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THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Milt Loomis
gets Jubilee
medal**



Page 5

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PM#0040007682

MONDAY, NOVEMBER 19, 2012

Neptune Resources cited by government

By Gordon Lambie
Special to The Record

A week-and-a-half after the devastating explosion and fire at Neptune Industries and Bioresources that killed three people, injured another 18, and sent a massive plume of acetone-fueled smoke into the air; the ongoing investigation has brought more details about the circumstances leading up to the disaster to light.

While the direct cause of the explosion is still not certain, Neptune Technologies has been cited by Quebec's Environment Ministry for storing more acetone at their Sherbrooke factory than was legally permitted. Radio-Canada released information Friday indicating that in 2002, Quebec's Environment Ministry issued Neptune a certificate permitting them to store 33,000 litres outside the facility, and 6,000 on the inside, for a total of 39,000 litres. Ministry investigations after the fire indicated that approximately 15,000 litres of acetone had burned in the fire, with another 26,000 litres having been recovered from the site, meaning that Neptune had in the area of 41,000 litres on-site, well over their allowed amount.

Neptune Technologies had also

CONT'D ON PAGE 3

Knowlton's Oddfellows Hall destroyed by fire



FRANK NIXON

By Frank Nixon

The Oddfellows Hall on 476 Knowlton Rd., in Knowlton, was destroyed in a devastating fire in the early morning hours on Sunday.

"We received a call at 5 a.m.," said

Brome Lake Fire Chief Pierre Laplante.

Laplante added that the fire appeared to have started in the front of the building and migrated up the wall to the roof and then spread quickly throughout the building. No one was in the building at the time. Firefighters from

Sutton and Waterloo also arrived to put out the blaze.

The cause of the fire is under investigation.

Please see Tuesday's Brome County News for the story and more photos.

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Don't miss these columnists this week

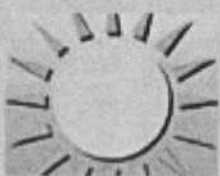


TIM BELFORD



ROSS MURRAY

Weather



TODAY:
SUNNY

HIGH OF 7
LOW OF -5



TUESDAY:
VARIABLE
CLOUDINESS

HIGH OF 8
LOW OF -5



WEDNESDAY:
MAINLY
SUNNY

HIGH OF 7
LOW OF -2



THURSDAY:
CLOUDY
PERIODS

HIGH OF 6
LOW OF -4



FRIDAY:
CLOUDY
WITH
SHOWERS
HIGH OF 7
LOW OF 2

ETRC ARCHIVES DEPARTMENT

Cheese factories in the Eastern Townships

By Jody Robinson
Archivist

Starting in the latter part of the 19th century, Quebec agricultural experienced a rapid rise in dairying. As a result, butteries and cheese factories began to spring up, particularly around the towns and railways as farmers and businessmen wanted in on this profitable new industry. Notably, Quebec's first cheese factory, established in 1865, was located in the Eastern Townships, in Dunham.

At this time, Quebec agronomists and politicians sought to encourage the province's dairy industry. In 1875, the minister of agriculture wrote in his report that "the importance of developing this industry, which should become a national one, cannot be overemphasized." Impressively, Quebec's number of butter and cheese factories exploded in the last decades of the 19th century, going from 162 in 1886 to 1,992 factories in 1900. Even Townships newspapers show evidence of the importance of the cheese industry to the local economy. On May 8, 1890, the Barnston correspondent to the *Stanstead Journal* wrote that, "Mr. Wilkins is getting ready to run three cheese factories this summer. One at the Corner, one at Corlis Mills, and one at Baldwin's Mills." Later in 1890, another correspondent indicated his preference for the lucrative cheese industry when he wrote, "it is estimated that the seven facto-

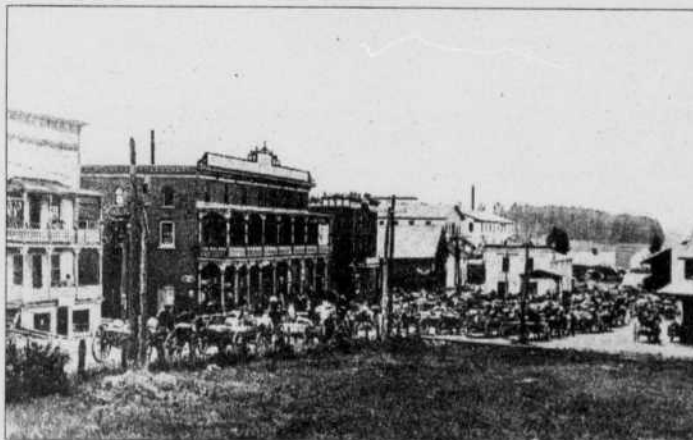


Unknown cheese factory.

ries in Barnston will bring in about \$25,000, that is better than butter could do."

Among the ETRC's archives, we have some photographs of the cheese factories around the Townships from the late 19th and early 20th centuries, including factories in Danville and Perryboro, which was a town near St. Herménégilde.

Note: Please consider the ETRC as a location to donate your family's or organization's archives.



PHOTOS COURTESY OF ETRC

Cheese Day in Danville.



Cheese factory in Perryboro.

| | | | |
|--|--|---|--|
| LOTTO 649 03 04 20 15 31 41 48 Bonus Next grand prize (approx.): \$8,000,000 | | Draw results: 2012-11-17 Quebec 49 13 14 16 11 30 34 42 Bonus Extra 2443131 | |
| LOTTO MAX 01 05 09 19 27 35 48 BONUS (B) 30 Next grand prize: \$50,000,000 + MAXMILLIONS 2 prizes of \$1 million (approx.) | | Draw results: 2012-11-16 Extra 5225184 | |

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

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Ben by Daniel Shelton

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I'LL NAME THE THEME PARK AFTER YOU!

LOCAL NEWS

"The loan cancellation caused the loss of \$120 million that had been invested in the mine in previous years and the \$30 million recently spent to get it ready to reopen next year."

Quebec aid to Asbestos weak: Vallieres

By Stephen McDougall
Special to The Record
ASBESTOS

Provincial government funding to Asbestos is weak and inflexible, according to local legislature opposition member Karine Vallieres, who argues the delayed, five-year timetable for the money will not help the area enough.

"That money should be given out now, not over five years," she said Friday.

"Spending over that much time will not make up for the damage the premier did by canceling the loan for the mine."

Vallieres, who is the Liberal opposition member for the Richmond riding, was responding to an earlier statement made by Economic Development Minister Elaine Zakaib, who announced a \$50 million local economic aid package, but only gradually over five years.

"The economic development of the rural areas of Quebec is a priority for us," stated Zakaib.

"We are acting promptly to give this area a means to pursue avenues other than mining.

"We believe our aid package can diversify the economy of the Sources municipal region and especially the Town of Asbestos."

Premier Pauline Marois made the \$50 million promise in September when she cancelled a \$58 million loan to the local Jeffrey asbestos mine that had been pledged by the previous Liberal government earlier in the summer. The loan would have helped restart the mine after a two-year hiatus. The loan was also needed to draw in three investors and

their \$25 million to create up to 500 jobs over the next two years.

Zakaib predicted the government economic package will eventually create up to \$200 million in private investment and the 500 jobs the mine claimed were lost.

Part of the money will be used to set up a diversification board filled with local business representatives, MRC officials and government economists from the Eastern Townships region.

"Workers put out of the mine can count on not only this board, but other services of the government," added Zakaib.

"Help will come from the Quebec employment office, the Quebec investment office, the finance department and the local MRC offices."

Health minister Rejean Hebert, who

also looks after Townships economic development, argued the aid package is sufficient to turn the tide in the Asbestos economic slump caused by the closure of the mine.

"I am confident for the future for residents of Asbestos," he stated.

But Vallieres argued the residents need jobs now, not later.

"The 500 jobs at the mine were being promised over the next two years," she said.

"The loan cancellation caused the loss of \$120 million that had been invested in the mine in previous years and the \$30 million recently spent to get it ready to reopen next year.

