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THE RECORD

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Sherbrooke Expos get new manager

Page 10

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MONDAY, FEBRUARY 25, 2013

Suspect nabbed passing fake bills

Record Staff

A 21-year-old Sherbrooke man will face counterfeiting charges after being arrested with 7 fake \$100 bills on Thursday.

Marc-André Patenaude appeared in Sherbrooke court Friday before Judge François Marchand of the Court of Québec where charges of using counterfeit money were laid. Attempting to circulate counterfeit money, having in his possession and putting into circulation counterfeit money, fraud and various breaches of probation were brought against him.

The suspect was spotted Thursday at Galeries Quatre-Saisons in Sherbrooke by a merchant after the call for vigilance by Sherbrooke police.

"The suspect had made two attempts to exchange counterfeit \$100s and was about to do it again when a merchant who realized the ploy contacted us," said Sherbrooke police spokesperson, Martin Carrier. The police arrived and collared the suspect. "Police quickly identified the suspect. He was still in possession seven counterfeit \$100 bills. He always used the same strategy — to go into shops to make small purchases at times when staff is busy," Carrier said.

"The investigation is still active," Carrier said, "This individual is just an accomplice. We invite merchants to remain vigilant."

On Thursday morning, three fake \$100 bills were found in the shops of Sherbrooke, sparking the police warning. The seized bills are of the latest generation of banknotes and all bear the serial number 5601294 KEP.

Trudeau comes to the Townships



GORDON LAMBIE

Justin Trudeau, a Quebec MP vying for the leadership of the federal Liberal Party, came to the Eastern Townships Friday. Trudeau made stops in Victoriaville, Richmond, Sherbrooke and Granby. Here he takes the time to chat with a future voter at the Carrefour de l'Estrie. Please turn to page 3 to see two stories about the visit.

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TODAY:
VARIABLE
CLOUDINESS

HIGH OF 2
LOW OF -4



TUESDAY:
CLOUDY
PERIODS

HIGH OF 3
LOW OF -7



WEDNESDAY:
SNOW

HIGH OF 1.
LOW OF -2



THURSDAY:
MIXED
PRECIP

HIGH OF 4
LOW OF -1



FRIDAY:
SCATTERED
FLURRIES

HIGH OF 1
LOW OF -2

LDWC - International Women's Day banquet

Women at Famous Tea Parties

Kathryne Owen

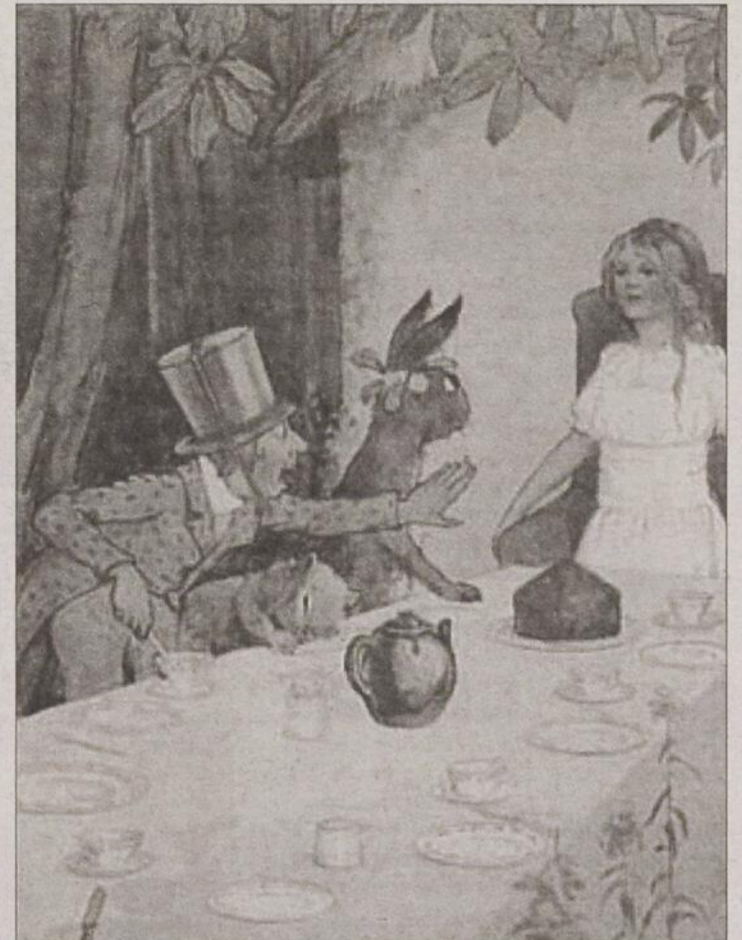
The Lennoxville and District Women's Centre invites women of all ages to a banquet in celebration of International Women's Day. Join us on Thursday, March 7 at 5:30 p.m. in the Amédée-Beaudoin Community Centre (10 Samuel-Gratham Street in Lennoxville) for a large-scale tea party the likes of which you've never seen!

International Women's Day is a day of celebration for the LDWC, its members and supporters. Every year, the centre organizes a banquet - an evening of music with Carole Vincelette, good food, fun and company. This year, the centre has recruited Nathalie Labrecque, owner of Boutique Nostalgia to create the décor and the atmosphere in the room. It is thanks to her that we have chosen the theme of Women at Famous Tea Parties. Each table will represent its very own piece of art or media respecting this theme. Our guests will have the opportunity to choose the table she wishes to be seated at (remember that there are only eight chairs per table, so be sure to act quickly!) We invite you to come as you are, to wear a special something (hat, gloves etc.) or come as your favourite character from the tea party of your choice. Bring a bottle of wine, and invite your friends to join you.

Table themes will include: Films - Tea with Mussolini; Breakfast at Tiffany's; The Bitter Tea of General Yen; Mary Poppins and Marie Antoinette. Books - Alice In Wonderland; Sense and Sensibility. Art - Five O'Clock Tea by Mary Cassatt; High Tea by Abbott Fuller Graves; Tea in the Garden by Henri Matisse; Japanese Tea Ceremony by Yu Xuanji; The Famous Five by Barbara Paterson. History - The Royal Family Tea Party.

We will be holding our traditional silent auction to raise funds for the centre and would be grateful for any donations to this cause. Usual auction items include baked goods, knick-knacks, crafts etc. In addition, this year we will also offer a table of "celebrity" auction prizes. Gifts that have been offered by various businesses in our community, such as a \$100 gift certificate for Boutique Nostalgia, a gift certificate from Studio Unik for a cut and style, and more! Get a sneak peak at gifts by visiting Boutique Encore in the weeks leading up to the banquet. Bring your pocket book and see how your luck plays out.

Boutique Encore will sponsor five guests, so don't let the ticket price discourage you! Be sure to call and reserve your spot as soon as possible because places are limited! We look forward to seeing you there!



For more information, to reserve or make a donation, please contact the Lennoxville & District Women's Centre at info@ldwc.ca or (819)564-6626 and visit our website : www.ldwc.ca.

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Ben by Daniel Shelton



LOCAL NEWS

"The leader of the Liberal Party will eventually be faced with differing opinions. A campaign is built around these kinds of difference."

Let's go to the mall

Justin Trudeau at Carrefour de L'Estrie

By Gordon Lambie
Special to The Record

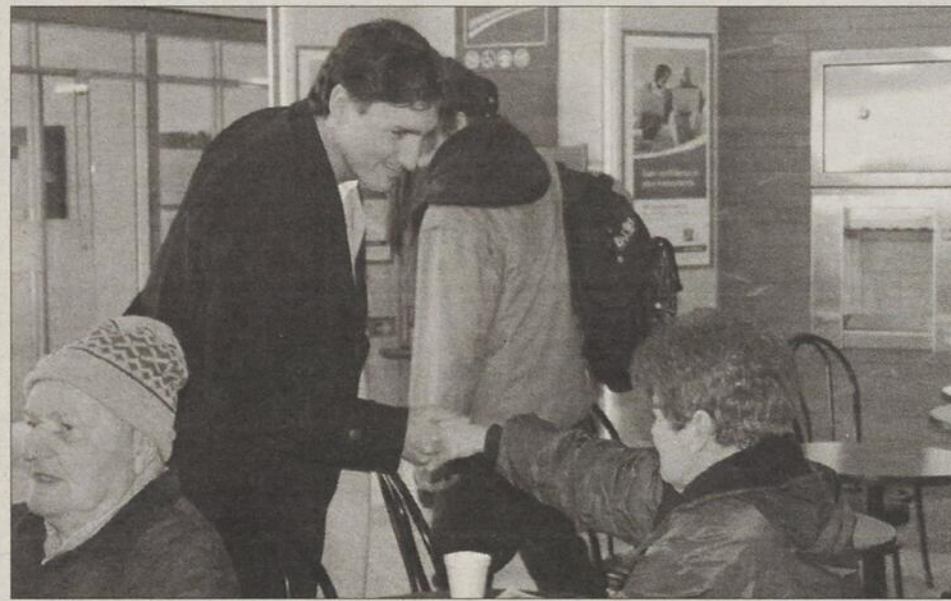
Federal Liberal leadership candidate Justin Trudeau stopped in for a visit at the Carrefour de l'Estrie on Friday morning as a part of his national tour.

Friday was a busy day for Trudeau, consisting of visits in Victoriaville, Richmond, Sherbrooke and Granby over the course of the morning and afternoon. Despite the busy schedule, he had no shortage of time to stop and chat with passers-by in the mall as they went about their shopping.

The mall visit, billed on Trudeau's website as "have lunch with Justin," took the leadership candidate and his entourage of party members and media from the front entrance of the mall over to the food court. Along the way he meandered through the A&W, practiced his CPR on a dummy and shook the hand of nearly everyone he passed.

The food court at the mall is currently under renovation; a fact which, in combination with the lunch rush, resulted in quite a crowded reception for the travelling Liberal MP.

"The campaign is anchored in the fact that the party needs to reconnect with Canadians and rebuild confidence," Trudeau said of his visit, "For me that



GORDON LAMBIE

Justin Trudeau shakes hands with a woman at the Carrefour de l'Estrie on Friday.

happens on the ground."

Trudeau was accompanied in his march across the mall by members of the Liberal Party's youth wing and Etienne Couture, who was representing the Liberal Party in the Brome-Missisquoi region, and who organized Trudeau's tour through the Eastern Townships. This entourage buzzed about like bees around Trudeau, offering everyone in the area

the opportunity to sign up as a supporter of the Liberal Party.

"We are registering people to be supporters of Justin Trudeau and the Liberal Party of Canada," Couture said. "Supporters are anyone over 18 who wants to support the Liberal Party and vote for the Liberal leader at the next leadership convention in April."

According to Couture, all those who

signed up will receive an e-mail reminder to go vote on the party website when the time comes.

After taking the time to meet and greet the food court, Trudeau held a brief media scrum wherein he outlined the objectives of his tour and some of his vision for the party.

