Grand Master of Vermont Janice Gordon also expressed her pleasure at being present.

Grand Master Joyce said she was happy to be present, thanked us for her meal and all courtesies. She extended "the Greetings" from herself and on behalf of all Officers of Grand Lodge of Quebec. She received a "standing ovation".

Our President Sabrina then said she had enjoyed the meal and meeting and brought "Greetings" from the Rebekah Assembly from herself and all officers of the Assembly.

She received a "Standing ovation".

Lorinda thanked all for attending and wished them a safe trip home. The meeting closed "in form".

Submitted by  
Ernestine Whipple



Head Table - Ernestine Whipple, Sabrina Royea, Lorinda Hadley and Joyce Copping



Fig.11

> If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.

Math solves problems



**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.

“ UZRXL XY ... AUJXSL RAB ZPDIULB  
 RP UFFPG MPDI UDHXBSZB XSRP  
 RAB EIXJURB NPNBSRY PW MPDI  
 ZAUUZRBiy' FXJBY.” — CBIIM  
 GUYAXSLRPS

Previous Solution: “I would rather five people knew my work and thought it was good work than five million knew me and were indifferent.” — Colin Firth

TODAY'S CLUE: *a sianbe H*

**CELEBRITY CIPHER**

by Luis Campos

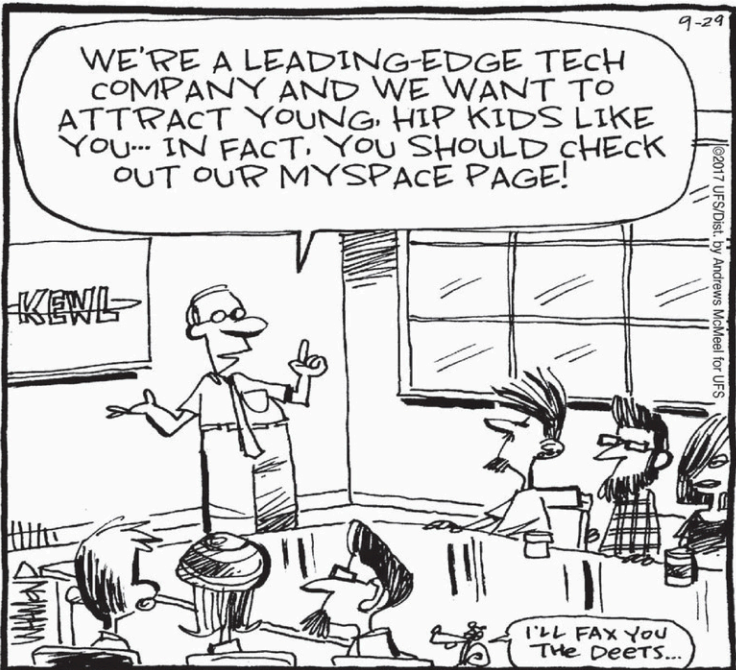
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ GA ZWOXSOCs HOXW TC YATMZ  
 JTSV ML LMO UMLJTMZ LH XMA  
 ELSWTDPTLM T'Y ONOW GXYO  
 SL EWOXSTNO GPCTE.” — XGA  
 JTMOVLPCO

TODAY'S CLUE: *U eadua K*

Previous Solution: “Acting is ... having the courage to allow your audience into the private moments of your characters' lives.” — Kerry Washington