"That lost money will not be compensated."

She also argued the government has not considered the 292 former mine

workers who are 50 years and older who have a more difficult time finding other work.

"Will the government help them get work or at least get to retirement?" she asked.

"When a group of them went up to Quebec City last month to meet with the minister and the premier, they were ignored," she said.

Zakaib and Hebert could not be reached for comment about that meeting.

Last week, the minority PQ government introduced a motion in the provincial legislature asking for a fixed term of four years before another election is called.

Also, the government is expected to table a mini-budget on Tuesday, Nov. 20.

Hands-free camera mounts from Compton

By Heather Davis

Francois Carrier of Compton has created a device to help carry and stabilize all types of cameras. Its not surprising that a father of seven children, all between the ages of 2 and 13, would recognize the need for a hands-free camera mount, but his goal was to be able to make films while doing sports like skiing and kayaking. When he didn't find a suitable device, he invented one.

Now he sells a harness that you can wear that will hold a video camera or a telephone with a camera. He also sells a device that attaches to your own backpack. The mount allows the camera to be tucked away while remaining close and ready to use. Finally, Carrier offers a suction cup that will stick to any window to keep your camera steady. This allows users to take pictures of their favourite birds or to film wildlife from the comfort of their own home or cabin.

His company is called Torngat Technologies, named after

the mountains located on the Quebec-Labrador border, one of the most unknown regions on the planet and home to amazingly diverse wildlife.

Photos and videos of the products are presented on the website: www.torngattechnologies.ca. His products are also for sale at the University of Sherbrooke's bookstore and Lachance Chasse et Peche at 1415 East King in Sherbrooke. Hunters can use the holes at the base of the Torngat Arm to mount a camera to the frame of a hunting blind. You can also call him at (819) 849-9430.

Carrier encourages people to share their adventures. He also gives a few tips on his website: resist zooming in and out too often, take your time, and keep your camera steady. He says, "Enjoy nature and keep those cameras ready and steady. I hope that your backpack camera mount will help you capture that once in a lifetime experience."



HEATHER DAVIS

Francois Carrier wearing his innovative camera mount.

Neptune cited

CONT'D FROM PAGE 1

begun to expand the capacity of its factory, even though that expansion had not been granted authorization by the necessary officials. Despite not gaining ministry approval, Neptune Technologies obtained \$3 million from Quebec at the beginning of 2012 to fund an expansion of the factory. Officials have yet to draw a direct link between the work on the factory and the explosion.

Trading of Neptune Industries' common shares



GORDON LAMBIE

Investigations into the November 8 explosion at Neptune Industries and Bioresources is ongoing, with the cause of the blast still unknown.

on the NASDAQ and TSX has currently been halted for an indefinite period of time as investigations continue. A trading halt is imposed at the discretion of the stock exchanges (or their regulatory arms), and lifting of a trading halt is equally subject to their discretion. Neptune released a statement indicating that they are currently in the process of working on their corporate action plan, "to ultimately allow it to resume production and meet client demands." Public trading of stock will not resume until Neptune's action plan has been reviewed and approved by the various stock exchanges.

In the meantime the company has announced that it will be setting up a special victims' fund to provide assistance for the employees and families most affected by the incident, though the details of the fund have not been made public at the present time.

Neptune is a biotechnology company mainly focused on the development, manufacture and commercialization of omega-3 polyunsaturated fatty acids. The company produces omega-3 rich oils through a patented process, extracting them from Antarctic krill. The subsequent oils are then sold in bulk to distributors who commercialize them under private labels, primarily in the US, Europe and Australia. Neptune's lead products generally come in capsule form and serve as a dietary supplement.

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Fresh figs anyone?

By Nick Fonda
STE-CHRISTINE

If you live in this corner of the world, you don't expect to be picking fresh figs from your trees or ripe grapes off the vine in November, unless of course you have a greenhouse or two behind the house, as Marcel and Lucille Robidoux of Ste-Christine do.

A native of Valcourt, Marcel Robidoux and his wife, Lucille, spent the better part of two decades in Quebec's Abitibi region raising beef cattle before returning home to take up greenhouse gardening.

"I was tired of beef," Marcel says, "or at least of all the trouble involved in getting our animals to market."

"The small abattoirs were closing down," adds Lucille, who is originally from Ottawa. "We were well off the beaten path and the time and expense of shipping cattle became more than we wanted to deal with."

"When we moved back and bought this farm, 25 years ago,

we knew that we were going to be doing greenhouse gardening. The next spring we bought our first greenhouse, put it up, and we started growing tomatoes," Marcel recalls.

"And cucumbers," Lucille adds. "We had tomatoes down the centre and cucumbers along the sides."

The jump from raising beef to raising greenhouse tomatoes was not as great as it might seem. In fact, it was a relatively easy transition.

"We had a small greenhouse, just for ourselves, when we were in Abitibi," Lucille explains. "We had to heat it three or four months of the year because the season is so short up there, but we managed to grow tomatoes."

The greenhouse that went up behind Marcel's and Lucille's Ste-Christine home in 1988 was considerably bigger. "It measures 24 feet by 96 feet," says Marcel. "We bought it second hand and it took about two weeks to put it up. The trusses are made of cedar, which gives you an idea of how old it is;

modern trusses are metal. They support an outer and an inner plastic sheet. There's a small outdoor furnace that blows in warm air for a couple of weeks in the spring, but after that it's the sun that provides the warmth. Ideally we'd keep a temperature of 22 or 24C, but if it's 30C outside, even with all the ventilation flaps open, it's going to be 31 or 32C in here."

In 1992 the couple bought a second greenhouse, this one larger, 30 feet by 150 feet. By heating one and not the other, they were able to slightly stagger their crop production.

"We sold locally," Lucille says, "but also through markets like the Melbourne Market and Marche Locavore in Racine, as well as stores like Les Amis de la Terre in Sherbrooke. When we started, we were certified organic by the OCIA (Organic Crop Improvement Association, an American based cooperative and the oldest certification agency in North America), but certification was a little easier in those days, and a lot less ex-



NICK FONDA

Lucille and Marcel Robidoux

pensive. The inspectors, to keep their costs low, would come to visit and inspect our operation, stay overnight in a spare room, then, after breakfast the next day, continue on their route. Now, they stay in hotels and they demand far too much paperwork. We still grow organically, but we are no longer certified."

For the Robidoux, the move away from tomatoes and cucumbers to grapes and figs began some eight or nine years ago.

Marcel recalls, "For a time, I was working for another organic producer in Acton Vale. He gave me some two dozen grape rootlings and a potted fig sapling. The vines produced well and we liked the grapes so the next summer we took a lot of cuttings and gave one greenhouse over completely to grapes. Besides the Malaga grapes we were given, which are dark blue and look much like Concord grapes, I also bought a green grape variety. We still have both but over 85 per cent of our plants are Malaga. The blue grapes have proven to be stronger, harder and much more resistant to both insects and disease."

Where commercial producers would use toxic, chemical poisons to rid a greenhouse of insects, organic producers use the most natural of solutions: predators. If the Robidoux see signs of problem insects like the white fly or trips, they phone Koppert, a Dutch-based company which specializes in biological crop protection, and describe the problem insect. Within four or five days they receive a lightweight box full of insects.

"You have to understand

that the predators are sometimes smaller than the prey," Marcel points out, "and we're dealing with very small, sometimes almost microscopic creatures. Typically, we open the box and see what looks like strands of wood shavings. The predator insects are there but we don't really see them. We sprinkle the holding material in the trouble spots and usually that solves our problem. The predator insects will either die when they run out of food, or when the weather turns cold, because in the winter, it's as cold in the greenhouses as it is outside."

Looking after greenhouse-grown grapes requires diligence and routine, but relatively little time.

"Our season begins in late April or early May when I start by pruning," explains Marcel. "The vines are pruned quite severely, more so than if they were out of doors. Vines that aren't pruned produce very little, if at all. Pruning isn't a difficult job and doing a greenhouse takes a day or so. The next task is to attach the vines to nylon strings hanging from above. Outdoor vineyards use horizontal supports for their vines, but in a greenhouse, to maximize space and to facilitate harvesting, we train the plants to grow vertically."