Foremost, Trudeau established that he wants it to be clear that the vote is for all Canadians, and not just for party members.

"We need the input of Canadians to choose a leader," he said, adding that he thinks it will be challenging to rebuild confidence in the party, based on what he has heard across the country.

In response to criticism by other candidates Trudeau was unphased and forward-thinking.

"The leader of the Liberal Party will eventually be faced with differing opinions," he said. "A campaign is built around these kinds of difference. I am proud of the campaign I am running, and others are free to run theirs in their own way."

Overall, his message was one of meeting people on their various levels and helping them to get reacquainted with the Liberal Party.

"I believe that we can no longer just speak from a podium and wait for the people to return to the Liberal Party. We need to be active on the ground, meeting people, building confidence."

The election for the federal Liberal leadership takes place in April.

Liberal leadership candidate Trudeau tours Wales Home

By Claudia Villemaire
RICHMOND

It was a whirlwind tour — very little politicking. But Justin Trudeau managed to win the hearts and minds of residents and staff alike as he was guided through the Wales Home, a "homelike" facility near Richmond.

Katherine Brock, proudly claiming her 98-and-a-half years was obviously delighted for the chance of a close encounter with this personable candidate for the Liberal leadership. And all who met him agreed if he could win the top spot on the basis of a warm and friendly character, he would win hands down.

"He will certainly be a great leader someday," Brock said thoughtfully, "but maybe not yet. Perhaps he'll need to get more experience before, she added, "but he's very nice, friendly and sincere and I think has a great future in politics."

Touring the Foyer Wales Home facility was just one of several stops in the Eastern Townships scheduled Friday.

Trudeau did take the time to emphasize that getting the Liberals back in their traditional roles in government could underline the need to protect the integrity and privacy of citizens, especially considering recent amendments to the Employment Insurance, Bill 14 which allows teams of investigators to question EI recipients with emphasis on EI fraudulent claims and claimants who have a record of frequent claims.

But this was not a day for long speeches. This was a meet-and-greet tour. Unannounced and unofficial, Trudeau's tour at Foyer Wales Home probably won him a majority of votes in that locale.

Trudeau's only encouragement to vote for him was in his announcement that one need not be an official delegate to a convention. A vote could be as simple as signing a form that would result in a ballot being mailed to every signatory and the rest would be up to them. Of course, for those comfortable with computers, this could also be accomplished online.



CLAUDIA VILLEMARE

Justin Trudeau shares a moment with 98-year-old Katherine Brock.

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It's not easy to climb a 7,000-metre mountain

Townshippers gave it a shot

By Nick Fonda
RICHMOND

Ernest Hemmingway famously said that there are only three real sports: boxing, bullfighting, and mountain climbing. All the rest, he argued, were mere games. Unlike playing golf or baseball (in some cases for millions of dollars), stepping into a boxing ring, or a corrida, or ascending a mountain can result in sudden, unexpected death.

As if to illustrate the point, just after Christmas, three young men set off to climb Mount Aconcagua. Only one made it back alive.

The deaths of the two young men were not a news item in Canada because we have limited interest in what might be happening in Argentina. It was likely only a minor news item in Mendoza, a city of 850,000 which lies on an arid plane little more than 100 kilometres distant, and which serves as the departure point for the 7,000 tourists who annually attempt to climb the Colossus of the Americas; mountaineering deaths on Aconcagua during the four-month climbing season are not infrequent.

However, for a group of 14 Quebecers, including several Townshippers, the news prompted a moment of sober second thought.

The 14 climbers were there largely through the efforts of Céline Desautel, who organized the three-week trip (a full two weeks of which were dedicated to the climb) as an activity to raise funds for a home for intellectually handicapped adults in Plessisville. She had organized several similar trips in the past to Mount Kilimanjaro in Tanzania, and a majority of the members of the 2013 climb had previously accompanied her to Kilimanjaro.

The group spanned a wide range of ages. The youngest member was a 25-year-old from Victoriaville who was celebrating his graduation from Laval by attempting the climb with his father. The oldest was a 68-year old woman from Granby who was making a second attempt to climb Aconcagua and whose training included a weekly outing to Bromont during which she would climb the ski hill (vertical drop 385 metres) four times before returning home. Also on the expedition were Paul and Denis Beaubien, originally from Richmond, who made it to the top of Kilimanjaro in 2010.

Like Kilimanjaro, Aconcagua is a "destination climb" that attracts the more adventurous brand of tourist.

"It's one of the seven summits — the highest peaks on each of the seven continents — but it's not a particularly difficult climb technically," says Denis



COURTESY

Denis and Paul Beaubien at 4,000m altitude with the south face of Mount Aconcagua in the background.

Beaubien, an Asbestos-based lawyer who was once a dedicated amateur motocross racer. "It doesn't require ropes and harnesses, but it has extended pitches that are deceptively steep and exhausting."

Aconcagua is located in a national park and access to the mountain costs each climber an entrance fee of some \$800. (Access to Mount Everest, by comparison, costs \$32,000.) Unlike Kilimanjaro, where climbers are obliged to climb with a guide, there is no obligation on Aconcagua to hire a guide, although that decision can be a costly one.

"Climbers who go up with a guide are examined three times during the climb by a medical doctor," Paul Beaubien explains. "If you make the climb with the doctor's approval and you fall sick or injure yourself, you'll be taken off the mountain by helicopter and brought to safety. If you make the climb without medical consent, and something happens, you'll still be rescued, but you'll have to pay for the rescue. The helicopter can't make it to the top of Aconcagua because the air is too thin but it does go up to the Nido de Condores camp at 5,570m."

The group began the climb on New Year's Day with a hike from the park entrance (2,900m) to Camp Confluencia (3,400m). (By way of comparison, Mount Orford has a vertical drop of 590m, but Orford's summit is only 850m above sea level.) The climbers spent two nights at Confluencia before climbing to Plaza de Mulas (4,300m) — so named because the baggage carrying mules can climb no higher — where they spent five nights.

"The days spent in camp were a little boring," Denis Beaubien admits. "The camp is second only to Mount Everest's base camp in size. It could accommodate some 400 people, but there wasn't much to do and everything was very expensive:

breakfast was \$25 and 15 minutes of Internet access cost \$10."

The waiting period at Plaza de Mulas was necessary because at higher altitudes the blood's ability to carry oxygen starts to diminish, and while the body can adapt to a higher altitude, it normally needs a few weeks to fully do so. It was also an occasion for the guides to test out the climbers. The group set off on two extended climbs that permitted the guides to determine the energy and stamina levels of the various members.

"We had three guides with us," says Paul, "and a fourth person who was an apprentice. Becoming a guide on Aconcagua requires a three-year course; guides know the mountain and have considerable medical expertise. We also hired porters, one each, and they carried the 20 kg per person of clothing and equipment we were permitted. These are among the highest-paid porters in the world earning \$200 per climbing day and they are in remarkable shape. They don't remain with the group but return to the base camp at Plaza de Mulas every evening. Two of our porters were women."

On setting out from Plaza de Mulas the climbers were thankful for sunny skies. The weather, which can change even more suddenly on mountaintops than it does in valleys, was excellent. In fact, perhaps even too good: several in the group suffered fairly serious sunburn, particularly on their noses. It could have been worse. Days prior to their arrival, meteorological instruments at the top of the mountain had recorded 115 km/hour winds and temperatures of -25C.

The group shrank as it ascended the mountain. Ironically, Céline Desautel, who had organized the trip, was one of the first to renounce the climb, and of the original 14, only 12 made it to Camp Canada (5,050m). Only nine got as far as Nido de Condores and by the time they got to Camp Colera (6,000m), the last camp before the peak, they had lost one more.

"We got up at 4:00 to start climbing at

5:00," recalls Denis. "We were looking at 10 or 11 hours of climbing, the first few of those in darkness. Once we reached the peak we would turn around and start a descent which might take as long as five hours."

"On setting out I was already exhausted and running mostly on willpower," he continues. "We were 12 in all: eight of the original group plus three guides and the apprentice. At roughly 6,150m, one of the group had to turn back with altitude sickness — headache and vomiting. One of the guides accompanied him down. At 6,400m another climber was experiencing exhaustion and could go no further. A second guide would have to accompany him down as well. It was a critical moment."

"Pablo, the head guide, told us to take stock of ourselves. We couldn't stop to rest because the weather looked as if it might be breaking. If one more person had to turn back, then the entire group would have to renounce the summit. Were all of us sure we could make it to the top? It was a difficult decision," Denis recalls.

At 6,400m the group was 560 vertical metres from the top, less than the climb from the base to the top of Mount Orford. It was 9:00 in the morning.

At that point Paul and Denis, independently of each other, and a third climber, Stephan Mackenzie, made the difficult but altruistic choice to renounce the summit and start walking down the mountain.

Altitude sickness, which can and does lead to death, takes different forms. For Paul and Denis, it was sleeplessness. In Paul's case he would crawl into his sleeping bag and feel his heart pounding rapidly, as if he'd just run a race. Denis, instead, would fall asleep only to wake up a minute or two later gasping for breath and sometimes seized by panic. Both realized that 48 hours is a long time to go without sleep, that a misstep on their part could cost the others the summit, that discretion is the better part of valour.

Three of the original 14 — Louis Chainé of Danville, Jean-Pierre Deguire of Victoriaville, and Claude Allaire of Victoriaville — made it to the top shortly before 4 p.m. The ascent was slow. They'd take one step, take five deep breaths of the oxygen-thin, mountaintop air, then take another step. Everyone made it back to Mendoza two days later and got safely home to Quebec five days after that.

For those who could compare Aconcagua with Kilimanjaro, the Argentine mountain was a very different experience. Aconcagua, which draws far fewer people, remains a relatively pristine mountain. All refuse and waste (including human waste) is carted back down the mountain. Argentina itself has a very European flavour. People were pleasant. The food (except for the meal at Camp Colera) was good.

Would any of them do it again?

One member of the group, when he got back down to Plaza de Mulas, promptly sold his boots. Paul returned home with the thought that perhaps high-altitude mountain climbing wasn't for him. Denis returned home

CONT'D ON PAGE 8

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Liberals will oppose Bill 14: Vallieres

By Stephen McDougall
QUEBEC

The Quebec Liberals will oppose Bill 14 because it "declares war on linguistic peace" in the province, according to Karine Vallieres, the member of the legislature for Richmond.

"Our party will vote against it," she said in a telephone interview Friday.

"It is not a justifiable measure. We see it as direct attack by the PQ on a vital linguistic balance."

The bill would, among other things, remove the treasured bilingual status from dozens of municipalities where anglophones reside. In the Townships, that means towns such as North Hatley, Ayer's Cliff, Brome Lake, Bolton East, Bury, Ogdén, Ulverton and Sutton would

no longer be allowed to provide English services or bilingual signs as they do now. Only towns that have an exact 50 per cent anglophone population such as West Bolton, Brome Village and Stanstead would remain bilingual.