**REALITY CHECK**

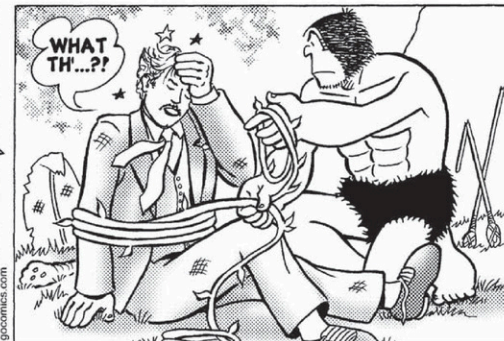


**HERMAN**

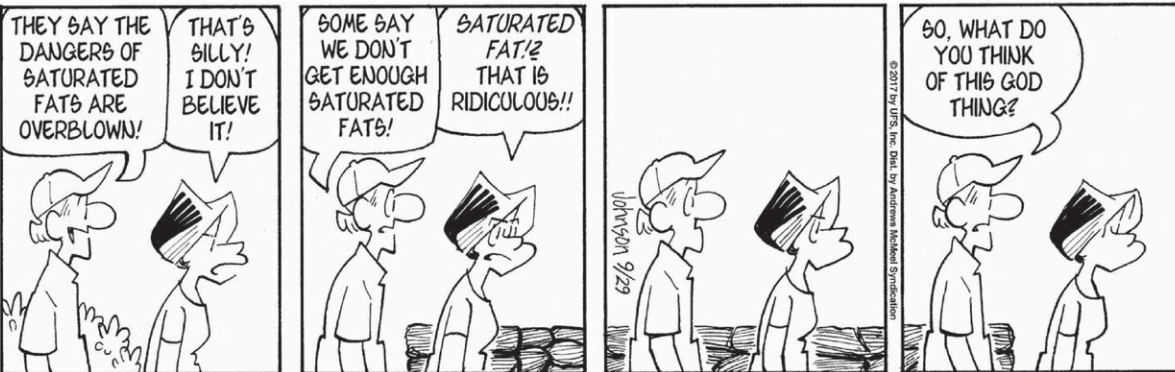


9-29 © LaughingStock Licensing Inc., Dist. by Andrews McMeel Syndication for UFS, 2017

**ALLEY OOP**



**ARLO & JANIS**



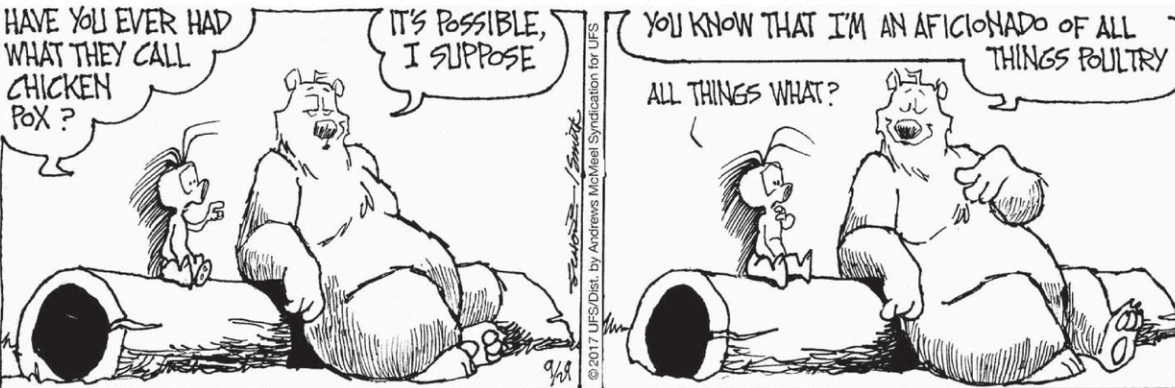
**THE BORN LOSER**



**FRANK AND ERNEST**



**GRIZWELLS**



**SOUP TO NUTS**



**Diabetes The New EPIDEMIC**

Diabetes Québec

Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

REACT NOW!

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

# CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

**001 Property for Sale**



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrooke.com**

**035 For Rent**

**CLASSIFIEDS ONLINE!**  
www.sherbrooke.com

**100 Job Opportunities**

**LOOKING FOR PERMANENT, full time employee for Shipping Department.** Must be comfortable with computers. Apply by phone at 819-565-0988 or email service@blanchardlab.com, ask for Micheline.

**145 Miscellaneous Services**

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

**It pays to advertise in the classifieds**

**100 Job Opportunities**

**MANOIR HOVEY**

Manoir Hovey, 5-star lakeside inn in North Hatley is currently hiring:

**Experienced Dishwasher**

- Maintain kitchen areas and equipment clean and in order.
- Wash dishes, silverware, pots and pans.
- Autonomy, courtesy and team spirit.

