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Lifesavers in Stanstead

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WEDNESDAY, JULY 28, 2010

Bishop's appoints new Secretary-General

Bishop's University is welcoming a new addition to its staff next month. Victoria Meikle has been appointed as the university's secretary-general and vice-principal government relations and planning.

Meikle is coming to the university after a six-year career as senior policy advisor to principal Heather Munroe-Blum at the office of the principal and vice-chancellor of McGill University.

According to a statement on BU's website from principal and vice-chancellor, Michael Goldbloom, Meikle will assume her duties on August 16, 2010.

"Victoria brings a great breadth of knowledge and experience to this new role," stated Goldbloom. "As Bishop's institutes a new governance structure, intensifies its interactions with the three levels of government, and embarks on a strategic planning process, we will be well-served by Victoria's many talents."

Meikle's career and educational credentials, which can be viewed on BU's website - ubishops.ca - include a Bachelor of Arts and an LL.B. from the University of Toronto, a Master's degree in Law from McGill University and doctoral level Law studies at the University of Oxford.



Townshippers' offers deals on the arts

Page 2

Bringin' in the sheaves

A warm spring leads to early harvests



BRUCE PATTON

Favourable weather and favourable crops have resulted in local grain farmers having to start up their combines this year about two weeks earlier than usual. Compton's Denis Gaudreau took advantage of these ideal conditions to harvest 140 acres of barley.

Solving salmonella

page 3

Home Children Reunion at Eaton Corner



Home Children and their descendants will meet for a reunion in Eaton Corner on Sunday, August 8, 2010, from 1 to 5 p.m. at the Compton County Historical Museum. Guests of honour are Home Boy George Pinchin, aged 98, of Bulwer, and Pauline and Sarge Bampton of Richmond, Quebec, co-chairs of Home Children of Canada, Quebec Branch. The general public is welcome to attend to learn about the history of the Home Children. Light refreshments will be served. There is no charge for Home Children, but others are asked a small admission fee.

Above is a Home Boy Trunk which accompanied one of the children. It would have been packed with things thought necessary for a boy to have in his new life on a Canadian farm.

Girls would have a suitcase rather than a trunk, and have clothes suitable for a domestic servant, including aprons.

For more information, call the Museum Administrator, Ms. Sharon Moore, at (819) 875-5256. The Museum is open from Wednesday to Sunday, 1 to 5 p.m.

Weather



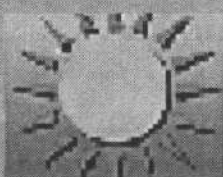
TODAY:
MAINLY SUNNY
HIGH OF 29
LOW OF 17



THURSDAY:
SCATTERED SHOWERS
HIGH OF 23
LOW OF 16



FRIDAY:
MAINLY SUNNY
HIGH OF 21
LOW OF 13



SATURDAY:
SUNNY
HIGH OF 22
LOW OF 14



SUNDAY:
SUNNY
HIGH OF 24
LOW OF 13

Support the arts and save with Townshippers' Association



KEEPING IN TOUCH
TOWNSHIPPERS' ASSOCIATION

Did you know that by joining Townshippers' Association, you can get discounts for some of the most important cultural venues and events in the region? It's true! Townshippers' Association has partnership agreements with 10 cultural organizations in the Eastern Townships and, upon presentation of the Association's membership card, these organizations offer our members a 10% discount. Read on to learn more about what our cultural partners have to offer.

Theatre

Knowlton Players completed a successful run of "Babes in the Woods" this past May, and has more productions in the works for this fall. To learn more about Knowlton Players, visit www.knowltonplayers.com.

At the recent Knowlton Wordfest, Sunshine Theatre Productions presented "Ourstory," a work in progress, by Sarah Biggs, Maurice Crossfield, Doug Hooper and Laura Teasdale. The work is a collection of dramatized local stories, relating to events and characters in the area, as told by members of the community. The writers plan on completing the piece by mid-September and Sunshine Theatre is interested in partnering with community groups for a fall tour.

Theatre-Lac Brome's program includes "The Dock Brief" and "Edwin" by John Mortimer, as well as "Shadows of the Evening" and "Come into the Garden Maud," two of Neil Cowards' recent plays. Also on the program: "Shakespeare's Will" by Canadian playwright, Vern Thiessen. The theatre's musical program includes a return of the popular "Hank Williams: The Show He Never

Gave" by Maynard Collins, featuring Townships favourite Ralph Steiner. Popular duo George Bowser and Ricky Blue will also give two performances on Labour Day weekend. To view this season's program, visit: www.theatrelacbrome.ca.