"The bilingual status of a municipality should not be made at the discretion of a minister," argued Vallieres. "It should be up to the elected members of the municipal council. They know their own towns and what they need. It is their democratic right."

Vallieres, who is the Liberal's official critic on "poverty," said her party also opposes other aspects of the bill such as:

- Making companies with 26 to 49 employees get francization certification, without regard to the cost to the companies

- Making graduating college students who are anglophones or immigrants take a French knowledge exam and pass it before being given their diplomas.

- Having the power to reject those wanting to immigrate to Quebec solely on their lack of knowledge of French.

- The establishment of a larger force of language inspectors with powers of investigation authorized by the language minister.

The bill was introduced in December despite promises by Premier Pauline Marois that anglophone residents' rights "would not be threatened."

The bill is supposed to be voted on in the spring, after public hearings scheduled for March. But Vallieres would not say if defeating the bill would count as a non-confidence vote that could defeat

the government and bring on a new provincial election.

The last time the Liberals promised opposition to an assembly bill, that of the budget last December, the party voted against it but not enough members showed up to defeat the government.

Party members have vowed not to bring down the government before they have selected a new leader in April.

Another unknown is the mood of the third opposition party, the CAQ, which is made up of some former dissatisfied PQ members.

The CAQ has 19 seats in the legislature, enough to give a majority yes vote to the bill.

French Scouts fundraising and reaching out

By Gordon Lambie
Special to The Record

The Fondation Scoute de l'Estrie, the Eastern Townships' French scouting movement, gathered at the offices of the CIMA Engineering firm on King street West on Thursday morning, to publicly announce the honorary president of their 17th annual fundraising campaign, Frédéric Côté.

Côté, an engineer with CIMA and former scout, reaffirmed his scouting promise before those assembled to demonstrate his commitment to the role of honorary president.

There are three main objectives to the fundraising campaign:

Training adults — raising funds with the aim of optimizing training activities and rendering them more accessible to animators and group coordinators.

Financial Aid — giving financial support to disadvantaged youth who wish to join the scouting movement.

Development and promotion — developing and animating scouting in the Eastern Townships so that it can continue to be a first-rate source of pro-

gramming for the young people in the area.

Mélanie Tanguay, the district development agent for the foundation, spoke of the initiatives undertaken by the close to 1,100 local French scouts, making particular mention of a camporee, a regional gathering of scouting groups, which has been planned to take place in Bromptonville from June 30 to July 6 at Bromptonville High School. She said that this year they expect about 1,000 people — 800 participants and 200 volunteers.

When asked about cooperation between the foundation and Scouts Canada, the anglophone scouting organization, Tanguay said that they were open to and actively seeking participation and cooperation with Anglophone Scouts Canada groups.

"It's open to anyone who wants to come join us," she shared, regarding the camporee, though she then added, "I don't think there's anyone (English) registered."

Tanguay shared that while the French

CONT'D ON PAGE 8

Geese on the Massawippi in February



Did they return early or are they departing late? Or did they decide to winter in the Townships? Three Canada geese were spotted on the Massawippi River Thursday morning. They were really tired and only moved because of noise.

PHOTO BY NADINE FAFARD

CONCERT TICKETS TO GIVE-AWAY

The Record has 2 pairs of tickets to attend the O.S.S., Orchestre Symphonique de Sherbrooke, on March 2, 2013 at the Centre Culturel, University of Sherbrooke.

To win a pair of tickets, just call The Record on Wednesday, February 27 at 9:30 a.m.

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GORDON LAMBIE

Honorary president and regional chief scout Frédéric Côté reaffirmed his scouting promise over the scouting flag as a part of Thursday's press conference.

EDITORIAL

Some listeners found Finkleman too cynical and critical. On occasion he was, but at other times he was a man ahead of his time.

Danny Finkleman, Doo Wop, and oh those summer nights



TOM CAVANAGH

Danny Finkleman had a long run (1985-2005) as CBC radio host on his two-hour Saturday night program titled Finkleman's 45s. I never met him but I loved his patter and always felt he was a friend of mine. He offered witty insightful social commentary probably best described as "off the wall." Certainly he was a unique commodity unlike anyone else you're ever going to hear. Intermixed with his observations, stories, remarks, and judgments he played pop hits from the 1950s, 1960s, and early 1970s Doo Wop. He took me back to my teen years, and what memories he awakened when he dusted off and played old favourites: "Here we go folks, July 1957, number 36, The Jive Bomber's and "Bad Boy"; or the The Diamonds with "Little Darlin"; or the The Four Lads and "Istanbul not Constantinople." Re-living those brief sacred "Moments To Remember." Thank you Danny Finkleman.

When it came to his commentaries you never knew what topic to expect nor what his "take" might be. He had critics, naturally, but he never disappointed me. Subject matter? Well, the list seems inexhaustible: dishwashers, stop lights, motivational speakers, television screens, golf, lawyers, power hoses, parking problems, remotes, household tools, visiting relatives, etc. The commentaries varied and ranged widely: short or drawn out; thoughtful or angry tirades; mellow reflections or robust rants. Whatever his "take," it was most always fun.

Here are a few samples of Finkleman on a roll: "Follow the advice of motivational speakers and you'll be out of a job in a week." "Sign up for a two-day total immersion swimming session and you'll be wet, out of money, and possibly drowned." "Good golfers cannot teach anyone to play golf. Sure, you get sug-

gestions that may help a little but forget it. It's 80 to 85 per cent natural ability." "Giant TV screens? Listen folks, my TV is 25 years old. Want a clearer picture? It's easy. Move your chair closer." "Relatives/friends coming to visit? There's a golden rule. Never waver. Two days — and so long, it's been good to know you."

Some listeners found Finkleman too cynical and critical. On occasion he was, but at other times he was a man ahead of his time. He made a strong case for getting rid of traffic lights and having more roundabouts. Recently more roundabouts have appeared in the Lennoxville area and some people dislike them. Well, no surprise. You have to slow down and be more careful, which flies in the face of Quebecois drivers' preferences. In fact recent research supports and confirms Finkleman's argumentation. Removing traffic lights results in less congestion and fewer accidents. Counter intuitive perhaps but true. Think of the times when the stop lights go off by chance or mishap. Before the police arrive people regularly sort out the problem themselves. It has happened to me. We apply intelligence along with politeness and a lot more care and vigilance. We wait our turn. And the traffic moves smoothly. This is not just personal experience. One or two examples must suffice but for more information consult James C. Scott's "Two Cheers for Anarchism." Or get a coffee and pull over near either 12th or 13th street and rue Conseil in Sherbrooke. Observe the flow of traffic especially at a busy time of day. (Finkleman 1. Critics 0.) The defence rests.

What I fear is people with petitions for traffic lights at these corners. Exactly what we don't need. More accidents, more congestion. Please God, no. We have the capabilities to live, work and travel together without engineers and politicians continually controlling and directing us at every turn — and every corner.

There are other things we can do. Signage removal offers a worthy option. I think of this almost every time I approach Lennoxville from Highway 108 along College Street by Bishop's University. There is a distracting electric sign across from the University's main exit with such messages as, "The next meeting of the Lennoxville Borough Council

will be..." Or, "Bishop's University basketball team is playing..." I don't think I've ever captured or finished reading one of these many "helpful" messages before the sign changes. I am not a slow reader. And at this point in my life I don't need further distractions so I ignore that sign. More signs mean more drivers taking their eyes off the road. Find signs you can eliminate — especially that useless electric one. It's just common sense and supports safe responsible driving. Now if we can only get Quebecois male and female drivers to renounce their bizarre romance with tailgating. Years ago I was rear-ended by a speeding half-awake truck driver. Once is enough. Today I too often relive those terrifying moments with fellow citizens roaring up behind me at top speed.

Conclusion

In the early fifties with six friends, my brother and I rented a cottage at Greenhurst resort area near Peterborough. The dance hall was packed every Saturday night. There are good stories and some not so good but I limit myself to one. A

friend with a small band had a song that got ranked in the top fifty. •

The big time!

Years later I longed to hear it on Finkleman's 45. No luck. But singing with our friend at the cottage into the long late hours remains one of my happiest memories. Summer days drifting away. I'm probably the only one left on the planet who remembers the unoriginal lyrics. Reveres and remembers. Never heard the song again. Tant pis. Ah, but oh those summer nights. So as Finkleman would say, "Assume the vertical folks, kick back the rug, and here we go."

"Round the corner and down the street

"There's a place where the cat's all meet

"So jump into your blue swede shoes

"And rock to the rhythm of music and

blues.

"Shake shake, baby shake, shake shake, baby shake, shake shake, shake shake, baby shake."

Forgettable, yeah. But how we loved it.

Letters

It's a small world

HELLO EVERETTE:

Every year Sue Coburn sends me a brown envelope full of clippings from The Sherbrooke Record that she has saved all year for me.

You are a prolific letter [writer] to The Record and I enjoyed reading your many opinions! I wanted you to know that I had received and read them.

Also, I do the same thing! I get published in both our local papers, the Calgary Sun and the Calgary Herald. If one has an opinion on something of relevance, why not write a letter?

I especially enjoyed the one about the tar sands and Mulcaire's thoughts about them. You mentioned the mayor of Ford McMurray being from Danville and also Joe Blake from Danville. Good for you! I met Joe Blake when I went to Airdrie for Dorothy's (Paige) Kerr's funeral. Those at the funeral were invited to a reception at the local Legion and I went along. Of course I didn't recognize anyone, been away from Danville since 1969, but introduced myself, Joe mentioned that he was from Fort McMurray and I said that I knew someone who lived there, Barbara Lynn Brown and wondered if Barbara still lived there. "She better" replied Joe, "she's my wife." I didn't know that those two had married. I believe they are divorced now. One of my brothers used to play hockey with Joe Blake but I don't remember him, as I was older.

BARBARA JEAN (BARLOW) MOORE
ex Danville, Qc.

Thanks Matthew Farfan for remembering Jack

DEAR MATTHEW:

We the family of Jack St. Sauveur, want to thank you for your article in The Record. I have sent copies to his children and they were quite pleased to see that their dad was recognized by many people. My mother was quite pleased too that you thought of him.

SINCERELY, JOAN AUDET
Sherbrooke

THE RECORD

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THE LINK

Linking Lennoxville & the surrounding communities

What ruined the election?

Page 8

Haiti, New Orleans, and those who care

Local groups do good over spring vacation

By Josh Quirion

Part I - Haiti

Daytona, Cancun, Varadero, Punta Cana, and Puerto Plata are recognized as prime fly-out destination for the much-anticipated March break. It is a justifiable practice to travel around the world and vent amidst the fret of a demanding academic calendar, thousands upon thousands of students will be disappear from the cold and indulge in all-inclusiveness with infinite food and cocktails that are served with little straw hats in them.