**Housekeepers**

- Clean rooms and public areas.
- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Please share your application by email at [marketing@manoirhovey.com](mailto:marketing@manoirhovey.com) or in person at 575 rue Hovey, North Hatley, QC

**AUCTION for DOUG & MARG GUTHRIE**  
210 Dawson Road, Sawyerville  
**SATURDAY, OCTOBER 7 at 9:30 A.M.**  
Preview from 8:30-9:30 a.m.

**ANTIQUES:** Tiger Maple dining room table & chairs, kitchen table press back skirt, china cabinet, ice box, cream pitchers, wooden boxes, trunks, bureaus, Blue Depression glass, oil lamps, mantle clock, crystal, post cards, marbles, A.G.R.H.S. Catalyst's, jewellery, hockey cards, Sherbrooke High jackets, Pepsi Cola cooler, sugaring spouts, tools, coins, prints, sewing cabinet, Fire King, 7-Up thermometer sign, chairs, cast iron fire, snow shoes, tins, license plates. **HOUSEHOLD:** Table & chairs, refrigerators, electric stoves, dryers, microwaves, twin, double & queen mattresses, 2 mini refrigerators, wine equipment, bureaus, dishes, lamps, electrical appliances, gas fireplace, Bushnell telescope. **SHED STOCK:** 4 winter tires on rims, ladders, gardening tools, tools, dollie. **MACHINERY:** SS205 Schultz manure spreader. Large amount of items too numerous to list.

**Conditions:** Auctioneer not responsible for injuries, accidents or property damages. Tent & canteen on premises

**Terms:** cash or cheque from known buyers w/I.D.

**Enchères SCOTT GRAHAM Auctions**  
St. Isidore-de-Clifton  
819 889 2876 • 819 919 2104  
[www.grahamauctions.ca](http://www.grahamauctions.ca)  
[grahamauctions@hotmail.com](mailto:grahamauctions@hotmail.com)  
Graham Auctions at Facebook

**150 Computers**



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrooke.com**

**190 Cars For Sale**

**CLASSIFIEDS ONLINE!**  
www.sherbrooke.com

**100 Job Opportunities**

**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrooke.com**

**Classifieds**  
(819) 569-9525  
(450) 242-1188

**REMINDER**

**AUCTION FOR LUNDEBERG/MARCOTTE**  
1016 Sanborn Street, Ayers Cliff, QC  
**SATURDAY, SEPTEMBER 30 at 9:30 a.m.**  
Viewing from 8:30-9:30 a.m.

ANTIQUES, HOUSEHOLD, SHED STOCK,

Enchères **SCOTT GRAHAM Auctions**  
St. Isidore-de-Clifton  
819 889 2876 – 819 919 2104  
[www.grahamauctions.ca](http://www.grahamauctions.ca)  
[grahamauctions@hotmail.com](mailto:grahamauctions@hotmail.com)  
Graham Auctions at Facebook

**NOTICE OF CLOSURE OF INVENTORY (C.C.Q., section 795)**

Notice is hereby given that **late Gloria NELSON**, domiciled at 506 Route 243, Cleveland, Quebec, Canada, JOB 2H0 in her lifetime, died at Cleveland on July 25, 2017. An inventory of her property has been made in accordance with the law and can be consulted by interested parties at 100 Gale Road, Waterville, QC, JOB 3H0 from September 29, 2017 between 12 and 5 p.m. and Monday, October 2, 2017 from 12 p.m. to 5 p.m. Given at Waterville, QC on September 29, 2017. Lynn Nelson & Shirley Nelson, Liquidators

**240 Fruits & Vegetables**



**For up-to-date info visit:**  
[www.vergerheathorchard.com](http://www.vergerheathorchard.com)

**240 Fruits & Vegetables**

**MACDONALD'S FARM** - Open Saturday, September 30, 9 a.m. to 5 p.m. Good assortment of winter squash, gourds, pumpkins of all sizes and fresh vegetables. 696 MacDonald Road. 819-346-6422 or 819-820-8494.