Celebrating its 45th year, the Piggery Theatre continues to delight audiences with a stellar line-up, including A. R. Gurney's hit comedy "Sylvia" and "They Came from Away." Another interesting offering: "Ceilidh - Echoes of Scotland," a multimedia show on Scottish traditions, which includes a cocktail dinner of Scottish food, with bagpipe and costumed service. The theatre's musical shows include "Boardwalk ~ The Doo Wop Musical: Show," "Both Sides Now," a corn-roast fundraiser featuring Suzanne Sheridan singing Joni Mitchell & Leonard Cohen, and "Tom Jones: Tribute Show," a concert. For the complete program, including show times, visit: www.piggery.com.

Don't forget that on Saturday, August 21, the Piggery will also be offering a benefit performance of "They Came from Away" to help raise funds for Townshippers' Association. For more information, or to reserve tickets, call us today! You can reach our Montérégie office at 450-242-4421 (1-877-242-4421), or our Lennoxville office at 819-566-5717 (1-866-566-5717).

Music, Dance and Performance Art

The Orford Arts Centre's Orford Festival 2010 is offering a summer full of firsts! Under the guidance of new artistic director, Jean-François Rivest, this year's festival features a number of major additions, including the 2010 Orford Festival's Kent Nagano and the OSM Week, a new ensemble - the Orford Academy Orchestra - and an interesting series of lectures. The new Orford Film Club will also offer the public free classic film viewings every Monday evening. For more information, visit: www.arts-orford.org.

If you're a music lover, don't forget Musique Chez Nous. This concert series brings together local musicians, visiting artists and Bishop's University music teachers, and concerts are held in Banded Hall, at the historic heart of the Bishop's University campus. For more about the program, visit:



DAVID ANDERSON

Just two of the cultural partners looking for support. Why not take advantage of your membership benefits, and offer them yours?

<http://ubishops.ca/ccc/cultural/mcn/index.html>. Townshippers' members can also get discounts from the Sherbrooke Symphony Orchestra. Visit their website for more details about the program for the upcoming season: www.css-oss.com.

Finally, Centennial Theatre offers an eclectic and energetic fall-spring program featuring emerging and seasoned talents in the fields of dance, world music, concert music, jazz and performance art. A highlight for the upcoming season: Gordon Downie, front man and principal lyricist for The Tragically Hip, will present music from his most recent solo project The Grand Bounce. To find out more, visit the Centennial Theatre website: www.centennialtheatre.ca.

Two art galleries are also cultural partners of Townshippers' Association: Arts Sutton (www.artsutton.com) and the Sherbrooke Museum of Fine Arts (www.mbas.qc.ca). Both offer year-round exhibitions.

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

Ben by Daniel Shelton



LOCAL NEWS

"Those affected by the illness range in age from 24 to 95 years, with the onset of illness occurring between June 21 and July 7. The majority of those affected have been over the age of 75."

Seniors on high alert due to rare salmonella strain

By Corrinna Pole
SHERBROOKE

Canadians, especially seniors, are being directed by the Public Health Agency of Canada (PHAC) to be particularly cautious in avoiding recalled food products now that the Salmonella Chester outbreak has increased and spread from British Columbia to Ontario.

The outbreak, which was traced to Freybe Gourmet Foods Ltd headcheese manufactured at Brandt Meat Packers, has now struck 20 individuals in B.C. and one person in Ontario most of whom were older than 70 years of age.

According to Charlene Wiles, a media relations advisor for PHAC, Salmonella Chester is a particularly rare strain of Salmonella, "however it is no more severe than other Salmonella strains."

PHAC estimates that 11 million people suffer food-related illness each year in Canada and Salmonellosis, the illness caused by salmonella contamination, is the second most frequently reported food-related illness in the country.

Serious symptoms

Officials are taking the outbreak seriously because, as Wiles points out, Salmonella can cause serious illness and sometimes death and has already hospitalized six individuals.

"Most people who have become ill have reported consuming and/or purchasing Freybe brand headcheese," said Wiles. "Those affected by the illness range in age from 24 to 95 years, with the onset of illness occurring between June 21 and July 7. The majority of those affected have been over the age of 75."