Until harvest time, at the end of August, the daily routine is simple. In the morning, Marcel opens the ventilation panels which stay closed overnight and, using a perforated hose, waters the vines, which take surprisingly little water, and none at all just before harvesting. He walks through the greenhouse keeping an eye open for signs of disease or insects and, once the vines start growing, for suckers that, just as on tomato plants, have to be

CONT'D ON PAGE 8

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Milt Loomis awarded Queen's Diamond Jubilee medal

It was a great surprise following the Armistice ceremony in Lennoxville that Milt and Bev Loomis UE were asked to step forward in front of the cenotaph where Mrs. Jean Rousseau, on behalf of her husband Jean Rousseau, Member of Parliament Compton-Stanstead, along with Robert Y. Pouliot, pro-mayor of Sherbrooke, presented Milt Loomis with the Queen's Diamond Jubilee Medal in recognition of his dedicated years of labour to restore the Little Hyatt one-room schoolhouse located in Milby, QC, one, if not the oldest building in the Sherbrooke area, the original Township of Ascott, as there is proof that it was in use in 1822 and could have been in use as early as 1810.

His wife Bev was also noted, as she not only serves as president of both Little Forks Branch UELAC and of Patrimoine-Ascott-Heritage, but that she and Milt have just recently celebrated their 60th wedding anniversary.

Included in the portfolio was a certificate and a letter from the Governor-General of Canada, David Johnson.

Following is the letter that Loomis received from Jean Rousseau, M.P.

Dear Mr. Loomis,
As the Member of Parliament for Compton-Stanstead, it is a privilege for me to offer you this medal, in honour of your services to your community, on behalf of His Excellency the honorable David Johnson, Governor General of Canada.

For years, you and your wife Beverly have been given so much time to preserve this old Little Hyatt Schoolhouse and more generally to keep good traces and memories of the history of this part of the Eastern Townships; we all agree how important that is! So, please consider this medal as an honor awarded to both of you.

I also want to congratulate you for your 60th Wedding Anniversary: this is another fact you can be proud of!

During the year of the Jubilee, 60,000 deserving Canadians will be recognized for their contribution to Canadian Society by being awarded this medal; you can be proud to be among them.

With my best regards,

Jean Rousseau

Member of Parliament for Compton-Stanstead



COURTESY

Brittany Loomis, Abbigael Loomis, Bev Loomis, Tristan Loomis, Milt Loomis and Mrs. Jean Rousseau (wife of Mr. Jean Rousseau, Member of Parliament for Compton-Stanstead). The children are three of Milt and Bev's 16 grandchildren: Tristan and Abbigael, children of Warren and Helen (MacKinnon) Loomis, Chelsea, QC; Brittany, daughter of Jeff and Ellen (Oxford) Loomis, Courtice, ON.

Three Lakers asked to sing for their supper

By Stephen McDougall
Special to The Record
ASBESTOS

The Three Lakes dredging project is just past its second year of operation and managers are still working on raising the needed money to complete the project by next year.

Their latest fundraising efforts have gone commercial with the participation of Shell Canada, which is asking supporters of the project to collect 90,000 votes online to be eligible for a \$25,000 donation from the multinational oil company.

Supporters can click on the project website www.alimenterlechangement.com and get 10 votes, or link onto the project at Facebook and Twitter sites and get up to 40 votes extra, or use codes on receipts from their purchases of Shell gas, oil or other products and get another 10 votes.

Supporters have until the end of April of next year to accumulate the required votes before the money will be granted.

The promotion is similar to the annual Hockeyville contest sponsored by food company Kraft Canada and the National Hockey League to choose a small city to donate money for the upkeep and renovation of their arenas. The residents of several cities are asked to vote online or by phone to the contest organizers as many times as possible for a few months. The most votes decide which city gets the money. The secondary purpose is to promote both the sponsor and the league among hockey enthusiasts and consumers.

The Shell promotion has the backing of the project's head manager, Hugues Grimard, who is also the local municipal regional council prefect and mayor of Asbestos.

"We encourage everybody in the region, particularly in the MRC zone to get on board and collect the votes," he said

earlier this week.

"The money is needed to restore our lakes."

The project has an estimated cost of \$1.3 million and is being financed by the town, the Province of Quebec and the federal government. But not all the money is coming from government sources. Almost one-third of the funds are being raised by a special tax on lakefront residents, plus corporate and private donations.

Shell Canada could not be reached for comment at press time.

The dredging work is being monitored by the provincial environment department and is scheduled to take another year to complete. It is on its third dredging company, Newalta, which is using heavier and better-equipped boats. The project requires the digging up of 28,000 cubic metres of silt and sand at the bottom of the three lakes to prevent the overgrowth of algae, which residents and officials say is polluting the water.

The town is hoping the clearer lakes will draw in more tourists and potential lakefront property buyers.

But this is not the only fundraising hurdle Grimard has had to face. It was recently announced the Three Lakes Music Camp which he heads up is eligible for a \$312,500 government grant next year if it makes an effort to raise private money of its own.

The news come from the provincial Arts and Letters Council, a government agency that has included the camp in a \$5 million cultural network fund for the coming year. The fund has 49 beneficiaries, including the Sherbrooke Museum of Fine Arts and the Sherbrooke Symphony Orchestra.

"The council will pay up to 150 per cent in matching funds to what the camp can raise on its own," said Christian O'Leary, a council official in Montreal.

"This program has been active since 2005."

The camp has been housing and teaching music students for the past

three decades and raises money by letting out its hall and residence facilities to tourists and groups in the off-summer season.

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EDITORIAL

If only one in a hundred of those planets harbours life, which is likely to be an underestimate, then there are two billion living planets. We are not unique and special. We are as common as dirt.

The loss of centrality

By Gwynne Dyer

In this interval of blessed tranquility between the titanic struggle to choose the next president of the "world's greatest nation" (same guy as last time), and the world-shaking choice of the next leader of the "Middle Kingdom" (Xi Jinping, but it's still officially secret for a few more days), a delicious moment of sheer silliness. The British Broadcasting Corporation has banned a science program because it might trigger an interstellar invasion.

They would not normally ban a program made by Brian Cox. He is a major jewel in the BBC's crown: a particle physicist with rock-star good looks - he played in two semi-professional bands, and in the right light he looks like a younger Steven Tyler - who can also communicate with ordinary human beings. They just forbade him to make the episode of "Stargazing Live" in which he planned to send a message to the stars.

Cox wanted to point the Jodrell Bank radio telescope at a recently discovered planet circling another star, in the hope of making contact with an alien civilization. The BBC executives refused to let him do it, on the grounds that since no one knew what might happen, it could be in breach of "health and safety" guidelines.

Cox, a serious scientist, knew exactly what would happen: nothing. The distance between the stars is so vast that even light, travelling at 300,000 kilometres per second (186,000 miles/sec.), takes four years to reach the nearest star. He just wanted to make a point about the sheer vastness of space - and, in passing, to do his bit in the centuries-long scientific campaign to convince people that they are not at the centre of everything.

The BBC "suits," who do think that they are at the centre of everything, weren't having any of that. If there are aliens out there, and they find out we are here, their first reaction will probably be to come here and eat our children. And then the BBC will get blamed for it. Sorry, Brian. Drop the radio telescope and step away from it slowly.

The suits richly deserve the derision that has come their way, but if there really is life elsewhere, and even perhaps

intelligent life, then we aren't at the centre of everything any more. We are, as Douglas Adams once put it in *The Hitchhiker's Guide to the Galaxy*, "far out in the uncharted backwaters of the unfashionable end of the western spiral arm of the Galaxy."

We used to believe that the whole universe literally revolved around us. Then came Galileo. But we went on believing that we are very special. We look like other animals, but we are so special that we don't cease to exist when we die. We give the universe meaning just by being alive.