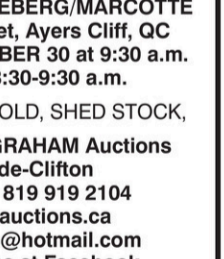
**275 Antiques**

**SPECIAL FAMOUS PAINTINGS AND ANTIQUES AUCTION**  
[WWW.ENCANGELINEAU.COM](http://WWW.ENCANGELINEAU.COM)  
**Sunday, October 1, 2017 at 10 a.m.**  
7900 boul. Laframboise, St. Hyacinthe, QC (exit 130, autoroute 20)

**TO BE SOLD:** Beautiful Canadian paintings: M.A Fortin, Tanobé, Bronze Jordi Bonet, Goguen, Lemieux, John Der, Boreinstein, Lemoine, Corno, Riopelle, Richard, Little, Hudon, Lecor, Rousseau, Horik, Cosgrove, Bruno Côté, etc. Also nice furniture of all styles, marble, gold jewellery, nice pine armoire, gas pump, advertising, etc., from an estate.

**VISIT:** Saturday from 1 p.m. to 5 p.m.  
**Auction:** Wednesday, Oct. 4 at 1 p.m.  
**ENCANS GÉLINEAU & FILS INC.**  
(450) 796-2886

**290 Articles For Sale**



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrooke.com**

**294 Events**

**CLASSIFIEDS ONLINE!**  
www.sherbrooke.com

**240 Fruits & Vegetables**

**Apples Pottery & more**

**Now open Heath Orchard**  
4950 ch. Heath  
Stanstead, Quebec  
(6 km north of Stanstead, off Rte. 143)  
**(819) 876-2817**

Hours: Daily 9-5  
Ecological Apples

[info@vergerheathorchard.com](mailto:info@vergerheathorchard.com)

**275 Antiques**

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

**275 Antiques**

**240 Fruits & Vegetables**



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrooke.com**

**340 Garage Sales**

**COOKSHIRE**

Gigantic Garage sale, Trinity United Church, 190 Principale Ouest, Cookshire, Saturday, September 30, 8 a.m. to 4 p.m., & Sunday, October 1, 11 a.m. to 4 p.m., and Saturday, October 7, 8 a.m. to 4 p.m. Household items, small furniture & lighting, dishes, jewellery, books, movies & music recordings, toys, linens and much more. Canteen.

**440 Miscellaneous**

**PRE-ELECTION EVENT:** Meet all the candidates running in Lennoxville in a 'speed dating' type format. Watch this space for dates and locations. Brian Patterson, official agent for Roy Patterson.

**Selling, buying, exchanging, offering services? Put it in our Classifieds for results!**

## Stanstead County Women's Institute meeting

The Stanstead County W.I. held a meeting on August 16 with eight members present.

Dyanne Saanum welcomed the members. The Mary Stewart Collect was recited and a minute of silence was held for W.I. members who have passed since the last County meeting.

Phyllis Dustin read the minutes of the last meeting on behalf of Debbie Smith who was unable to attend.

Thank you notes have been received from Bruce Smith for the County's donation to his Relay for Life Run. A note was also received from Debbie and Bruce Smith for the gifts presented to them at the last County meeting. A thank you was also received from the Ayer's Cliff Home and School thanking the ladies for the muffins for the 4H Provincial Rally.

Phyllis Dustin, treasurer, presented the treasurer's report.

Much of the business concerned the upcoming County Fair which was held August 24-27. Phyllis bought the two trophies for the children in the horticultural building. The W.I. also sponsored a special 150th Anniversary prize in the same building. Money was given to the Ladies Department for prizes for the Children Art classes. The Fair Board donated veneer for new shutters on the Tea Room. A thank you will be sent for their donation. Wesley Mason and Melvin Dustin put the shutters up and Melvin opened the tea room. Thanks for your help Wes and Melvin. The tea room was opened on Friday, Saturday and Sunday. We thank Dorothy Alexander and family for helping us on Saturday. Much appreciated and also a big thank you for all of the fair goers who came in to support us.