Symptoms of Salmonella infections usually appear 6 to 72 hours after consuming a contaminated product and can include diarrhea, fever, cramping, abdominal pain, nausea, vomiting, chills and headache. They tend to last for four to seven days and cease without treatment however Wiles recommends that

individuals who think they have experienced salmonellosis symptoms contact their health care provider.

Rare Salmonella strain hits two countries

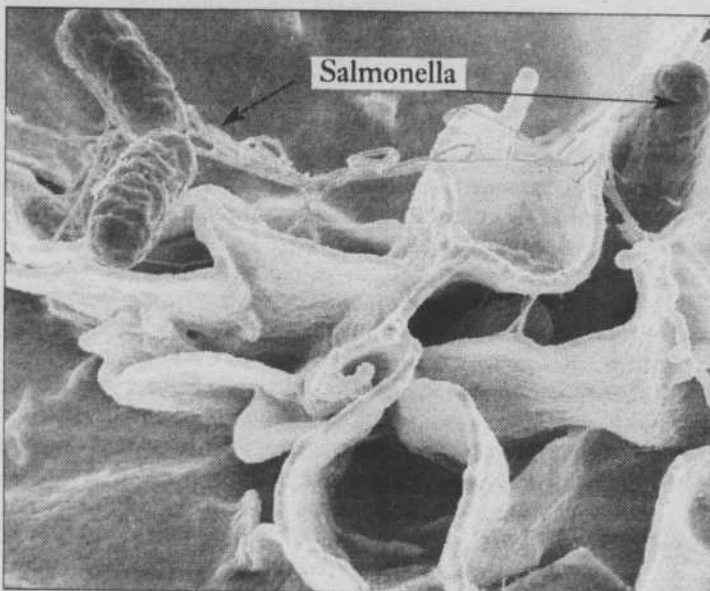
Last month a Salmonella Chester outbreak was also recorded by the United States Center for Disease Control and Prevention. An unopened package of Marie Callender's Cheesy Chicken & Rice single-serve frozen entrée manufactured by ConAgra Foods, was found to have been a link to the illness of 37 people in 18 states.

The outbreaks appear to be unrelated.

"The Public Health Agency of Canada's National Microbiology laboratory has determined that the isolate of Salmonella Chester being seen in B.C. and Ontario is significantly different than the strain that caused the outbreak in the US last month," said Wiles. "In other words, this strain is not a match to this US strain."

The very first strain of Salmonella was discovered in 1885 and since then more than 2,300 strains have been identified. Many strains are named after the region in which they are commonly found. Salmonella Chester is not often found in North America.

"Although we don't see the Chester strain as often as other strains of Salmonella, it occurs in the same way as other strains," said Wiles. "Salmonella can be found in a variety of sources including eggs and poultry, unpasteurized milk and contaminated raw fruits, vegetables, sprouts and nuts."



The above picture features an electron microscope's view of salmonella bacteria (dark) attacking healthy cells.

WIKIMEDIA

provinces and territories to remove the Freybe brand Head Cheese products sold up to and including July 14, 2010 and Brandt Headcheese products, bearing Establishment number 164 and purchased up to and including July 21, 2010.

Headcheese is a deli product made from meat from the head of a pig, combined with gelatine and spices. Since the nationally distributed product is repackaged and sold by the slice at deli counters, consumers may be unaware if their purchase is included in the recall. They are advised to check with their point of purchase to identify the product.

Playing it safe with Salmonella

In addition to those 60 years of age and older, the PHAC warning is also extended to those with weakened immune systems, such as those undergoing cancer treatments or who have HIV/AIDS or other chronic medical conditions, who may be susceptible to serious illness from Salmonella.

Health Canada has a wealth of information concerning food safety and preparation, as well as alternatives to foods that are at a greater risk of bacteria contamination, which can be found on the Government of Canada food safety web portal at www.foodsafety.gc.ca/english/introe.asp or by calling 1-800-O-Canada (1-800-622-6232).

Headcheese

Federal safety organizations continue to investigate the Canadian outbreak and are working with

Reducing the risk of foodborne illness

The Public Health Agency of Canada has provided general food safety guidelines that should be used all the time, not just during an outbreak to reduce the risk of contracting foodborne illnesses.