A bit at the time, however, science has been destroying all of our traditional ideas about our own centrality. And here comes another blow.

In a universe with trillions of stars, it seems less presumptuous to assume that we are not unique than to insist that we are. But twenty years ago there was no evidence to show that other stars actually do have planets, let alone that some of those planets harbour life.

We now know of the existence of some 800 "exoplanets," and the number is doubling every year or so. Most of these planets are gas giants like Jupiter or Saturn, not at all like Earth, simply because the giants are easier to detect. But what we have really been looking for is planets like our own. We KNOW that life thrives here.

Well, the astronomers at the European Southern Observatory in Chile have now found one. It is called HD 40307g, and it orbits a small orange-coloured sun 42 light-years from here. The planet is rocky, like Earth, and it orbits its star at a distance where the temperature allows water to exist as a liquid. It is certainly a candidate for life.

We also now know that most stars have planets, and that they typically have lots of them: HD 40307 has six planets orbiting at different distances, at least one of which is in the "Goldilocks" zone.

There are between 200 billion and 400 billion stars in our home galaxy, the Milky Way, and probably at least as many planets. If only one in a hundred of those planets harbours life, which is likely to be an underestimate, then there are two billion living planets. We are not



unique and special. We are as common as dirt.

Douglas Adams also wrote: "If life is going to exist in a Universe of this size, then the one thing it cannot afford to have is a sense of proportion." But we are gradually acquiring exactly that, and it doesn't really hurt. It is possible to be

aware of your own cosmic insignificance and still love your children. Even though they are without significance too.

Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

Letters

Will continue to wear flag pin in poppy

DEAR EDITOR:

I certainly enjoyed reading Ross Murray's article in last week's Record. I confess, I am guilty of wearing my Canadian flag pin inside my poppy. Having lost two uncles and a brother in the wars, I have a great deal of respect for our veterans as well as our Armed Forces. Without them and our forefathers who carved out this great country Canada, where would we be today?

However I will continue to wear my Canadian flag pin inside my poppy until someone comes up with a solution to that pin that either stabs you or you lose your poppy within five minutes of putting it on.

DOROTHY BEDARD
Richmond

We can almost hear it

DEAR EDITOR:

One can almost hear the United States thinking...conflict...war with China...the sooner the better...while it is no match for US military power...but how to justify it...it does have weapons of mass destruction...tricky...Romney starting to look good...mmm...?

JASON KRPAN
Georgeville

THE RECORD

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THE LINK

Linking Lennoxville & the surrounding communities

The turkey supper was made a success by all the volunteers in the kitchen — husbands and wives worked together for a couple of days to prepare the food.

Time for Christmas

By Tina Annesley

The Christmas season has started in Lennoxville this past weekend, with laughter, friends, family, music, food and Christmas shopping.

On Saturday afternoon, the Lennoxville United Church held its annual Christmas bazaar and supper. A large silent auction filled most of the hall with brand new items donated from local businesses and members of the church. A penny auction was held on stage, which was quite popular with the younger children. The baked goods table

had a little bit of everything on it: homemade rolls, cookies, tarts, jams and pickles all made by the members of the church. The candy table was also very popular with chocolate bark and different kinds of homemade fudge. Tables with knitting, aprons and decorations filled the rest of the space.

At 3 p.m. Reverend Potter blessed the bazaar and the doors opened to let the community in. The hall was instantly packed with friends, family, visitors and students.

The turkey supper was made a success by all the volunteers in the kitchen —

husbands and wives worked together for a couple of days to prepare the food. The supper included turkey, stuffing, mashed potatoes, carrots, peas, rolls, gravy, coleslaw, pickles and homemade pie. The supper had three sittings, each one being able to hold approximately 150 people. All three sittings for the supper were sold out.

Tri-Us had a holiday weekend filled with fun and sales to kick off their Christmas season. On Saturday and Sunday, Tri-Us in Lennoxville opened its doors to the community to share their Christmas warmth. Cookies and coffee

were given to enjoy, along with a 15 per cent discount to all purchases. The store truly feels like Christmas with all the beautiful Christmas decorations.

If you have missed the United Church Christmas bazaar you can attend the Lennoxville Anglican Church Christmas bazaar next Saturday, November 24. The bazaar will start at 1:30 p.m. to 5 p.m. Along with the silent auction and craft tables, a tea will be served throughout the afternoon. The Anglican Church is located at 84 Queen St.

tannesley08@ubishops.ca



PHOTOS BY TINA ANNESLEY

More than 200 people bustled through the bazaar from 3 p.m. to 6:30 p.m. on Saturday. The hall was normally completely filled throughout the day.



Trolleys of homemade pies were wheeled out at the end of the supper for dessert.

All you can eat for Haiti

By Tina Annesley

St. Mark's Chapel, in conjunction with Corey Morin, the owner of Sherbrooke Domino's, will be hosting an all-you-can-eat pizza event to help build a school in Haiti. The event will take place next Monday, November 26 from 4:30 p.m. to 8:30 p.m. There will be sittings every 45 minutes. Salads will be donated by Subway and beverages are also included in the price. Pizza selections include vegetarian, pepperoni, all dressed, and cheese.

To reserve tickets please call Helen at (819) 212-3721 or Amanda at (819) 239-2692. The supper will take place at 18a Conley Street in Lennoxville.

tannesley08@ubishops.ca

Candles for peace and community

SHERBROOKE (McD)

Caritas Estrie has 12,000 packages of candles that it hopes can light up your life as well as provide much-needed funds for the Catholic charity's Christmas Campaign for Peace.

The candles are offered for a suggested donation of \$5, and almost 1,000 volunteers will be canvassing door-to-door throughout the region until Dec. 24.

For this 30th edition of this campaign, Lieutenant General Paul Addy, honorary colonel of the Sherbrooke Hussars, will be the honorary president and

spokesman for the message of peace.

The Christmas Campaign for Peace focuses on two main objectives, the need for peace education and a call for community and mutual aid.

Caritas stresses that the desire for peace is built through daily gestures of sharing, justice, forgiveness, respect for individual and collective rights, on a personal level, with friends, family, and colleagues

Money collected by Caritas Estrie supports various community social development agencies throughout all districts of the Archdiocese, working with impoverished people.

Creating the enabled you



ANNA MAY KINNEY

About 12 years ago, I wrote an article about creating gardens that enabled people with chronic health problems, those suffering the indignities of an aging body who couldn't bend, kneel or move like they did during younger days, even some confined to wheelchairs, to still enjoy the pleasure of gardening. And while I still believe in the importance of continuing to do the things we love doing for as long as possible, today there is a great need for our aging population to realize that as we age, there is a need to learn how to adapt our ever-changing bodies to handle the household tasks we slowly find challenging.

While growing up there was a time I thought how unlucky I was to have chronic health problems that made it difficult for me to enjoy many of my favorite activities. Rather than this being a curse, I learned that by planning and redirecting my energy throughout each day I could turn my "disadvantage" into an advantage, and I feel it's time to share a few of these techniques.

By the time I was 17, it was clear that there had to be a way of getting around working a straight eight-hour workday.

While I loved walking the two miles to work, it would make my legs burn with pain. Standing in one place was even harder on my body, so while I was not going to give these things up, I had to learn how to divide my day between moving, standing and sitting. In other words, I had to learn to adjust my schedule to meet my body's needs. The other problem was that being young, you do not want to stand out as being different — it's not "in" to always be complaining about health problems and sound like an old fuddy duddy.

Wanting to attend university, there had to be a way to get and keep a job. I soon learned that there were many part-time jobs available in the city where I lived and by having two part-time jobs, doing different types of work, using different parts of my body and by being willing to work weekends, stretching the hours out further, I could earn enough money and still be able to attend a few university classes at night. It all breaks down to adapting one's body to utilize all of one's capabilities.