While some enjoy their well-deserved spoils, other members of the community will maximize the potential of their time off to "travel with purpose."

A team from Lennoxville is making its fourth voyage to Haiti to continue developing the relief. Their attention and their effort are riveted on the construction of a school for the local children.

For local community member Robert Pinkston, who is coordinating the voyage, the endeavour's motivation is to "encourage the Haitians, and to show them God's love." Pinkston, along with Axe21 church band and BU Christian student ministry will be travelling the Haiti for the fourth time: first for the disaster relief, then to rebuild houses, then an orphanage, and now a school.

The project is a collaborative effort. Year after year, teams from the Sherbrooke and the Lennoxville communities collect the necessary funds to contribute to the relief. In January 2013, a team from Hope Community Church made the trip and continued developing the school project.

All of the project's funding has been raised through pizza suppers, coffee sales etc. "Participants have worked hard," adds Pinkston.

The ETSB has generously provided the project by furnishing them with a substantial amount of the school supplies

that will continue the betterment of the school.

"We have about 20 suitcases, and they're extra full," says Pinkston, "we have to pay an extra \$40 per piece and are still trying to raise these funds."

The Haiti relief is a righteous cause, and these members of our local community who relentlessly devote their time and effort to pursuing the progressive relief of a country that was once nearly lost, demonstrates a selflessness passion.

Anyone compelled to contribute to the project, please contact this reporter and I will put you in touch with the event coordinators. jquirion10@ubishop.ca.

Part II - New Orleans

While the Haiti relief crew will be travelling overseas during March break, a group of 10 students, headed by Pastor Lucas Aube will be travelling across the

border to New Orleans.

"We are going to be of service to the community that has a lot of social issues working against them," said Christine Brady, who claims that the past two summers of exposure to the NOLA has caused her to "fall in love with the area."

Motivated by human reciprocity and gratuitous kindness, the team's motivation is to spread the love of God. Their activities will include tutoring disfavoured children, feeding the homeless, and other varied projects around the city.

"It's a city with a lot of issues but so much resilience after the hurricane and everything they've gone through," adds Brady.

The Haiti and the NOLA initiatives exemplify the humanity that governs progressive relationships between countries and nations. By opting to partake in these projects, the local students and community members are taking a large step in the direction of global unity.

Youngsters, basketball, and a well-deserved retirement

By Josh Quirion

Kareem Abdul-Jabbar, one of the greatest NBA players of all time said, "I tell kids to pursue their basketball dreams, but I tell them not to let that be their only dream."

For over a decade, Maureen Hallam-Lemay - a 34-year teacher at Sunnyside Elementary School - has coordinated the ETSB primary school basketball tournament, and after an illustrious adventure of hoops and little troops, she is ready to pass the torch on to the next generation.

"Of all the events in which we partake, it's my favourite, because I'm so passionate about the game," said Lemay.

The annual invitational tournament was hosted at Alexander Galt Regional High School, and has been for a number of years. The high school's four gymnasiums and proportional athletic facilities serve as an ideal location to accommodate young players, parents, friends, and family.

Every year, the event assembles young, athletic boys and girls from schools across the Townships: Ayers Cliff, Magog, Stanstead, North Hatley, Sherbrooke, and Lennoxville. Along with voluntary coaches and parents the enthusiastic hordes of mini superstars file into the gym wearing oversized T-shirts and enthusiastic smiles.

At 9 a.m., more than 100 students sit



JOSH QUIRION

ACES and LES ready to rumble in the tournament finals.

cross-legged in circles with their teams, raise their hands as a common abidance of silence, and direct their attention to Lemay, who is standing fast, ready to address the masses one last time.

With a radiant, genuine passion for basketball and the event, she reiterated the rules, guideline, and expectations, without omitting to welcome and thank the invited scorers and referees.

"It's a collaborative effort, I could not do it by myself. It's the implication of the teachers, staff members, and old stu-

dents/players that allows for the event to run smoothly," adds Lemay.

The tournament kicked off, and every score was accompanied with girly shrieks and boyish fist pumps. The atmosphere was filled with excitement and positive encouragement. One team who was losing by a score of 30-0 scored a basket with 10 seconds to go, 30-2, the crowd erupted with cheerful applause, even the team who was scored on joined the celebration!

A few hours of grinding and balling

later, the day came to a close, and the masses were assembled one last time for a final thank-you and good-bye. Exhausted basketball mini superstars returned home, and the vast emptiness of the gym re-established its contented silence.

Between Sunnyside and Alexander Galt, Lemay combines more than 40 years of illustrious coaching in the ETSB.

"As a coach you develop very different relationships with your players than with your students. I am fortunate right now in having three boys who I taught and coached at Sunnyside on my Galt senior boy's basketball team. I've known two of these kids since kindergarten. That makes this year's team kind of special."

Lemay states that her most memorable moment in the tournament's history was the smile on Jack Gustin's face when he scored the winning basket in sudden death, 20 years ago!

This memory is demonstrative of what Lemay believes the occasion is all about, "the smiles, the participation, learning the game, and loving the game."

It is a relentless endeavour to provide local youths with an opportunity to be unified through basketball year after year. Lemay's contribution to the local community will not be forgotten. For countless years of diligent service, we say thank you!

The 2013 squirrel-ections

By Josh Quirion

After weeks of structuring platforms and campaigning, the SRC candidates held their breath as the sun rose on the much anticipated, climactic voting day.

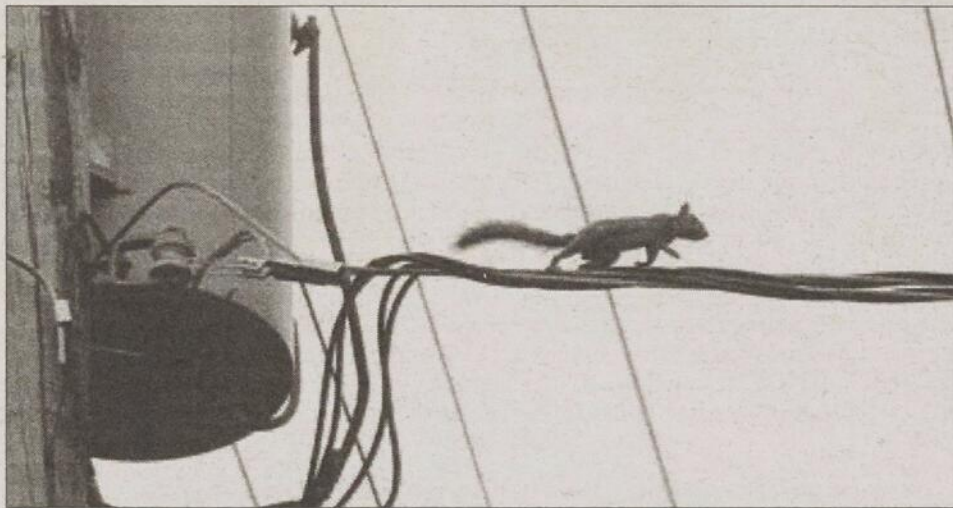
The voters were prepared and the ballots were ready to open, but a party of critters had different plans. Two gray squirrels that were allegedly playing tag ventured outside of their perimeter and chased each other up a hydro pole on campus. Little did they know that their amusement would cause their demise. The little guys got far too close to the power lines and the current electrocuted

them, causing a fuse to pop on the line behind the library.

Between the squirrels' interference with the adequacy of the power situation, and a systematic malfunction in the BU online mailing system, the elections were inevitably postponed a few days.

Buildings and grounds foreman Steve Rowe indicated that the incident was not unprecedented, and that on more than one other occasion, the BU wildlife had interfered with the electrical peace.

Regardless, a few days later, the 26 per cent voter turnout still represented one of the most significant elector contributions in the past years.



Alleged anarchist squirrel Maximus moments before his demise.

Fish fraudster pleads guilty, denied bail

Record Staff

A fraudulent itinerant fishmonger has been denied bail and will remain in custody until sentencing following a guilty plea Friday to 17 charges of fraud in connection with a fish-selling business he operated last summer.

"I assume you are a fraudster," said Quebec Court Judge François Marchand, in denying his release, "I have to ensure the protection and safety of the public."

Charles Lirette, 45, of Saint-Georges-de-Windsor, admitted defrauding 17 people for an amount of nearly \$9,000.

Lirette sold fish door-to-door from the back of his truck and convinced his victims to advance him cash, which was never repaid.

"He chose the elderly as victims. It was not old acquaintances, but mainly customers who had bought fish from him before. He would show up in a state of panic and was very insistent in asking for money for various reasons, such as a brother's illness, the hospitalization of his father-in-law, or his dog was dead," said police investigator Nathalie Bédard.

None of the 17 people victimized between February 2011 and November 2012 has been repaid. Charles Lirette acknowledged his actions in addition to pleading guilty to charges of breach of conditions of release.

The judge, however, rejected Lirette's request to regain his freedom.

"If I set you free, I'll bring the administration of justice into disrepute. What aggravates your case, it is the large number of victims," the judge said.

Lirette has built up an extensive criminal history since 1988, but was apologetic in court.

"I am very sorry. I apologize to those affected. I would like to fix my mistakes. I did not intend to lie. I wanted to pay these people," Lirette said during his testimony.

Crown attorney André Campagna was not impressed.

"Judge, you have before you a real fraud artist. He tried to refine his manners to extort money from vulnerable people," he said, mentioning another fraud in 2008 carried out by Lirette in Gatineau where he had promised to pay \$3,500, but has not yet paid a cent.

Lirette appeared at homes in Sherbrooke and the surrounding area offering cheap seafood and frozen fish from the freezer of his truck. After a legitimate initial transaction, Lirette returned to likely clients to offer them another shipment. He would return after a few days to ask for a loan of money under various pretexts, leaving post-dated collateral checks, which would ultimately bounce.

Sherbrooke police believe that other people have been victims of Charles Lirette, and are encouraging them to contact Investigator Nathalie Bédard at 819,821-5544.

The Record archives book Volume 2 (1921-1930) has arrived!

This past fall, *The Record* began the arduous task of scanning and digitizing original copies of the front pages of our newspaper from the turn of the century.

Volume 1 was published in December.

Volume 2 will be published this month, in connection with The Record's 116th Anniversary, and covers 1921 to 1930.

Early editions of The Record provide first-hand accounts of the efforts and sacrifices of two World Wars, the Depression, fires, floods, crime and punishment.

More than that, the pages are a testament to the builders and leaders whose names grace our street signs and institutions.

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or pick one up at our office: The Record, 1195 Galt St. East, Sherbrooke, QC, J1G 1Y7.

If you missed Volume 1, we still have a limited number of them available - order it with volume 2.