- Wash fresh fruits and vegetables before eating them. Even if peeled, or if dealing with a melon with a thick rind, wash fruits and vegetables to avoid spreading any bacteria from the surface into the flesh.

- Use warm soapy water to clean knives, cutting boards, utensils, your hands and any surfaces that have come in contact with food, especially meat and fish.

- Read labels and follow cooking and storage instructions for all foods. Make sure to check the "best before" date, and if you find an expired product being sold in a store, inform the staff or management.

- Refrigerate or freeze perishable food within two hours of cooking.

- Freeze or consume leftovers within four days of cooking. Always reheat leftovers until steaming hot before eating.

- Keep refrigerators clean and at a temperature below 4 C, or 40 F. By installing a thermometer inside the fridge the temperature can be monitored.

- For older adults, some foods can be more risky to eat because of the way they are produced and stored. Older adults can minimize their chances of contracting a foodborne illness by avoiding some types of food, including non-dried deli meats and raw or lightly cooking eggs, meat or poultry.

Break-in alert

Sherbrooke Police are warning residents that a series of break-ins have taken place throughout the city and are advising that residents take proper precautions and are offering the following tips:

Make sure that doors and windows are properly closed; for sliding windows and sliding patio doors, put a bar in place to prevent sliding and install protective bars over meshed windows. At night, be sure to illuminate entrances.

Avoid leaving cash or jewelry in the house. Engrave or label valuable items with your driver's license number in case of theft. It is also highly recommended that residents use automated timers on lights and radios when outside the home, to create the appearance of occupancy.

In 2008, over 1000 home intrusions were reported to Sherbrooke Police. Break-ins can take place day or night, but most often occur during night. Summer brings with it an increase in home burglaries, particularly when residents are away on vacation. Taking the proper precautions and cooperating with neighbours in neighbourhood watch programs can help prevent such incidents. People interested in joining their local Surveillance de quartier program can do so by calling Sherbrooke Police at (819) 822-6080.

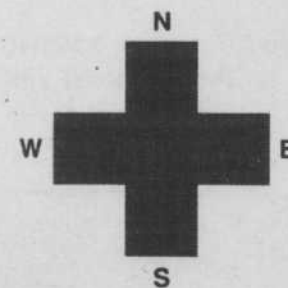
Lavender Enchantment

Over 22,000 visitors attended this past weekend's The Enchantment of Fitch Bay Lavender event at Bleu Lavande.

This was a record one-day attendance for the lavender farm and tourist spot, which offers a variety of activities and lavender products on site, and a 45 per cent increase over last year's event which saw 7,000 fewer guests.

On Friday the site welcomed over 5,000 guests, with another 9,100 turning up for Saturday. The weekend long activity went out strong with yet another 7,800 visitors on Sunday.

Bleu Lavande is open daily from 10 a.m. to 5 p.m. until September 6. Admission is \$6 for adults, free for those 17 and under. For more information on Bleu Lavande visit www.bleuavande.ca.



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No Gordon Gekkos for this generation, Canadian survey says

By Laura Stone
Postmedia News

They've got lucrative technological tools at their fingertips, but today's youth appear to crave a more modest existence, according to results of a new Canadian survey.

Rather than leading or starting their own businesses in the next decade, Canadian students want the hallmarks of a traditional life, such as a home, a decent job, and a loving family, the study found.

The national survey of 2,500 high school and post-secondary students says, perhaps counter-intuitively, that today's young adults are risk-averse and aren't exactly banking on becoming millionaires.

"This generation really is looking for happiness and personal fulfillment, as opposed to conquering the world and lots of financial and material wealth," said Suzanne Tyson, president of Studentawards Inc., a Toronto-based marketing and scholarship firm that conducted the survey, entitled Canada 2020.

"That incredible drive to be the Gordon Gekko of the world isn't there in this generation."

(Neither, perhaps, is that reference, but after Wall Street: Money Never Sleeps opens this fall, perhaps it will be.)

The top three priorities of students today are spending time with family and friends, acquiring more education, and leading a healthy lifestyle, the survey said. Those priorities will remain unchanged over the next 10 years, according to the students.

While 70 per cent of respondents said they are

optimistic about the future and will "create their own destiny," only 30 per cent of respondents said they plan on starting their own business in six to 10 years from now, and at approximately 25 per cent, few students said they consider themselves entrepreneurs.