As I grew older it was clear that my body lacked endurance, and being most careers required long hours of dedication and work, I focused on lowering the amount of income I'd need to live on by slowly learning to be as self-sufficient. Most healthy people think nothing of spending an hour dressing, packing a lunch, driving a half hour to the workplace then putting in the same amount of time returning home to begin their evening. When a person is not up to long hours, it results in debilitating exhaustion leading to poor eating habits, which then leads to more serious health

problems. By the time a person gets home there is little energy to prepare meals and clean up, yet by learning to work for one's self you wind up with the freedom to organize the level of work you do in any one day.

Fifteen minutes at a time

If you're thinking, "No one can achieve anything working 15 minutes at a time," think again. Almost anyone, even someone with chronic pain, can endure performing a task for 15 minutes. Over the years I've been able to achieve some projects that healthy people in my life said they would never try. From teaching international cooking, selling homemade baked goods, chopping my own firewood, and writing a cookbook, to even using a chainsaw, it's been a wild ride of taking on anything in my way.

Every fall the wild fruit grown here goes into making wine, jelly and jam, yet while most of those things are big jobs, I usually work just 15 minutes at a time, then put my legs up for 10 minutes followed by a low-energy job like filing papers, bookkeeping, research, writing or Internet activity for about a half hour, then it's back to a harder task for another 15 minutes.

What's really sad is that most healthy

people spend a good deal of their adult lives working for someone else and then when retirement kicks in they really do not know how to divide up the chores into small segments; they think once they start a task they have to finish it. The secret to working for yourself, embracing your time more efficiently, is to make lists of what needs to be done each day, write down the expected time that you estimate each job to take, the part of the body it affects most. Say you have a special dinner to prepare, there are going to be guests and a lot more dishes to do after company leaves.

As we age many people find it really tiring to stand long in one place like when you have to cook and clean up. Having taught cooking for years I know that a lot of the preparation can be done ahead of time, a few minutes here and there. Dishes can be cleaned off then tackled the next morning if necessary, and who says you have to stand at the sink and wash them. It was decades ago that I invested in a bar stool that enabled me to sit and wash dishes, chop vegetables, mix a cake or make pie dough. Sometimes it's a really simple change here and there that will make it easier for a senior to stay independent in her own home, not one big change.

Figs

CONT'D FROM PAGE 4

snapped off if the plants are to produce fruit.

The vines flower in June and by mid-July the grapes are the size of peas. By mid-August the grapes have filled out and are starting to grow deeper in colour. Grapes are harvested for sale from the end of August until the end of October. The Robidoux will continue eating fresh grapes for several weeks after that, until the last of the fruit has been picked. Grapes can stay on the vine for a long time.

Fig production in the Ste-Christine greenhouses is much more modest.

"We have six trees," Marcel says, "five of which came from the small tree we were given. Like the vines, they grow at an astounding rate. Despite the fact that they are cut back to a height of five or six feet every year, they grow as high as 14 feet (the height of the greenhouse) over the course of the summer."

"They produce but not all that much," adds Lucille. "We harvest them at much the same time as the grapes and we'll sell six or seven dozen figs each week, usually in small half-pint baskets. They're much in demand though. When we bring them to market they disappear pretty fast."

Fig trees produce one fruit for every leaf, the fruit sprouting from the juncture where the leaf grows from the branch. In the fall the Robidoux erect a small cabin around the pruned trees so as to provide them with enough heat to keep them from freezing.

As well as growing grapes and figs, the Robidoux also produce maple syrup in the spring and small quantities of essential oils.

"We're semi-retired," says Marcel, "and it's nice to keep busy, although it sometimes seems to me we're maybe keeping a little too busy."


When the Ste-Christine couple eventually do retire, it's likely that their customers will hardly notice. Their son, Rene, lives on the farm next door where he has one greenhouse in which he grows grapes.



We Need Your Help This Holiday!

Cheques should be made payable to **AGRHS - Gift Basket Campaign**. Mail to: **AGRHS, P.O. Box 5002, Sherbrooke, QC J1M 1Z9**

Let's make sure the food pantry is really stuffed this holiday season!



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Please bring your food items to any sponsor before December 5, 2012.

Gifts for children are also needed, if wrapped please indicate boy/girl, age group.

The baskets will benefit families within the Eastern Townships School Board.

Helping others is a great way to celebrate the holiday!



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Local Sports

"Bishop's outplayed us for most of the game and deserved the win. Mike Andrews really hurt us tonight."

Stingers sweep doubleheader with Gaiters

Gaiters will look to rebound this Saturday against Laval

By Mike Hickey
Special to the Record

The Concordia Stingers spoiled the Bishop's Gaiters season league opener when they swept both ends of a doubleheader Saturday night at Mitchell Gymnasium. With the twin wins the Stingers men's and women's teams improve their conference record to 3-0. The Stingers rolled to a 62-42 victory in the opening game while the Concordia men needed a late frantic rally to edge the Gaiters 77-76 and in doing so spoiled a great effort by Rod Gilpin's

team. The men deserved a better fate; they outplayed the visitors for most of the game and held a 10-point lead with less than three minutes remaining in the game. However the defending Quebec champions were able to cut the Bishop's lead to a single point in the dying seconds of the game and had the ball for a final shot. They took the lead for good when Evans Laroche grabbed a rebound and put it back in the basket for a 77-76 lead with just three seconds remaining. With time running out the Gaiters were unable to get a desperation shot off

from half court, but the shot missed its mark.

"Bishop's outplayed us for most of the game and deserved the win," Concordia head coach said after the game. "Mike Andrews really hurt us tonight."

Andrews certainly had an outstanding game as he scored 28 points and hauled down 11 rebounds. Onnex Blackwood chipped in with 12 points while Jeremy Leonard Smith had 10 points.

Concordia women take control
The Concordia women held a slim 22-20 lead at halftime, but took control of

the game by outscoring the Gaiters 22-10 in the third quarter. Gabrielle Chamberland led the Gaiters with 12 points while Catherine Rondeau had a game-high 11 rebounds. The Gaiters out rebounded the Stingers 41-38 but hurt their chances by committing 22 turnovers.

The Gaiters are back in action Saturday when they host the Laval Rouge et Or. Tipoff for the women's game is 6 p.m. while the men's contest is scheduled for 8 p.m.

Argonauts down Alouettes 27-20

Headed to Grey Cup game on home turf

By Bill Beacon
THE CANADIAN PRESS
MONTREAL

The Toronto Argonauts are going to the Grey Cup game. Quarterback Ricky Ray turned in an impressive performance and Chad Kackert had a record-setting day in the Argonauts' 27-20 victory over the Montreal Alouettes in the East Division final Sunday before 50,112 at Olympic Stadium.

The Argonauts reached the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a victory over B.C.

The game next Sunday against the West Division champion will be played at Rogers Centre, the Argonauts' home field.

Owens piled up 207 receiving yards on 11 catches — a Toronto playoff record — and was the main target of the veteran Ray who was throwing strikes from the pocket all afternoon.

Ray threw a touchdown pass to Dontrelle Inman and Chad Kackert scored on a long touchdown run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings.

Chris Jennings and backup quarterback Adrian McPherson had touchdowns for Montreal. Sean Whyte added two field goals.

Montreal had a chance to tie the game with 39 seconds remaining, but Brian Bratton dropped a third-down pass in the end zone.

Toronto's first-year coach Scott Milanovich, who was offensive coordinator in Montreal last season, said this week



THE CANADIAN PRESS/PAUL CHIASSON

Members of the Toronto Argonauts gather around the trophy as they celebrate their victory over the Montreal Alouettes in the CFL Eastern Final Sunday in Montreal. The Argonauts beat the Alouettes 27-20 to move on to the CFL Grey Cup.

that turnovers would be key and there were certainly plenty of them.

Montreal quarterback Anthony Calvillo threw three interceptions in the second half — two of them to Marcus Ball — while Toronto gave away the ball twice on fumbles and twice on downs.

Trailing 17-10 at the half, the Argonauts tied the game on their first drive, marching 101 yards on four plays including a 69-yard toss to Owens that was

stopped at the two with a desperate tackle from Dwight Anderson. Ray hit Inman with a TD pass.