Climb a 7,000-metre mountain

CONT'D FROM PAGE 4

wondering if he might have made it to the top if he'd taken Diamox, a medication against altitude sickness. Candide Doyon, who trained at Bromont and who was denied on her second attempt because her blood pressure suddenly shot up, wonders the same thing. After a week back home (much of it spent catching up on lost sleep) some memories — the cold, the wind, the sunburn — started to fade, while others — the camaraderie, the common purpose, the visceral response to a daunting challenge — remained bright and clear. The most recent flurry of e-mails between the members of the group suggests that it's wisest to never say never.

Mountain Meters

- Mont Orford 850
- Mont Tremblant 875
- Mount Mansfield 1,340 (Highest in Vermont)
- Mount Washington 1,917 (Highest in American Northeast)
- Mount Robson 3,954 (Highest in the Canadian Rockies)
- Mount Kilimanjaro 5,895 (Highest in Africa)
- Mount Logan 5,959 (Highest in Canada - Yukon)
- Mount McKinley 6,194 (Highest in North America - Alaska)
- Aconcagua 6,962 (Highest in the Americas)
- Mount Everest 8,848 (Highest in Asia - and on earth)

French Scouts

CONT'D FROM PAGE 5

and English scouting organizations are cooperating well at the national level, regional groups across linguistic lines often don't even know about each others' existence. She said that the registration link for this camporee would be up on the foundation's website until June, and strongly encouraged local English scouting groups to sign up.

"To be sure the camporee is planned in French," she said, "but the majority of the groups speak both languages...We

think it's important, after all, we are all scouts."

The primary fundraiser of the foundation is a benefit cocktail set to take place the fourth of April at 5 p.m. at the armoury on Belvedere Street South in Sherbrooke. The cost is \$65 per ticket, with groups of six reservable for \$450. Questions about the fundraiser or the camporee can be directed to the foundation itself at (819)563-5822, or by e-mail: district@scoutsdelestrie.com.

Cyber dates turn nasty

Record Staff

Several local men have been victims of an extortion scam on the web in recent weeks after meeting attractive young women on social networks like Badoo, BAZOO.com, etc.

According to police, the scheme goes something like this. Young women befriend men on a social network. Once contact is established, the exchange continues using private messaging services like Skype or MSM. The women disrobe on webcam and in return, ask the men to do the same. Several victims complied and engaged in explicit activity.

The women then demanded money (about \$500 to \$ 1,000), threatening to distribute videos of their activity on the web through YouTube or Facebook. They also demanded money to remove it, or claim that the activity took place in front of a 10- or 12-year old girl.

Some victims have complained to the Sûreté du Québec and municipal police. It is possible that the women in question come from Africa or other countries, making them difficult to trace. The Sûreté du Québec is reminding people to be wary of cybercrime. They recommend never letting anyone convince you to do anything that makes you uncomfortable because they are not the ones who will suffer the consequences. Those who have been targeted by such schemes are asked, to the extent possible, to locate the IP address of the perpetrator and to contact local police.

Breakthrough in flu research at CHUS

Record Staff

Researchers from the University of Sherbrooke have identified a new function of the enzyme matriptase, which they believe can activate a protein involved in viral infections caused by the H1N1 flu virus.


The research team, lead by professor and research pharmacologist Dr. Martin Richter, from the Centre de recherche clinique Étienne-Le Bel (CRCELB) at the Centre hospitalier universitaire de Sherbrooke (CHUS), believes their work could help prevent the development of viral resistance to the drug. The scientific community refers precisely to the urgent need for new antiviral drugs to treat influenza, a disease that every year causes between 250,000 and 500,000 deaths worldwide, mostly among young children and the elderly.

There are now two types of antiviral drugs approved for the treatment of influenza virus, including Tamiflu and Relenza. On the other hand, several strains of the influenza virus have proven more resistant to antiviral drugs. The majority of strains derived from the H1N1 pandemic of 2009, which still circulate today, remain sensitive but several cases of resistance have been noted.


The research team has filed an international patent application for a new class of molecules, targeting matriptase and has released its findings in the recent edition of the "Journal of Virology."

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Local Sports

"We're going to run a lot, we're going to hit and run, we're going to drive people crazy."

Sherbrooke Expos introduce new manager

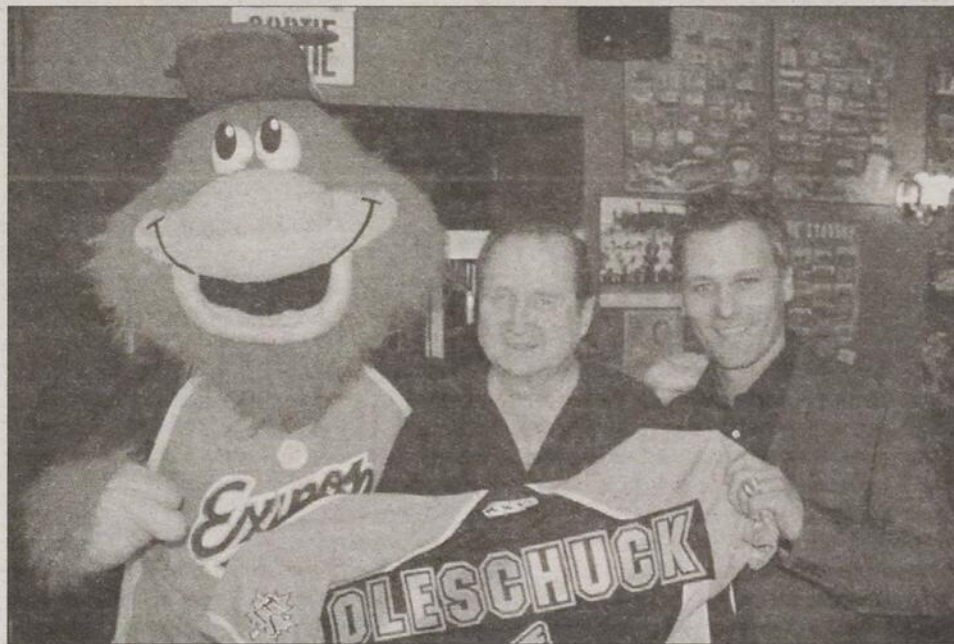
By John Edwards
Special to The Record

A reminder of the eventual onset of spring came on Thursday, as the Sherbrooke Expos announced the hiring of Steve Oleschuck to be their new manager.

Oleschuck, 71, is a longtime baseball coach and scout, but the Sherbrooke native is returning to coach in his hometown for the first time in 22 years. Oleschuck played minor league baseball in the Pittsburgh, San Francisco and Detroit organizations during the 1960s, and has been a Major League scout since 1970. He is currently scouting for the Arizona Diamondbacks after stints with San Diego, Anaheim and Pittsburgh.

"The Stade Amedée-Roy is my second home," said the well-traveled Oleschuck, whose 30-plus year managerial career has come full circle, having begun with the Sherbrooke A's in 1979, and included three different stints with the A's until 1991. Oleschuck's resume includes stops around Quebec, and four years in Europe, where he coached in the French and German leagues. He was also the manager of the French national team in 1999.

"It's been 22 years since I've been away from Sherbrooke, as far as baseball is concerned," said Oleschuck. "I never thought I'd get the call to come back. Twenty-two years is a long time. I've been all over Europe, to Germany, to France, and I've even had the pleasure of coaching in Coaticook.



Steve Oleschuck (centre) and François Lecuyer pose with Sherbrooke Expos mascot Expouff after Oleschuck's hiring as the Expos manager, February 22 in Sherbrooke.

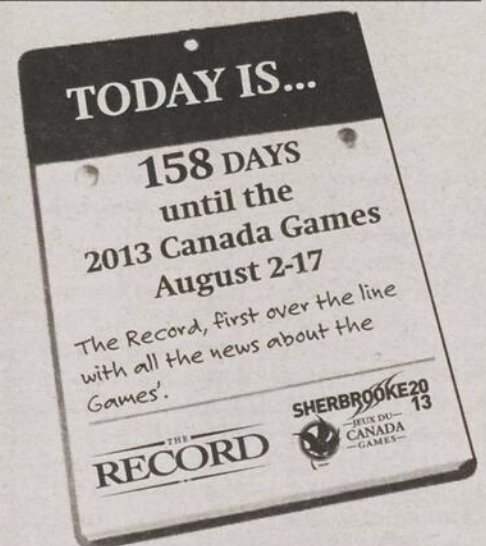
"Now I'm back in Sherbrooke where it's going to mean something. I'm very pleased to be back."

Oleschuck's hiring represents a first for the Expos, who had previously used player-managers, most recently Jason Benson, who is set to remain with the club as a pitcher and will assist Oleschuck. The Expos, who last won the Quebec Senior Elite Baseball League championship in 2009, went 21-13 last season and finished fourth in the 13-team circuit before falling to Coaticook

in the league semifinals.

François Lecuyer, who is going into his ninth season as the club's owner, cited a need to keep pace with the changing market in Sherbrooke, as well as the fact that being a player-manager is a task "that nobody really wants."

"We had to have someone who would take the game on his shoulders, and Steve is the perfect person for that. I've known Steve for a long time, and he knows what he has to do with the players and with the organization and the re-



ality of our sport."

Oleschuck promises that baseball fans will be in for an exciting, aggressive brand of baseball when the Expos season gets underway in mid-May.

"We're going to have a lot of fun in Sherbrooke this year, and I hope to see some new fans, some old fans, all types of fans to help us win. I'm blessed with this Sherbrooke club, because I have exceptional runners. The boys we have can all run. I'm an aggressive guy when I get on the bases. We're going to run a lot, we're going to hit and run, we're going to drive people crazy."

Oleschuck has chosen to wear the number 4, in honour of managerial legend Earl Weaver, who died in January. However, he has no plans to live up to the former Baltimore Oriole's legendary reputation for irascibility. "I know how to talk to the umpires," he said. "I can't remember the last time I got thrown out of a game!"

Gaiters fall to Stingers in their last games of the regular season

Clare Webb
Sports Information Writer
Bishop's University

For their last game of the regular season the Bishop's Gaiters basketball teams headed to Montreal Friday to visit the Concordia Stingers. The men looked to better their chances in the final RESQ standings while the women looked for an upset. The Lady Gaiters fell to Concordia 70-51 in a hard fought match. The men dropped the their game to the Stingers 72-63.

The Lady Gaiters played a tough game of basketball. Concordia started off strong taking the opening quarter 22-8. The Gaiters fought back in the second frame but were still down 34-19 at half-time. The Stingers continued to shoot well though the third quarter and took it 15-14. Bishop's came to play in the fourth quarter. Riley Shkimba (Kingston, Ontario) and Marie-Douce Bergeron (Repentigny, Quebec) had back-to-back three pointers early in the quarter but the strong play by Bishop's was too late as the final score was 70-51 in favour of Concordia.

In most likely her final university game and final game as a Gaiter Gabrielle Chamberland (Sherbrooke) was the top scorer for the Lady Gaiters with 10 points and six rebounds. Bailey Trafford (Centreville, New Brunswick) and



FILE PHOTO/MATT HICKEY

Gabrielle Chamberland played her last game in a Bishop's University uniform Friday.