The majority, at 60 per cent, believe they will never start a business at any point in their careers, and about 70 per cent of youth don't think they'll be millionaires - a sharp contrast to the "me" generation of the 1980s, said Tyson.

One reason, she said, is that today's youth have come of age in an era of financial insecurity.

"They've been affected first-hand by the economic meltdown," said Tyson, noting that many youth surveyed paid at least in part for their own education.

Other findings suggest the surveyed youth, ages 17 to 29, see the "lowest set of priorities" in their lives as taking care of the environment, having money and material belongings, and trying as many new things as possible.

Tyson said that while the finding about the environment is surprising, it may suggest that the "Blue Box" recycling generation has grown up worrying about the environment and so the concerns are implicit.

The survey was conducted online between June 15 and July 10 and included 1,000 high school respondents and 1,500 post-secondary respondents, of which 55 per cent were female and 45 per cent were male. Researchers said the results are accurate at the 95 per cent confidence level, or 19 times out of 20.

Feeling some aches and pains? Have a drink, British scientists say

By Carmen Chai
Postmedia News

British researchers have good news for Canadians suffering from rheumatoid arthritis - new research, published in the journal *Rheumatology*, suggests drinking alcohol may decrease symptoms such as joint pain, swelling and inflammation.

Scientists from Sheffield University looked at more than 800 patients who suffered from arthritis and found that those who drank alcohol about 10 times a month experienced less severe cases of arthritis compared to people who didn't drink at all.

"The patients who were consuming alcohol tended to have slightly better arthritis than the patients who weren't and as intake gradually increased, the arthritis continued to get better," said James Maxwell, lead researcher and consultant rheumatologist at the Rotherham NHS Foundation Trust.

"It's clearly interesting. Now we have to balance the suggestion that there may be a beneficiary effect with the fact that we know alcohol can do a lot of harm to patients."

Rheumatoid arthritis, which is not as common as osteoarthritis, is caused by the body's immune system attacking joint tissues. It affects more than 20 million people worldwide.

But the British team's new findings suggest alcohol suppresses immune system activity, which explains why arthritis attacks decrease, Maxwell said. There is also evidence that alcohol acts as a painkiller.

The group was inspired by Scandinavian studies in 2008 that looked at the possible link between alcohol and arthritis and American studies, where researchers gave alcohol to mice that had arthritis to find their cases were less severe when they drank.

Maxwell said his work is the first to confirm this effect on humans and the first to measure the benefits of alcohol for arthritis patients.

Approximately 870 people with rheumatoid arthritis were compared with 1,004 people without the disease. Researchers asked both groups how frequently they drank alcohol in the month before the study and conducted blood tests, X-rays, questionnaires and physical examinations.

"X-rays showed there was less damage to joints; blood test results showed lower levels of inflammation, and, overall, there was less joint pain, swelling and disability," he said.

The study also found that non-drinkers were four times more likely to develop rheumatoid arthritis than people who drank alcohol more often than 10 days a month. The risk of developing the condition decreased if participants said they drank frequently.

Maxwell said people with arthritis need to know that the study suggested small amounts of alcohol would be beneficial and not "lots and lots."

Researchers did not ask what the participants were drinking and how much they were drinking, two important factors Maxwell said researchers should investigate next. He said there is a possibility that different types of alcoholic drinks could cause different effects.

Lawn mower driver charged in fatal crash with ATV

Postmedia News

A 26-year-old Pakenham, Ont., man has been charged after a collision between an ATV and a riding lawn mower that left one man dead, according to Ottawa Police.

The crash happened in the early hours of July 25 in Pakenham, some 40 kilometres west of Ottawa.

The 28-year-old victim was driving an ATV when it hit the back of the riding lawn mower and he was thrown from the vehicle.

He was taken to hospital and died Monday from head injuries, said Const. Brian Dodds of the Collision Investigation Unit. The victim was not wearing a helmet.

Police charged the man who was driving the lawn mower, Brian Miller, with impaired driving and driving with more than 80 milligrams of alcohol per 100 millilitres of blood.

Miller is scheduled to appear in court on Aug. 25.