Irene Humphry presented a report on the 4H Provincial Rally that was held in July. The W.I. ladies were delighted to help in judging the costume contest, handicrafts and the public speaking contest. Job well done 4Hers and the organizers! Elaine was asked to send in a picture of the 4H rally to the Q.W.I. newsletter.

Submitted by Elaine Stone, County Publicity Convenor

**Inflammatory Bowel Disease.**  
Only the Pain is predictable.

 Crohn's and Colitis Foundation of Canada  
Fondation canadienne des maladies inflammatoires de l'intestin

With your help a cure will be found.  
**1-800-387-1479**

# Your Birthday

FRIDAY, SEPTEMBER 29, 2017

Pull in the reins. If you are tempted to overspend, overreact or be indulgent in any way, you should proceed carefully before you do something you'll regret. Aim for greater security, not for mayhem. You must be responsible when it comes to love and money.

**LIBRA** (Sept. 23-Oct. 23) — By putting more effort into your home and family, you will excel. Learn from experience what works best for you, and do what's right.

**SCORPIO** (Oct. 24-Nov. 22) — Reconnecting with old friends or colleagues will lead to interesting talks and new possibilities. The ideas that develop will spark your imagination and encourage you to initiate plans.

**SAGITTARIUS** (Nov. 23-Dec. 21) — You may crave change, but don't let temptation or indulgent behavior lead to personal, emotional or financial setbacks. Show some restraint and responsibility by being realistic and moderate.

**CAPRICORN** (Dec. 22-Jan. 19) — Impulsive actions will be met with resistance. Be careful how you handle emotional situations. If someone is asking too much of you, back away. Protect your money and possessions.

**AQUARIUS** (Jan. 20-Feb. 19) — You may crave excitement and adventure, but don't let it lead to a costly affair. Keep your passwords protected and your cash and personal belongings in a safe place.

**PISCES** (Feb. 20-March 20) — Overreacting to situations involving a business or

personal partner will be costly. Wait and assess the situation before you jump to conclusions. Focus on personal growth, not on changing others.

**ARIES** (March 21-April 19) — Overdoing it will be your downfall. Don't let temptation lead to excessive behavior. Walk away from unpredictable individuals. Gather facts and consider your options before you take action.

**TAURUS** (April 20-May 20) — Tie up loose ends. Go for an interview or enhance your resume to reflect the job you would like to be doing. Celebrate with someone you love.

**GEMINI** (May 21-June 20) — Step back from emotionally unpredictable situations and people. Refuse to get caught in someone else's melodrama. Meddling will end up being costly. Problems with authority or institutions must be avoided.

**CANCER** (June 21-July 22) — Joint ventures are best looked at carefully before you decide to get involved. Don't make promises you may not be able to honor. Hold on to your cash and protect your passwords and possessions.

**LEO** (July 23-Aug. 22) — Choose practicality over desire and impulse. You can bring about change without taking a risk if you do your research before moving forward. Avoid being coerced into a joint venture.

**VIRGO** (Aug. 23-Sept. 22) — A physical challenge will motivate you to make changes geared toward self-improvement and personal growth. Love and romance are featured and will enhance your life.

FRIDAY, SEPTEMBER 29, 2017

# Keep in contact with your hand

By Phillip Alder

Duffy Daugherty, who won two national championships as the head coach of Michigan State University, said, "Football is not a contact sport. Football is a collision sport. Dancing is a contact sport."

Bridge is often a contact sport — declarer needs to keep contact with his hand or the dummy, or the defenders need to keep contact with each other. How does that apply in today's deal? South is in four hearts. The defenders start with three rounds of diamonds. How should declarer continue?

I am not fond of that one-no-trump opening bid with no stoppers in the pointed suits. However, if South opens one club, and North responds one spade, South would have an unpleasant rebid. Maybe one no-trump is the lesser of the evils.