Shkimba each contributed eight points. The high scorer for Concordia was Ashley Clarke (Montreal) with 21 points and four rebounds. Kaylah Barrett (Brampton, Ontario) had 13 points and five rebounds.

The Stinger men come out shooting

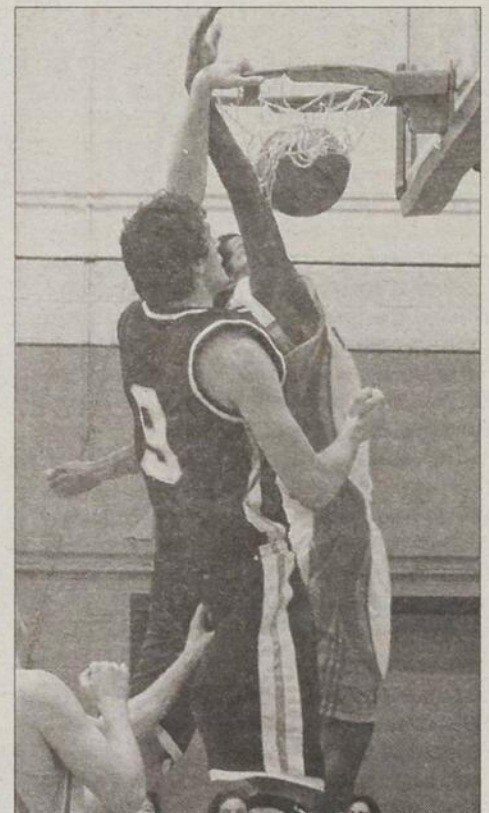
and took an early 9-2 lead on the Gaiters. Tim Hunter (Baie d'Urfe, Quebec) drained a three to end the first quarter and cut the Stingers lead to 20-13. The Gaiters scored quickly to start the second quarter and brought the score to within one. A trey by Scott Ring (Ottawa) gave Bishop's their first lead of the game, 28-26 late in the half. The score was tied 33-33 as the teams went in for the break.

Play was tightly contested though the third quarter with baskets being drained at both ends of the floor. The score after three quarters of play was 49-48 in favour of Bishop's. But Concordia dominated the fourth. The Gaiters' shots were not falling as the Stingers were not missing.

Bishop's lost both Mike Andrews (Oakville, Ontario) and Matt McLean (Ottawa) to foul trouble. With four minutes to play the Stingers were up 64-54. Concordia held on and took the game 72-63.

As a team the Stingers out-rebounded the Gaiters 51-33, including a massive 27 at the offensive end of the floor.

The leading scorer for Bishop's was Andrews with 14 points and four rebounds. Ring added 13 points and five rebounds and Hunter had 11 points and five rebounds. The top scorer for the Stingers was Kyle Desmarais (Montreal) with 22 points and eight rebounds. Morgan Tajfel (Montreal) contributed 18 points and 12 rebounds in the Stingers



FILE PHOTO/MATT HICKEY

Mike Andrews led the Gaiters with 14 points.

win.

The Gaiters wrap up their season with a 10-6 record. The Lady Gaiters' loss officially ends their season.

Death



**Nancy Maude
Maclachlan
LYMAN**

December 16, 1919 - February 23, 2013

Peacefully, with her family by her side, Mom passed from her earthly home to her eternal heavenly home to be with Jesus and her beloved husband Sydney (predeceased 1991).

Mom lived a long and happy life and was thankful that God blessed her with such a loving family. Survived by her much loved children; Alan (Karen), Mary (David), David (Nancy) and Martha (Darwin), nine grandchildren, eleven great grandchildren, sister; Wendy, and many nieces and nephews.

The family wishes to thank the nursing staff of Bluewater Health, Sarnia Site (Rehab) and Petrolia site (Continuing Care) for their compassionate care of our mom over the past many months.

Funeral service to be held at Trinity Anglican Church, 1194 Murphy Road, Sarnia, Ontario, on Thursday, February 28, 2013 at 11:00 a.m., with visitation one hour preceding service. Cremation to follow, with interment of ashes at Mount Royal Cemetery, Montreal, at a later date.

In lieu of flowers, donations may be made to Trinity Anglican Church, Sarnia, The Inn of the Good Shepherd, Sarnia, or The Salvation Army.

Arrangements entrusted to Smith Funeral Home, Sarnia. Memories and condolences may be sent online at www.smithfuneralhome.ca

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. Psalm 23:6 NIV

SMITH FUNERAL HOME
Sarnia, Ontario
519-542-5541
519-542-5542 - fax
smithfuneralhome@cogeco.net

Death

Death

Death

**John
Stuart
PRATT**
1936 - Feb. 21, 2013

We are saddened to announce the passing of John Stuart Pratt peacefully in Montreal of renal cancer. He made the most of the past 5 years and died with dignity and grace.

Predeceased by his mother Dorothy Ward Connell and father R. John Pratt, he is survived by his three children Robert (Nicky), Julia (Tim) and Jennifer (Kirby). He was PapaJohn and Pop Pop to grandchildren Jessica, Anthony, Gregory, Elena, Elizabeth and Eliza. He also leaves his brother Robin Pratt (Francine) and nephew Graham and nieces Thea and Jessica. His dear friend Madeleine was with him when he died.

Dad's achievements over 76 years were many. Among them he was a recipient of the Bishop's University Golden Mitre Award and inducted to its RBC Wall of Distinction for outstanding achievements in football, skiing, hockey, leadership and contributions to school life in the 50s; founding headmaster of The Country Day School in King City, Ontario in the 70s; and most recently, his unyielding support for Truth and Reconciliation for Bishop's College School in Lennoxville, QC. And the next time it rains, we'll know it's because Dad is fly-fishing up in heaven.

Thank you to the amazing staff at St. Mary's Hospital for their great care over the past 5 years, particularly in the last month. A special thank you to Dr. Zidulka for her constant help and guidance.

A private cremation has taken place. In the spring, there will be a celebration of John's life held at Bishop's University in Lennoxville. For now, as dad would say, "Taut Lines".

In lieu of flowers, donations can be made to the 'John Pratt Scholarship Fund' established at Bishop's University in December 2012 by contacting the University Advancement Office.



**Agnes
YETTER**

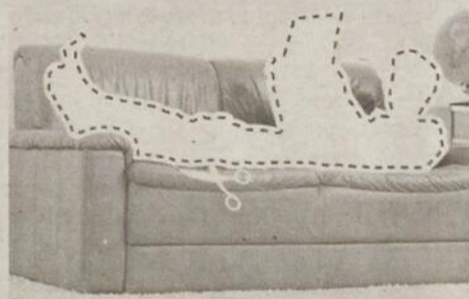
February 18, 2013

It is with great sadness that we announce the passing of Agnes Yetter. Ms Yetter passed away on Monday, February 18 at the C.S.S.S. Coaticook. She was 70 years of age. Agnes, a loving mother, leaves to mourn her four children Alan, Shirley, Brian and Joan. She was the sister of the late Jean, the late Richard and the late James. She is survived by her brother Larry and sister June.

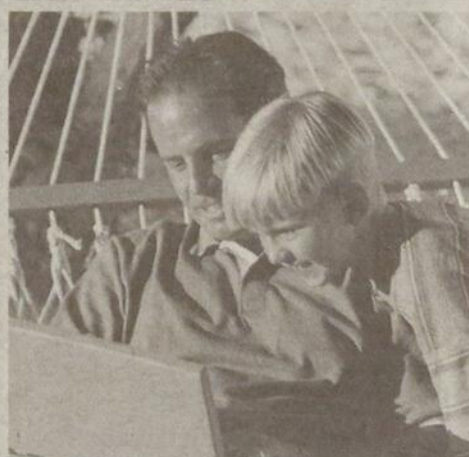
Special thanks goes to the personnel of C.S.S.S. Coaticook and Dixville Home Inc. for the care she received, as well as a special thanks to Dr. Bernard Frenette, Martine Landry and Sue Nutbrown, Diane Cormier and all of her friends and colleagues from the Plateau Coaticook and the Day Activity Center at the Dixville Home.

A memorial service will be held February 27 at 1:00 p.m. in the Dixville Home Chapel.

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MONDAY, FEBRUARY 25, 2013

**Universal
Uclick Almanac**

Today is the 56th day of 2013 and the 67th day of winter.

TODAY'S HISTORY: In 1836, Samuel Colt patented his revolving-cylinder pistol.

In 1901, J.P. Morgan incorporated the United States Steel Corporation.

In 1913, the 16th Amendment to the Constitution, which gives Congress the power to levy income taxes, went into effect.

In 1991, the Warsaw Pact, a mutual defense agreement between Central and Eastern European communist states, was declared disbanded.

TODAY'S BIRTHDAYS: Pierre-Auguste Renoir (1841-1919), artist; Enrico Caruso (1873-1921), opera singer; John Foster Dulles (1888-1959), diplomat; Ralph Stanley (1927-), musician; Sally Jessy Raphael (1935-), TV personality; George Harrison (1943-2001), musician; Jack

Handey (1949-), humorist; Sean Astin (1971-), actor; Chelsea Handler (1975-), comedian; Rashida Jones (1976-), actress.

TODAY'S FACT: Pierre-Auguste Renoir continued to paint in his later years, despite being wheelchair-bound and suffering from such severe rheumatoid arthritis that he could not pick up a brush on his own. An assistant had to place the brush in Renoir's hand.

TODAY'S SPORTS: In 1964, Cassius Clay defeated Sonny Liston in a stunning upset to win the heavyweight boxing crown. Clay changed his name to Muhammad Ali the following week.

TODAY'S QUOTE: "The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year." — John Foster Dulles

TODAY'S NUMBER: 1,060 — number of pairs of shoes notoriously left behind by Philippine first lady Imelda Marcos when she and her husband, President Ferdinand Marcos, were forced to flee the country on this day in 1986.

TODAY'S MOON: Full moon (Feb. 25).

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM
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I have been called a slut and a troublemaker and threatened about almost everything

MONDAY, FEBRUARY 25, 2013

Annie's Mailbox

Dear Annie: My husband criticizes me all the time. He also says the nastiest, most hurtful things when we argue. I have been called a slut and a troublemaker and threatened about almost everything. I don't believe he feels bad about the way he treats me, and even when I tell him how painful it is, he continues to do it.

We all have made mistakes in our past, but he paints himself as the most innocent and pure person alive. Because of all of this, I find it hard to be intimate with him.

My husband tells me he says these things because I am provoking him. Counseling is out of the question, as he would never admit there is a problem with the way he treats me. Would someone behave like this if he doesn't mean it? — N.N.

Dear N.N.: Your husband is a classic verbal abuser. Constant criticism and calling you names is a way to control and manipulate you. He also threatens you so you will be afraid of angering him. He refuses to discuss his behavior because he doesn't want to take responsibility for it. You have told him his words are hurtful, but it makes no difference.