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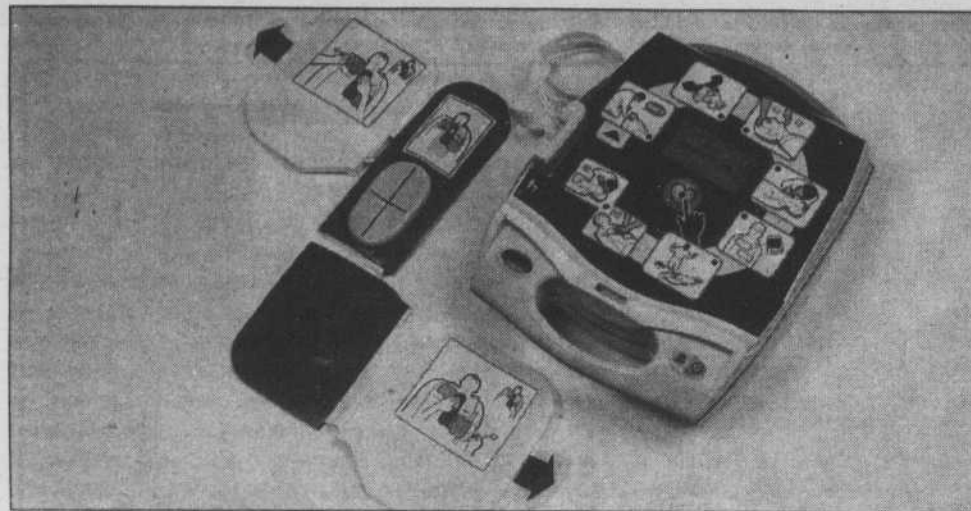
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Heart safe Stanstead



COURTESY ZOLL MEDICAL CORPORATION

Portable defibrillators like the one above have proven to help save lives.

By Corrinna Pole
SHERBROOKE

Hearts in Stanstead will be able to rest a littler easier with the arrival of six AED's (automatic external defibrillator) around town.

According to Stanstead Ambulance Inc., approximately 35,000 to 45,000 out-of-hospital deaths occur a year and out of those only two per cent are revived. The Heart and Stroke foundation adds that statistically there is one cardiac arrest every 12 minutes in Canada.

The Stanstead Ambulance has been aiming to improve those statistics with prevention by providing low cost cardiopulmonary resuscitation (CPR) courses since 2003. The organization has also given lectures and conferences on heart disease and strokes at the CAB R.H. Rediker centre and other locations.

This summer, the safety organization is stepping up its prevention plan with The Heart Safe Program. The program continues the CPR courses and adds the accessibility feature of the new AEDs that allow non-medical personnel to restore heart rhythm and life.

AEDs are portable electronic devices that monitor and analyse hearth rhythms and will alert the devices operator to deliver a shock that can restore the heart if it is needed. That shock can improve survival rates by up to 30 per cent, if it is used within five minutes after a cardiac arrest. Every minute that the defibrillation is delayed decreases the survival rate by ten per cent.

As effective as they are, the devices do require life-saving training by the operators. Community partners of the Stanstead Ambulance have agreed to have their personnel trained in CPR and AEDs.

Stanstead's new defibrillators, AED ZOLL Plus models, have been installed at the Town of Stanstead offices, Stanstead College, Dufferin Heights Golf Course, the Caisse Desjardins, the Border Curling Club and the Proxim pharmacy.

This September, Stanstead Ambulance Inc. and the CAB R.H. Rediker will be providing CPR with AED lessons to Stanstead, Ogden, Stanstead East and Stanstead Townships. For information on CPR courses contact Lynn Wood at 819-876-7748.

Sound'N'Shine 2010



COURTESY

Car enthusiasts may want to drop by the Carrefour de l'Estrie in Sherbrooke this weekend. Future Shop will be hosting the Sound'N'Shine 2010 tuning show where nearly 250 modified cars will be on display and a crowd of over 10,000 car lovers from across the province is anticipated.

In addition to the displayed cars and trucks, the event will include a "dB

drag" competition where participating vehicles will vie to produce the highest interior decibel level. In total, over 60 trophies will be presented.

The event starts at 9 a.m. on July 31 and ends with the presentation of trophies at 6 p.m. Profits will go to supporting the Fondation du CHUS telethon.

Cowansville prison may take in more inmates

Sixty new prisoners may be moving into the Cowansville Institution due to overcrowding across the country.

The medium-security currently houses 445 people. According to Correctional Service Canada's website the facility can only accommodate 423 inmates.

While the arrival of the sixty inmates, which is not yet confirmed, would put even more strain on the prison resources, it is also likely to lead to the creation of more jobs. In keeping with the inmate ratio, more staff members would be added to the 310 currently employed positions that range from corrections officers to nurses to teachers of vocational programs.