After the diamond ace (East signals with the jack), a diamond to the 10 and the diamond king, declarer, knowing that West is out of diamonds, ruffs high. Now South needs to establish clubs, draw trumps and run the clubs. But if he draws trumps immediately, West will duck the first round of clubs, and South will have lost contact with his hand. He must draw only two rounds of hearts, using his ace and dummy's queen, then play on clubs. When West takes his ace

		North 09-29-17	
		♠ A Q 10 7	
		♥ Q 5 3 2	
		♦ Q 9 5	
		♣ 7 3	
West		East	
♠ 8 5 4		♠ K 9 3 2	
♥ 10 8 7		♥ 9 4	
♦ A 3		♦ K J 10 7 6 4	
♣ A 8 6 5 2		♣ 4	
		South	
		♠ J 6	
		♥ A K J 6	
		♦ 8 2	
		♣ K Q J 10 9	
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1NT	Pass	2♣	2♦
2♥	Pass	4♥	All Pass
Opening lead: ♦ A			

and shifts to spades, declarer wins with dummy's ace, plays a heart to his king to remove West's final thorn and cashes his club winners.

Yes, East missed the better defense of shifting to his singleton club at trick three. But that could just as easily have been suicidal. (Even more psychic is a low-diamond lead by West, followed by a club shift from East!)

# CROSSWORD

**Across**

- 1 Roman jet?
- 4 Start of a rhyming Basque game
- 7 Reason to use an inhaler
- 13 Knock
- 14 Cry buckets
- 15 Unexpected twist
- 16 The record longest continuous ride on one is 105.57 miles
- 18 Unlikely to ride a 16-Across well
- 19 Hunted Carroll critter
- 20 Balm-maker's plants
- 22 A.L. East team
- 23 Roman's advice to prevent an explosion?
- 27 '80s jeans
- 31 SOP part: Abbr.
- 32 "48 \_\_\_"
- 33 Assistant who didn't exist in Mary Shelley's novel

- 34 Whiskey order
- 36 "... beneath \_\_\_ blue sky": Don Henley lyric
- 38 Stubborn equine
- 39 Roman variety store? (and a hint to 10 other puzzle answers)
- 41 Perry's creator
- 42 Dull finish
- 44 F-\_\_\_
- 45 A hothead has a short one
- 46 67.5 deg.
- 47 Item before a door
- 49 Sack out
- 51 Roman Shakespearean drama?
- 54 Bargain bin abbr.
- 55 Bete \_\_\_
- 56 Immature dragonfly
- 59 Stereotypically stylish
- 62 Leaves port
- 65 Facial feature named after an animal

- 12 At least one
- 14 "... truth is always strange; / Stranger than fiction" poet
- 17 "Willkommen" musical
- 21 Words on a reward poster
- 24 "... there's \_\_\_!": Hamlet
- 25 Intimidating words
- 26 Roman bike?
- 27 Roman "high" request?
- 28 Exotic pet
- 29 Pre-Aztec Mexican
- 30 Multi-armed ocean critter
- 35 Bad picnic omen
- 37 Gets bent out of shape

- 40 Roman Scrabble Q-tile, e.g.?
- 43 Authorize
- 48 Dior designs
- 50 Secret hot date
- 52 Fed. bill
- 53 Simple question type
- 57 Roman's long golf hole?
- 58 Casual greeting
- 59 "That stinks!"
- 60 Nanki-\_\_\_
- 61 Bagpiper's hat
- 63 Anatomical orb
- 64 Apollo lander, briefly

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

- 66 Muscovite's denial
- 67 Whiskey option
- 68 They usually leave the park
- 69 Key contraction
- 70 Roman graveyard shift hour?

- Down**
- 1 R&B's \_\_\_ Hill
  - 2 Soup aisle array
  - 3 Roman bowler's target?
  - 4 Roman musical family?
  - 5 Hole-making tool
  - 6 Intestinal
  - 7 Invite on a date
  - 8 NutraSweet competitor
  - 9 Have faith in
  - 10 Noodle topper?
  - 11 "Les \_\_\_"

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				70	