His abuse is not your fault, but it is important that you make it clear it is unacceptable. Otherwise,

he will continue to belittle you, and in some cases, the behavior can escalate to physical abuse. Please lean on your family and friends for support, letting them know what is going on. We also strongly urge you to get counseling on your own in order to decide whether you can set boundaries that he will follow, or whether you must leave for your own safety and sanity.

Dear Annie: I am a 25-year-old woman with very short, spiky hair. I wear girly clothes, yet time and time again, people think I am gay. It drives me absolutely crazy. I have seen my hairstyle on other women, and it would never occur to me to think they are gay.

I admire guys when they walk by like any other woman my age. I like my hair short because it takes me three minutes to style, which means I can sleep longer. My hair is also rather thin, so a longer style looks straggly.

The length of my hair has nothing to do with my sexual orientation. I hope people will see this and think twice. — Short, Sassy and Straight

Dear Short: With so many female celebrities wearing short, spiky hairstyles these days, we are amazed that anyone would make such assumptions.

Ask a few friends why your appearance gives others this impression. Or, if it bothers you, consider different makeup to feminize your face, although you do not need to justify your look to anyone. If you like it, that's all that matters.

Dear Annie: Please tell "Frustrated Viewer in Canada" and other readers that almost all newer flat-screen televisions can be set to meet their audio needs.

My family recently was surprised to discover that TV stations were already broadcasting programs with wonderful audio. All we needed to do was read the owner's manual for our TV and make the necessary adjustments to the audio settings. In our case, we also were able to attach external speakers using an amplifier, which gave us even clearer and richer sound.

Not only is the dialogue easier to understand, but the hearing-impaired member of our household no longer has to wear special headphones to hear the TV. And what's even more unbelievable, the music in the commercials sounds so good, we no longer feel an urgent need to push the "mute" button. — Eureka, Calif.

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

Dysthymia is more than just grumpiness

ASK DOCTOR K

by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I was recently diagnosed with dysthymia. Can you tell me more about this condition? Is it the same as depression?

DEAR READER: Dysthymia is a form of depression. It is less severe than major depression, but usually lasts longer. Many people with dysthymia describe having been depressed as long as they can remember. They also are at a greater risk of developing major depression.

Dysthymia is not quite as common as full-blown depression, but still is fairly common. During the course of a year, about two people out of every 100 will suffer from dysthymia. It is about twice as common in women as in men.

The symptoms of dysthymia are similar to those of major depression, but they tend to be less intense. In both conditions, a person can:

- Have a low or irritable mood.
- Experience a decrease in pleasure.
- Have low energy.
- Feel relatively unmotivated.
- Feel disengaged from the world.
- Experience an increase or decrease in appetite and weight.
- Sleep too much or have trouble sleeping.
- Have difficulty concentrating.
- Feel indecisive.
- Feel pessimistic.
- Have a poor self-image.

Dysthymia lasts for long periods, sometimes starting in childhood. As a result, a person with dysthymia tends to believe that depression is part of his or her character. He or she may not even think to talk about it with doctors, family or friends.

I remember telling a patient that I thought he suffered from dysthymia. He replied, "I don't have any kind of depression. I'm just grumpy." His wife added, "His mother says he was born grumpy."

Treatment usually includes emotional support and education about depression. Cognitive behavioral therapy examines and helps correct faulty, self-critical thought patterns. Psychotherapy can help sort out conflicts in important relationships or explores the history behind the symptoms.

An antidepressant medication can be very helpful. Antidepressants recommended for dysthymia are the selective serotonin reuptake inhibitors (SSRIs such as fluoxetine); serotonin-norepinephrine reuptake inhibitors (SNRIs such as venlafaxine); mirtazapine; and bupropion.

Your doctor may add a different type of drug to your treatment — for example, a mood stabilizer or anti-anxiety medication.

We have more information on depression in our Special Health Report, "Understanding Depression." (Learn more about this report at AskDoctorK.com, or call 877-649-9457 toll-free to order it.)

With treatment, symptoms often go away completely. However, continued treatment is usually necessary to prevent symptoms from returning. What is important is treatment, not diagnostic labels.

My patient who insisted he was just "a grumpy person" agreed to try an antidepressant. Two months later, the patient told me he wasn't sure if the medicine was helping, but added that he would be happy to stay on it. His wife said, "You really should," and then turned to me and said, "He's not grumpy anymore." Whether the treatment cured dysthymia or grumpiness, what mattered was that two people were happier.

Studies show genetic factors play a role in stuttering

ASK DOCTOR K

by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: My child stutters. Why does he do this? What can we do to help him?

DEAR READER: I remember the first time I met someone who stuttered. He was a playmate when I was in grade school, whose parents knew my parents. He talked about his parents a lot, but I never heard him say the words "mother" or "father." It was always "m-m-mother" or "f-f-f-father."

When I asked my mom about him, she explained that he was probably having "emotional problems." That made sense to me; I couldn't think of another reason why someone would have trouble saying such simple words.

My mom's "diagnosis" reflected common beliefs.

For a long time, stuttering was believed to be a psychological problem. But recent research suggests that stuttering has a strong biological basis, even though it may also be affected by emotions.

For example, stuttering tends to run in families. Obviously, that could be explained by emotional tensions in the family. But it also could indicate that genetic (inherited) factors play a role.

In fact, recent studies indicate that genetic factors probably play a larger role than scientists once thought. A study published in 2010 in the *New England Journal of Medicine* identified specific changes in genes (short sequences of genetic material) that may increase the risk of stuttering. At least one of these genes is particularly active in parts of the brain linked to motor function and emotion. Speech involves tremendous motor coordination.

There also is evidence that strong emotions and anxiety can intensify stuttering. You can't change your child's genetic inheritance, but you can influence his emotional state. In particular, you can help your child by doing the following:

- Be a patient, attentive listener.
- Do not finish your child's words or sentences and do not interrupt.
- Do not pressure your child to speak to strangers or perform in public.
- Work with family members or teachers to provide a relaxed environment for your child.

Your child may benefit from working with a speech-language pathologist (SLP). SLPs use many different types of speech therapy to treat stuttering. Some of the most effective methods include:

- Modeling slower speaking.
- Teaching exercises for breath control and reducing tension on the vocal cords.
- Using a computer or other devices to give immediate feedback on how the child is doing with various strategies.

It is possible that discovering genes that cause stuttering might one day lead to specific treatments that reverse the adverse effects of these genes.

More likely, recent genetic discoveries may help identify kids who could benefit from early treatment. Such treatment of stuttering is the best hope for preventing symptoms from getting worse and becoming a long-term problem. Genetic studies could identify newborns who are at risk for stuttering and begin treating these high-risk children early in life.

Such treatment helped my childhood friend. He learned to reduce his stuttering and became a highly accomplished doctor.

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.

"CGT YZBBTPTSDT OTCNTTS DPZCZDH
RSY RLYZTSDTH ZH CGRC UST ZH R
MPULI UB GLFRSH RSY UST ZH SUC."
— TYNRPY RXOTT

Previous Solution: "Awards are so unnecessary, because I think we get so much out of our work just by doing it." — Natalie Portman

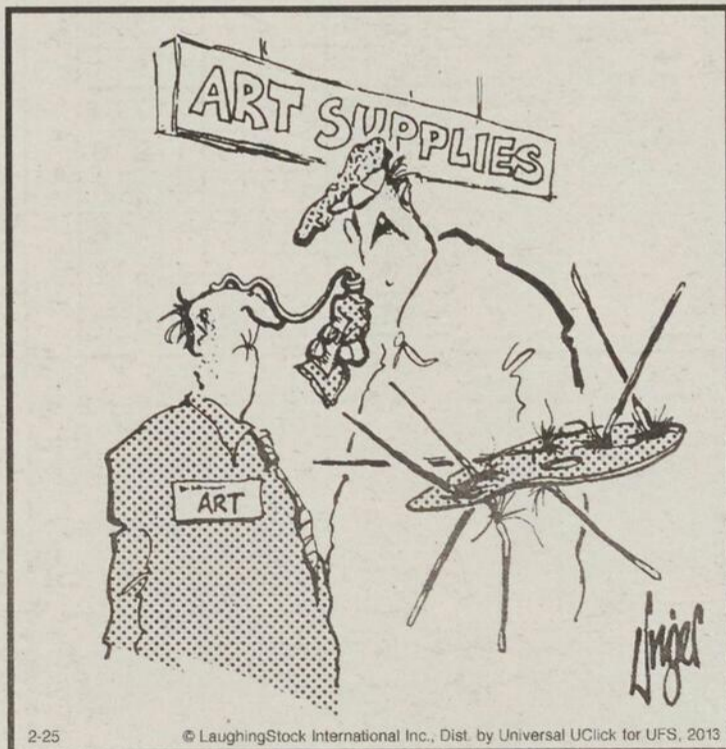
TODAY'S CLUE: \odot sjenbe W

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KIT N' CARLYLE



HERMAN

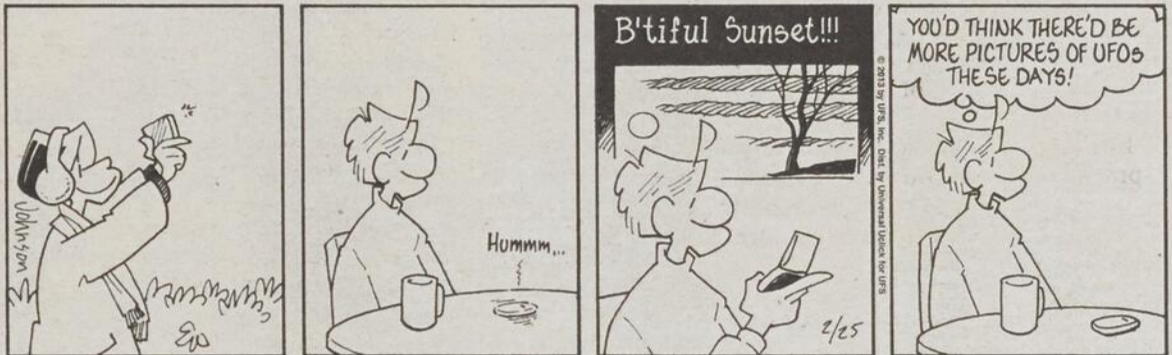


"Now then, is that blue or glue?"