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EDITORIAL

The RCMP is perhaps, after the beaver, Canada's best-known symbol and it has a long and fairly glorious history behind it.



Mutiny on the Mountie

Mike McDevitt

Just when we'd figured that the RCMP had met its annual quota for bad publicity, our national red serge symbol has pulled a rabbit out of its hat just to make sure we don't stop talking about them.

Fresh from the debacle of tasing a confused alienated foreigner to death in Vancouver and still smarting from its shoddy performance with regard to Maher Arar, the RCMP now seems to have a full-scale mutiny on its hands - not among the overworked and abused rank and file, but the most senior career officers on the force. This is not a favourable portent.

In summary, RCMP Commissioner William Elliott is the first civilian ever to head up the paramilitary police force. A senior bureaucrat, he was placed in the commissioner's chair by Prime Minister Stephen Harper following the resignation of former top cop Giuliano Zaccardelli. The idea was to implant someone with no previous attachment to the force or its culture and traditions, in order to put in place essential, modernizing reforms. We wonder how that's been working out.

Well, we need wonder no longer, two deputy commissioners and a slew of other high-ranking officers and commanders have accused Mr. Elliott of 'verbal abuse' and being generally unpleasant.

The Record cannot hide its shock to learn that in Canada, in 2010, there are unpleasant bosses and dissatisfied employees, but taking the complainants at their word, surely something must be done.

The RCMP is perhaps, after the beaver, Canada's best-known symbol and it has a long and fairly glorious history behind it. However, recent decades have shown that the force is in dire need of some major reforms. Its reputation is perhaps as low as its ever been and its ability to reform itself has not been on display. Enter the stranger.

Elliott may or not have been an ideal choice for this job, but it is fairly certain that ANY civilian appointed to this post would have received a lukewarm reception from the ossified hierarchs that run the place. It is not inconceivable that Mr. Elliott became unpleasant and 'verbally abusive' to a bunch of change-resistant dinosaurs who refused to cooperate. It could, of course, also be that Mr. Elliott is a major prick. Whatever the dynamics, however, one thing is clear: Never in the history of the force has such a collection of senior officers gone over their chief's head to complain about him to the Cabinet.

Like an army, the RCMP has long-held and cherished traditions that outsiders can rarely understand. Also like an army, when things go wrong, the blame usually rests squarely on the shoulders of some senior officer with an overestimation of his abilities and an underestimation of the forces arrayed against him. In the case of the RCMP, it appears that the entire senior command is in need of replacement.

While there is probably some justification for the complaints lodged, there is something terribly pathetic about senior police administrators running to their mommy 'cause the new kid was mean to them. And besides, he was only 'verbally' abusive - he could have tased the lot of them. After all, to hear them tell it, there's nary a problem with that.



Letters

"This is just a smoke screen to gain and exercise more control over Lennoxville."

DEAR EDITOR:

With reference to Mark McLaughlin's article "Elimination of the Lennoxville borough" in the Record of Tuesday, July 6, 2010; I agree with Mr. McLaughlin that Lennoxville is in danger of disappearing. That is why Lennoxville should never have joined Sherbrooke in the first place.

Now that the deed has been done, the citizens of Lennoxville must remain very vigilant and hold Sherbrooke and the Mayor to their promise not to abolish the borough of Lennoxville. Sherbrooke is

using the excuse of saving money to abolish the borough. This is just a smoke screen to gain and exercise more control over Lennoxville.

The future of Lennoxville is in jeopardy. The stakes are high and all measures, political (Quebec Minister of Municipal Affairs) and legal (court injunction) must remain an option so Lennoxville can continue to be free to determine its own future.

RICHARD ST. DIZIER
Danville

Montreal mom, 23, found dead beside baby

POSTMEDIA NEWS
MONTREAL

Montreal police say there is a "great chance" that natural causes are to blame in the death of a 23-year-old woman on Monday, whose body was found lying beside her nine-month-old baby boy.

The infant was found alive and unharmed next to the woman in her bed, said Montreal police spokesman Olivier Lapointe.

The baby was slightly dehydrated and was taken to hospital as a precaution.

Police are still waiting for autopsy results to confirm the cause of death.

"We know that she possibly had a brain tumour," Lapointe said.