Ball then picked off a Calvillo pass and four plays later, Kackert ran 49 yards straight up the middle for another TD and a 24-17 lead.

A Chip Cox run on a fake punt kept Montreal's answering drive alive for a field goal, but the Argos answered with three points of their own.

Missed opportunities by Toronto and a tight Montreal defence in the red zone marked a tentative first half.

Toronto coughed up the ball on its first two possessions to give Montreal a 10-0 lead.

A Kackert fumble was recovered by Ollie Ogbu on the Alouettes' 46 and was converted to Whyte's 25-yard field goal.

Montreal pounded the ball up the middle after taking over on a turnover on downs, capped by Jennings' 18-yard TD run at 11:03.

Ray responded with a long drive highlighted by Maurice Mann's 32-yard catch. Waters would split the uprights from 22 yards out.

After a punt single, Ray marched the ball to the Montreal one. But the Argonauts sent in backup quarterback Jarious Jackson and he failed to punch in the ball on three tries and Toronto gave it up on downs.

The sequence produced a safety, however, and Toronto picked up another single on their next set of downs to make it 10-7.

Calvillo hit Jamel Richardson with a 49-yard pass as Montreal struck right back with McPherson's one-yard TD plunge, and Toronto settled for a field goal with the final drive of the first half after failing to score from the five.

The crowd went silent early in the fourth quarter when linebacker Marc-Olivier Brouillette was injured on a kick-off return and lay motionless on the field.

Players on both teams knelt on the field as the Montreal native was taken away on a stretcher. There was no immediate word on his condition.

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THE RECORD

FROM CONSUMER REPORTS (R)

Consumers balk at packaging gotchas

By the editors of Consumer Reports

You'd think that companies would get it right. They spend \$130 billion a year on boxes, bags and blister packs, yet many packaged goods still remain hard to open, undersized or overwrapped for the products inside.

Consumer Reports recently took a close look at common packaging challenges consumers face. By sorting through reader and Facebook fan submissions, it identified four basic gripes and more than a dozen product-specific examples.

FOUR PACKAGING GRIPES

— "Oyster" is Consumer Reports' term for hard-to-open products. These are often gadgets imprisoned in clear, tight-fitting plastic, which displays merchandise from all angles and discourages theft. But it also foils honest folks who have tried razor blades, scissors, box cutters and even saws to free the contents they've bought.

— "Black holes" are products surrounded by lots of air. Federal law is supposed to prevent excessive "slack fill" — nonfunctional or empty space. But there are loopholes in the law, if, for instance, the package does double-duty as a dispenser. One example a Consumer Reports reader pointed out was Kraft Velveeta Shells & Cheese containers. Even when cooked, the shells and sauce occupy little of the container.

— "Downsized products" are those

whose packages are shrunken by companies typically as an alternative to a blatant price increase. Companies usually blame downsizing on higher costs of ingredients, labor and energy. Downsizing can occur in sneaky ways — Huggies reduced the number of Pull-Ups diapers from 72 to 70 but kept the words "New Larger Size" on the label.

— "Golden cocoons" are tiny doodads shipped in oversize cartons, sometimes with enough paper, bubble wrap or airbags to cradle a priceless vase. Not taking any chances, Williams-Sonoma cradled the cotton napkins it sent to one reader in bubble wrap, then placed them in a large box before shipping.

Consumer Reports also discovered that some companies are aware of packaging problems. For example, Amazon's frustration-free packaging program is meant to reduce wrapping for shipped products and make them easy to open, but it doesn't always ensure it's better, cheaper or even different from the usual packaging. Some of Amazon's more than 100,000 frustration-free items have the same packaging whether bought from Amazon or elsewhere. To ensure the wrapping is truly frustration-free, Consumer Reports suggests calling Amazon before ordering to find out exactly how the product's packaging differs.

PACKAGING FAUX PAS

Here are a few examples of packaging faux pas, submitted by Consumer Reports' readers and Facebook fans. For each product, it asked a company rep to explain the packaging decision.

— Allegra Allergy: Empty compartments. Not only could the bottle fit many more tablets, but the box has extra partitions. The company says: We are looking at options that are less challenging to open.



— Fiber One 90 Calorie Brownies: Big box, little brownie. The Fiber One bar is about 2 1/2 inches long; its wrapper, about 4 1/2 inches. The company says: We're sorry we cannot give you an exact answer, as we use different suppliers at different times. This has been forwarded to our quality department.

— Ivory Special Edition: Lowering the bar. When reader Yves Veenstra, of Cherry Hill, N.J., bought a 10-pack of Ivory Soap recently, he felt a difference. "I got home and compared the new bars with one from a prior purchase. Surprise!" Each new Special Edition bar weighs 4 ounces; the old bar weighed 4.5. The company says: Higher manufacturing costs meant increasing bar cost or decreasing bar size.

— Barbasol Beard Buster: Shaving contents. Kathleen Kraemer, from Newton, Mass., saw that the old and new cans were identical in size. On the outside, that is. The contents had shrunk from 11 ounces to 10. The company says: We are in no way trying to trick our customers. A slightly reduced product volume within our cans creates improved function from the very first shave, while continuing to deliver superior quality to the very last shave.

Death

Patricia Eileen NORRIS

Born March 11, 1940. Died November 11, 2012 after a long battle. Beloved sister of John Herbert Norris (Brenda) and the late Diana Skelton.

She will be sadly missed by her devoted niece Cynthia Skelton (Jeffrey Peskind) and their children Alexander and Sebastian. She was a loving aunt to her niece Felicia Bartlett (Charles) and their children William, Belinda and Peter and to her nephews Christopher Norris and his children James, Andrew and Karina, David Norris and Peter Norris (Lisa) and their children Herbert and Alfred.

A funeral service will be held at Saint Barnabas Church, 640 ch. Sherbrooke, North Hatley, QC, 11:00 a.m., November 24.

In lieu of flowers, donations to the Crohn's and Colitis Foundation of Canada would be greatly appreciated. 60 St. Clair Ave East, Toronto, ON, M4T-1N5. (www.cffc.ca)



Brieflet

LENNOXVILLE

Christmas Tea and Bazaar at St. George's Anglican Church, 84 Queen St., Lennoxville on Saturday, November 24 from 11 a.m. to 4 p.m. Silent Auction, food, candy, wood, knitting, 'Sunday School', "Delightful Muddle". Visit 2 floors of items. All welcome.

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She never missed an opportunity to humiliate or belittle me

MONDAY, NOVEMBER 19, 2012

Annie's Mailbox

Dear Annie: I am a transgendered boy and am having trouble coming out to my family. I wear sports bras and boy's clothing most of the time, and when I am speaking with my friends, I use male pronouns, but I still can't gather the courage to tell my family.

My mother and I once talked about it briefly, but I got nervous and ended up saying it was no big deal. Now I feel as if I've missed my chance and will have to wait a long time before I get another shot at it. Being referred to and appearing as a girl makes me genuinely uncomfortable, but I know nothing is going to change until I tell them. Please help. — Nervous in Vermont

Dear Vermont: Your mother likely suspects what is going on and is simply waiting for you to bring up the subject again. While you're considering that, please contact PFLAG (pflag.org), an organization that can answer some of your questions and help you discuss the matter with your parents.

Dear Annie: I am writing to you because I am so angry. I was unhappy at my job after seven years. The insurance was the only good thing about it.

My friend "Carolyn" had been after me for years to come work with her. She was always saying how

much better her job was. The money was good, and the insurance was the same. So I changed jobs. But, Annie, as soon as I went to work there, Carolyn became someone I didn't know. She is mean, lazy, jealous and never has anything good to say. She spends her workday playing online games, chatting with online friends and taking naps.

It didn't take long to realize that I had made a huge mistake. When I told Carolyn that I was not learning enough on the job, she said, "I don't want to overwhelm you." When I went to others to get more work, she'd get angry and would suddenly find the most trivial tasks to keep me busy.