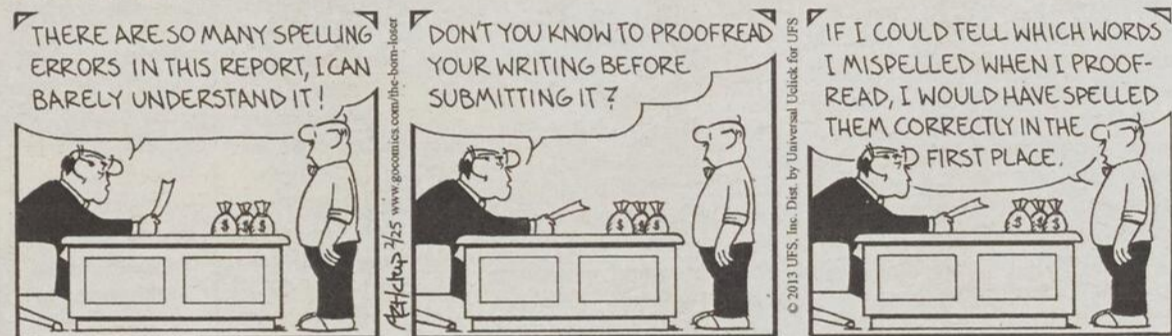
ALLEY OOP



ARLO & JANIS



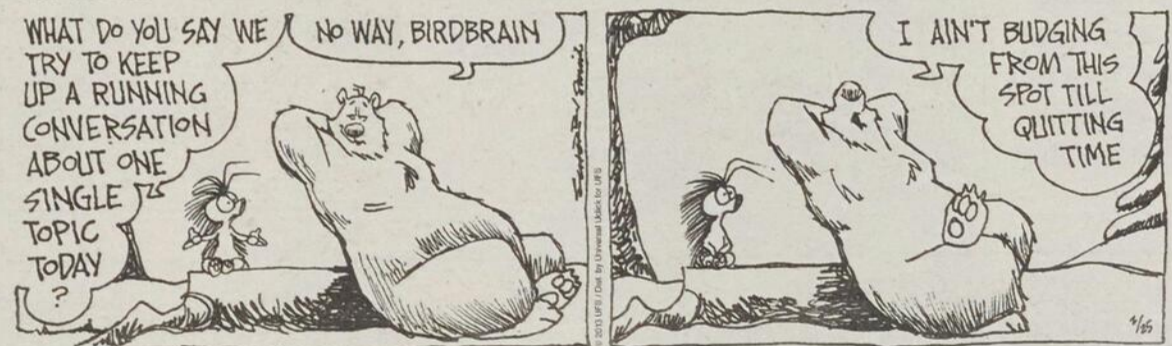
THE BORN LOSER



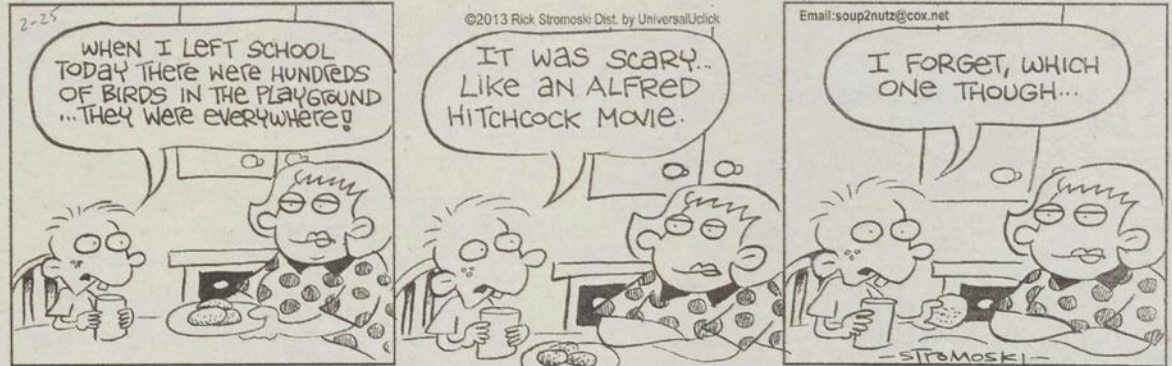
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The lean cuisine of Lent

STIR IT UP!
by Marialisa Calta

Italians are known for enjoying "la dolce vita" ("the sweet life"), and if you doubt that's true, look no further than Lent.

Lent is a period of penitence and deprivation in the Catholic Church. In early times, those who broke the rules were in for some serious punishment; the emperor Charlemagne, for example, executed those who ate meat during Lent. But Italians managed to turn even their "cucina di magro" (lean cooking) into a feast.

"The Italian love for a good meal, combined with the native ingenuity of making the best of any given situation, produced a rewarding variety of meatless dishes," G. Franco Romagnoli wrote in "La Cucina di Magro" (Steerforth Italia, 2002).

Carol Field, author of "Celebrating Italy" (William Morrow, 1990), says that "although abstinence is the theme of Lent, a profusion of meals and events threads through the season." She details how, in one town, a wine-sodden Fat Tuesday feast continues through Ash Wednesday (the start of Lent). It is not until Thursday that a ritual Lenten meal is eaten in the form of salted sardines — "although," Field adds, "the fact that they are so salty provides a perfect excuse to keep on drinking."

Another village marks Ash Wednesday with a six-course fish dinner — Field calls it "an enormous blowout" — attended by 2,000. Even the "regular" Lenten fare she chronicles sounds like a sophisticated restaurant menu: fritata with crayfish, polenta made from chestnut flour and served with salt cod and roast herring, pasta with tuna, artichokes stuffed with sweet peppers.

Lynne Rossetto Kasper, the host of public radio's "The Splendid Table" and the author of several cookbooks, notes that before World War II, consuming meat was a rare event for all but the wealthiest Italians. "Most people ate meat maybe twice a year, at Christmas and at Easter," she said during a recent telephone interview. The "peasant" cooking that evolved was heavy on grains, legumes and vegetables, with meat appearing as a flavoring, if at all. It's a model diet, she said, that's high in fiber and healthy oils, low in animal fats and dairy. "It's the way we are eating today," she said.

Kasper's book, "The Splendid Table" (William Morrow, 1992), offers many meatless recipes, including this one for a soup originally from the hills near Modena, Italy. It is perfect for a cold winter night. And, as the author notes, if you are not observing Lenten restrictions, a little pancetta or meat broth might "find its way into this recipe."

MOUNTAIN SOUP WITH GARLIC CROUTONS

Yield: 8 first-course servings, or 6 generous main-dish servings

For the soup:

3 tablespoons extra-virgin olive oil
1 large onion, minced
1 medium carrot, minced
1 stalk celery, minced
1 (3-inch) sprig fresh rosemary or 1 teaspoon dried
1 large baking potato, peeled and cut

into bite-size pieces

1 large clove garlic, minced
1/2 small green cabbage, chopped
Leaves of 1 bunch Swiss chard or 14 large romaine lettuce leaves, chopped
1/2 head black cabbage ("cavolo nero") or 24 stalks curly endive, chopped
3 1/3 cups canned borlotti or pinto beans, rinsed and drained
2 tablespoons tomato paste (preferably imported from Italy)
9 1/2 cups water
Salt and freshly ground black pepper to taste

For the croutons:

4 large slices country bread
1 large clove garlic, halved
Extra-virgin olive oil, as needed

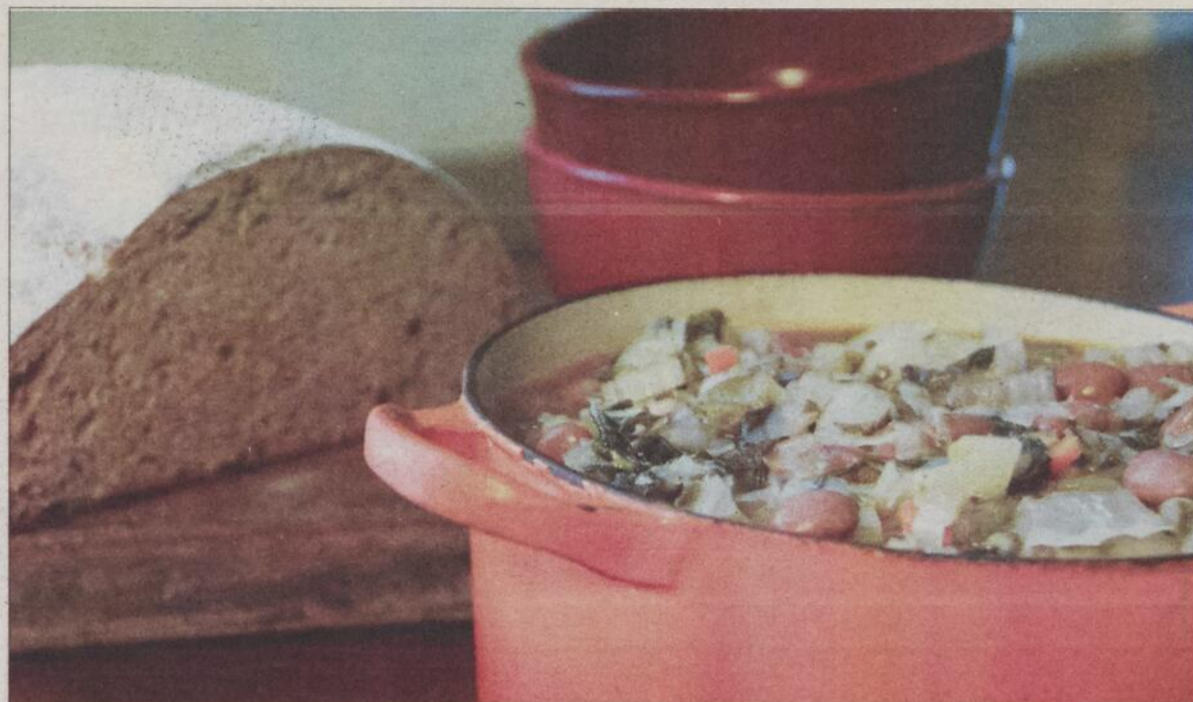
For serving:

Extra-virgin olive oil
Freshly ground black pepper

In a 6- to 8-quart pot, heat oil over medium. Saute onion, carrot, celery and rosemary 15 to 20 minutes, or until golden brown. Stir in potato, garlic and greens and let them soften and wilt into the browned vegetables, cooking over medium heat, uncovered, for 10 minutes. Stir in beans, tomato paste and water. Bring to a gentle bubble, partially cover and cook 40 minutes, until thick. Season with salt and pepper. At this point you can cool the soup and refrigerate it, covered, up to 3 days.

No more than a few hours before serving, make the croutons. Preheat oven to 450 degrees. Rub both sides of each bread slice with the split garlic and brush with oil. Cut each slice into 4 pieces and toast on a cookie sheet, about 3 minutes per side.

To serve: Warm 8 soup bowls in a



A hearty soup of beans and greens is an example of the delicious meatless meals enjoyed in Italy during Lent.

PHOTOGRAPH BY DIRK VAN SUSTEREN

low oven. Make sure the soup is bubbling. Put 2 croutons in the bottom of each bowl. Ladle the soup over them and serve hot. Pass olive oil in a cruet and encourage everyone to drizzle

about 1/2 tablespoon oil into the soup and top with a grinding of fresh pepper.

Recipe from "The Splendid Table," by Lynne Rossetto Kasper (William Morrow, 1992).

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