And the insults never stopped. She said I only got the job because they were looking for people who were neither young nor attractive. (She should know.) She never missed an opportunity to humiliate or belittle me. It only took one week to hate that job and realize the one I left wasn't so bad, but there was nothing to do but tough it out.

After seven months, I was laid off due to lack of work. I honestly believe I worked myself out of a job. I later found out that I was the third person she has done this to. It is like a sick game she plays. Everyone

knew this but me. I am so angry with myself for being so stupid.

I am 56 years old with diabetes, and Carolyn knew how much I needed the insurance. I am amazed at how little help is out there for people like me. I'm trying to forgive, but right now, I can't. — Rhonda

Dear Rhonda: You will be able to forgive when you are ready to let go of your anger and resentment toward Carolyn. You could not know that she was untrustworthy. Meanwhile, contact your state's labor department or governor's office and find out whether they have employment programs geared toward older women. Also try AARP (aarp.org) and Senior Service America (seniorserviceamerica.org).

Dear Annie: Here is another response to "Wondering," who inquired how to ask about an inheritance.

I wish my parents had spent their money on their dreams. They worked so hard for them. Dad often talks about how much he will be leaving to us "kids." It makes me sad that he has lived such a frugal life saving for us. I wish he had taken Mom to Europe like she always dreamed. Someday, when my loving parents are gone, I will make that trip to Europe for them. — Wishing It Was Visa Versa

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

Kinnear's Mills Women's Institute met

The October and November meetings of the Kinnear's Mills Women's Institute were held at the home of Helen Lowry, with Helen MacRae as joint hostess.

The meeting was conducted by Huguette Blais, president, and opened by all repeating the Creed, Salute to the Flag and Oath of Citizenship. Huguette thanked the hostesses. Birthday wishes were given to Helen MacRae and she received a gift.

Mottos: October - The spirit of a loving heart will live in memory.

November - Advice from an old carpenter: "Measure twice and saw once."

Roll Calls: October - Habits good and bad, we all have them. Tell us about yours. November - What is your favourite tree, and why?

The minutes of the last meeting were read by Audrey Allan in the absence of the secretary. The Q.W.I. Newsletters had been received and given to each member. An invitation to attend the Area

Rally at Chateaugay - Huntingdon on September 26. The bursary received from the Q.W.I. Provincial Office had been presented to Heather Learmonth of Inverness, who is studying to be a teacher as a second career. A note of thanks was read from Heather. A picture had been taken of Pauline Nutbrown, County President, presenting this to her. This to be sent to the Newsletter and to Judy Page Jones, to be included in the 100th Anniversary Scrapbook. A copy of the minutes of the Q.W.I. Convention for all to read.

The treasurer's report was given by Helen Lowry. Reports of convenors:

Helen Lowry gave "Thoughts on growing older." 1. Forget the health food, I need all the preservatives I can get. 2. Blessed are those who hunger and thirst, for they are sticking to their diets. 3. You're getting older when you get the same sensation from a rocking chair that you once got from a roller coaster. 4. My mind not only wanders, sometimes

it leaves completely. 5. Every time I think about exercise, I lie down until the thought goes away. 6. God put me on Earth to accomplish a certain number of things. Right now I am so far behind, I will live forever.

Flora MacNaul will be making Christmas wreaths for the school library to raise funds. She gave the names of the new principal, grades 1 and 6, and English high school teachers.

Huguette Blais said the language law will be extended to the daycare system. She gave us highlights of their family trip to Egypt and showed many interesting pictures. Donations will be given to the school breakfast program and MCDC fundraising campaign, which last year provided free transportation on 82 occasions.

W.I. 10-years pins will be ordered. Names were drawn for the exchange of Christmas gifts. Each member is to bring their 2013 programs. Dorothy Bolduc

will get a bank to place coins in at each meeting for the Triennium Project.

Programs: October - Autumn is when we lose summer flowers, but gain with fruits. Bring a fruit recipe to share with members.

November - Wear a poppy and observe one minute of silence. Name a country involved with the World Wars.

Members brought articles for Wool Gathering. 17 items were given for students and will be delivered to the school.

The birthday gifts for 2013 will be purchased by Flora MacNaul.

The surprise gifts were won by Dorothy Bolduc and Flora MacNaul, which was a beautiful spoon from Egypt.

Delicious refreshments were served by the hostesses and a social time enjoyed.

Submitted by

Joy Nugent, Publicity Convenor

Bulwer Golden Age

November 12 - We met at the Bulwer Community Centre for our meeting and cards. Several members were absent due to other commitments.

Keith wished everyone a fun afternoon. Seven tables of 500 cards were played. One table of Crib, Al and Mr. Digby won with 1460, Beulah and Connie had 1118. The men won by 342 points. Four bowlers played one game, Black 6, Red 4. Anyone interested, come and join them. You'll have a great time and enjoy supper.

Beulah said Grace. We enjoyed scalloped potatoes, ham, corn, pickles, beets, tossed salad with an assortment

of dressings, rolls and finished off with Angel cake and ice cream, coffee and tea.

Door prizes went to Alberta E., Mildred L., Verna W. and Grayce B.

Harris Olsson read us a story. For our next meeting, please bring non-perishable goodies for the A.G.R.H.S. Christmas baskets.

The meeting closed and all left for home.

Drive carefully. Take care. God bless all.

Submitted by

Margaret Vintinner

Lennoxville Golden Age

November 6 - Members met for an afternoon of cards and friends plus our general meeting was held.

500 cards were played at 5 tables. The winners were: Gents high, Lionel Statton with 3960, Ladies high, Irene Humphrey 4160. Gents low, Dufferin Annesley 2000, Ladies low, Marion Annesley 2040.

The tables were set in keeping with Remembrance Day by Georgeline and James. Thank you.

Grace was said by the President. 60 members sat down to a delicious meal of Chicken in gravy with mashed potatoes, carrots and turnips, rolls, homemade pickles, with spice cake for dessert, tea and coffee. Thanks Judy and helpers.

We welcome Caroline Marion, who is now a member of our gang.

Door prizes were given to Marion Annesley, David Brown, Winonna Kirby and Elsie Mills. Other prizes went to Darlene Rogers and Caroline Marion.

Glad to see you back Mary Lou Burns and Shirley Sayers.

Reminder: Our Christmas Party will be held on December 4. Tickets still available, memberships also. Kay Hartwell has tickets for the Scott Woods Concert.

The meeting closed, everyone left for home. Drive carefully. Take care. God bless.

Submitted by Margaret Vintinner

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www.diabete.qc.ca

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.

"KZY CXRY XD XWY'I VXFVKBO MI N
IGCYWHMH KZMWU. SFK PZO IZXFCH
CXRY IKXG NK KZY SXBHYB?"

- GNSCX VNINCI

Previous Solution: "Sometimes it's better not to blow up at someone. I can save that anger and emotion for my guitar playing." — Neil Young

TODAY'S CLUE: *Je suis F*

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KIT N' CARLYLE



HERMAN



"I thought you liked shepherd's pie."

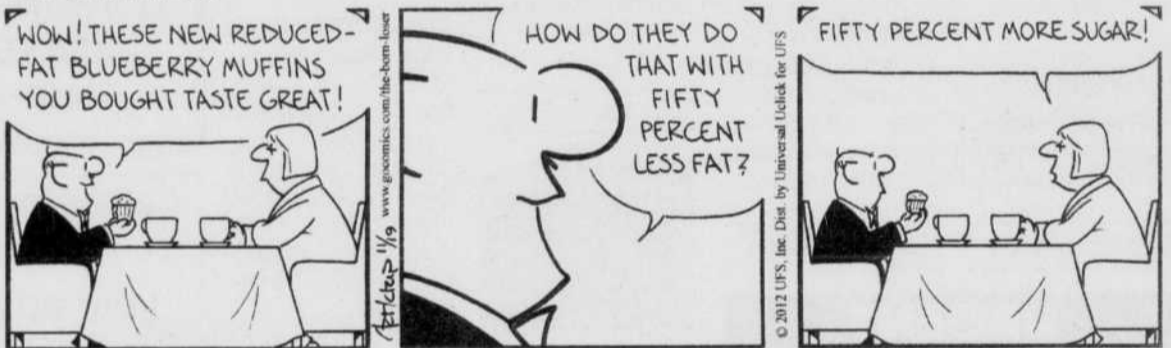
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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100 Job Opportunities

THE RECORD

is looking for a carrier(s) in **Lennoxville** for the following route starting January 3, 2013:

Archie-Mitchell
and Oxford Crescent (39)

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billing@sherbrookerecord.com

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100 Job Opportunities

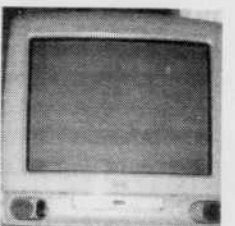
145 Miscellaneous Services

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

The Fall Foliage on Sutton Mountain

The sky was such a pretty blue
And the sun was shining bright
Shining through the coloured leaves
Made such a pretty sight!

As we drove along the winding road
Which led up to the mountain side
Each height of the mountain
Made such a pleasant ride.

The trees were robed in many colours
Of red, orange and yellow
Mingled in among the fir trees
Made such an array of colour.

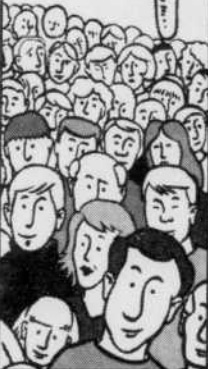
We came upon the chair lift
To take one to the very top
The scenery was so beautiful
We took a deep breath, and we stopped.

We looked down from the mountain
Far across to the level land
The sun was shining oh so bright
Giving a bluish tint to the distant land.

It was a great pleasure
To be among the coloured leaves
And to see the rocks and mountains
And where the mountain paths would lead.

Composed by Verna M. Patterson

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SUDOKU

Difficulty: 2 (of 5)

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11-19-12

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PREVIOUS SOLUTION

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

Your Birthday

MONDAY, NOVEMBER 19, 2012

Take advantage of any social developments in the year ahead that offer you a chance to make some quality contacts. People whom you establish a friendly relationship with could prove to be of tremendous help both personally and in your career.

SCORPIO (Oct. 24-Nov. 22) — If you're concerned about taking a certain action, put it off until you can evaluate it more clearly. You need to first know what the ramifications could be.

SAGITTARIUS (Nov. 23-Dec. 21) — Getting your facts straight should always be of concern to you, but especially so if you are involved in a costly project. Be sure you look quite closely before you leap.

CAPRICORN (Dec. 22-Jan. 19) — Don't be satisfied with ballpark figures concerning an important financial matter. If you're inclined to jump to conclusions, you could get yourself in trouble very fast.

AQUARIUS (Jan. 20-Feb. 19) — An important objective might never be achieved if you ignore the small details. You cannot be oblivious to them — even though they're tiny, they still matter.

PISCES (Feb. 20-March 20) — This might not be one of your better days for keeping things to yourself. A smart adversary who is aware of your shortcomings might get you to tell much more than you should.

ARIES (March 21-April 19) — Even if you feel justified in giving a nettlesome

someone a piece of your mind, you'd be smart to avoid it. It would only increase your difficulties with the offending party.

TAURUS (April 20-May 20) — Regardless of the circumstances, don't volunteer any unrequested criticism, suggestions or advice. Instead of getting a "thank you," you're more likely to get a huge reprimand.

GEMINI (May 21-June 20) — Owing to your focus on the insignificant rather than on the essentials, this isn't likely to be one of your more productive days. Turn that around.

CANCER (June 21-July 22) — Before making any costly plans that include a friend or associate, it's best you check first to make sure that the other party is amenable. Your pal might not be on board.

LEO (July 23-Aug. 22) — Opening up a touchy domestic issue is apt to create some unnecessary friction within the household. Don't voice anything without first considering the consequences.

VIRGO (Aug. 23-Sept. 22) — Before pointing out others' faults, you had better take a look at your own behavior. Although you might start the critique, others are guaranteed to finish it.

LIBRA (Sept. 23-Oct. 23) — Although you are likely to be quite adept at keeping large expenditures under control, it could be the smaller ones that pile up on you. Be both pennywise and pound-conscious.

MONDAY, NOVEMBER 19, 2012

The magazine is a large bonus

By Phillip Alder

As we move rapidly toward the holiday season, let's look at some gifts you might like to give bridge friends.

First, even if your recipient does not play duplicate bridge or care about masterpoints, giving a membership to the American Contract Bridge League is not a bad plan.

The league publishes a monthly magazine that has something for everyone. One of the best contributors is Eddie Kantar. In this deal of his, first, if you were West, what would you lead against four hearts?

Now look at the North-South hands. How should South play in four hearts after West leads a club?

When leading against a suit contract, usually do not select a singleton trump or a suit headed by the ace without the king (unless very short in that suit). So the choice is between the black suits. You should lead a club because it is the stronger suit (and I dislike leading from a jack).

South has four losers in his hand: one spade, two diamonds and one club. He cannot avoid the top losers in the pointed suits, so must eliminate that club loser.

Since declarer does not have time to

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

play on diamonds, he must get two spade winners, hoping that West has the jack. South should play a trump to dummy and lead a spade to his king. When it wins, he returns a spade to dummy's 10. When that brings out the ace, declarer wins the club return, draws trumps ending in the dummy, and discards his last club on the spade queen. More details are at www.acbl.org.

CROSSWORD

Across

- 1 Part of PGA: Abbr.
- 5 Desert tableland
- 9 Character weakness
- 13 Chase away, as a fly
- 14 Plot surprise
- 16 "Queen of Country" McEntire
- 17 A psychic may read yours
- 18 Yemen's capital
- 19 With 8-Down, really simple
- 20 One who can talk you to sleep
- 23 Pellet shooter
- 24 AFL partner
- 25 Madrid Mrs.
- 28 Tabula __: blank slate
- 31 "That's enough out of you!"
- 33 Audible sign of hunger
- 38 Cruising on the briny
- 39 Org. offering motel discounts
- 40 Chat room "Here's what I think ..."

- 41 Flappers' decade
- 46 Present from birth
- 47 Salinger title teenager
- 48 Court divider
- 49 "Criminal Minds" network
- 51 Bible book of 150 poems
- 56 Weather event where you'd hear the starts of 20-, 33- and 41-Across
- 59 It might begin, "Knock knock"
- 62 Word after maternity or shore
- 63 Prefix with dextrous
- 64 Allies' opponents
- 65 City that inspired van Gogh
- 66 Banister
- 67 Old wives' tale
- 68 Lions' homes
- 69 "Bus Stop" dramatist William

- 27 Pal of Porthos
- 29 Unexpected problem
- 30 Colorful marble
- 32 Neglect to include
- 33 __ to go: ready for action, in dialect
- 34 Me.-to-Fla. highway
- 35 Intended
- 36 Old-time actress Theda
- 37 Tree cutters
- 42 Restless desire
- 43 Cosmic cloud
- 44 Catherine the Great, to Russia

- 45 Eliot of the Untouchables
- 50 Wooden Mortimer
- 52 Pong producer
- 53 Fictional salesman Willy
- 54 Boss, slangily
- 55 Photographer's request
- 56 New Age musician John
- 57 Chip's chipmunk pal
- 58 Neck and neck
- 59 Traffic trouble
- 60 Natural Skin Science company
- 61 First-aid aid

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Down

- 1 Critters' rights gp.
- 2 Lewis with Lamb Chop
- 3 From the sun
- 4 Asian menu assurance
- 5 Where Moses received the Commandments: Abbr.
- 6 Actor McGregor
- 7 Croon a tune
- 8 See 19-Across
- 9 At no cost
- 10 Grazing area
- 11 Middle muscles
- 12 Method
- 15 Follower of Lao-tzu
- 21 Throw hard
- 22 __-Rooter
- 25 Hindu guru
- 26 Rolling in French euros

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