Daycare workers had called police around 7:30 p.m. on Monday, concerned that something might have happened to the woman because she had not come to pick up her four-year-old son.

THE RECORD

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"I can help stretch a tree's life expectancy to its max. For some older trees that can mean five hundred years! Some minor interventions can really prolong a tree's life expectancy."

Townships man turns passion into career



DISHPAN HANDS

SHEILA QUINN

"Being thus prepared for us in all ways, and made beautiful, and good for food, and for building, and for instruments of our hands, this race of plants, deserving boundless affection and admiration from us, becomes, in proportion to their obtaining it, a nearly perfect test of our being in right temper of mind and way of life; so that no one can be far wrong in either who loves trees enough, and everyone is assuredly wrong in both who does not love them, if his life has brought them in his way." - John Ruskin, 1819-1900, Modern Painters VI

For Marc Jolin and Rachel Shelby, the countryside of Hatley set a perfect backdrop for raising three sons - plenty of fresh air, plenty of room to play and grow. From an early age the middle of their trio of boys, Vincent, showed daredevil tendencies - from dirty footprints up the walls of his room, to Tarzan boy behaviour in the trees surrounding their home.

Any parents encountering such challenges in their young'uns, take heart in this middle child's story, as Vincent Jolin's thrill-seeking behaviour would lead to a career, currently going on a decade in business for himself.

Upon graduating from high school in 1997, Vincent was buoyed along through to CEGEP, pursuing studies in ecology at CEGEP de Sherbrooke. Floundering and more-or-less interested in his studies, a guidance counselor at the school assisted in the funneling down of his true interests and passions, the root of which (pun intended) turned out to be trees. At that point, forestry was considered as an

option, which would involve studying trees as groups. Vincent's interest keened toward trees as individuals, and led to the pursuit of studies in arboriculture - the study of trees as individuals.

"I frequently tramped eight or ten miles through the deepest snow to keep an appointment with a beech-tree, or a yellow birch, or an old acquaintance among the pines." - Henry David Thoreau

Arboriculture would turn out to be a perfect fit for Vincent, who studied at the Charlesbourg school in Quebec City, now known as Centre Professionnelle Fierbourg. During his studies, he would have the opportunity to not just employ his knowledge as an arborist, but to do so in relief efforts following massive windstorms in France in December of 1999. "We were greeted as heroes. We were really well treated!" More than double the amount of fallen trees collected for the province of Quebec fell during the furious winds.

Determined to keep busy year-long, Vincent followed up arboriculture with cabinet making at the well-reputed École du Nationale du Meuble et de l'Ebenisterie in Victoriaville, and spent summers doing tree care for Élagage des Bois Francs Inc.

In 2002, working out of his mother's van and his car, Vincent embarked on self-employment, starting his own business, Arbovie. He chuckles when speaking of the early days, considering how much better equipped he is today.

When asked about his career, his response is immediate, "You've got to be passionate about trees. It's thrilling too - lots of risk, heights, operating dangerous tools, dealing with powerlines. You have to watch yourself." Vincent knows that when he has a particularly dangerous job to perform, his mother still worries. "To make it in the field, you have to have respect for the dangers. You have to carry the fear." When considering his career path, he still muses that he's uncertain why he got into it, "I was always climbing as a child. I was always good at it."

Not ready to sit still, Vincent has traveled to Germany and New Zealand to work during his off-season. He has also



COURTESY OF VINCENT JOLIN

Vincent Jolin up a tree in New Zealand.

competed in provincial climbing competitions, with the medals to show for it. Footlock, speed climb and rope climb are his specialties. Not surprisingly, the merest twitch reveals that Vincent's arms have muscles that...have muscles of their own!

"I did well in any of the competitions that basically required brute force!" he says with a laugh.

Competitions are a haven for arborists, who are often alone in their passion. This type of gathering is an exciting time for specialists to share their experiences and love for the trade.

With Arbovie enjoying eight years of existence, Vincent considers himself lucky. "A lot of people try to figure out what they want to do in life. I know. I knew."

When questioned about his most rewarding work, his response is immediate, as he talks of working on trees of great value and age. It's not every day one can claim to have performed surgery or applied braces on a seven-hundred year old.

"I can help stretch a tree's life expectancy to its max. For some older trees that can mean five hundred years! Some

minor interventions can really prolong a tree's life expectancy."

Speaking of life expectancy, at the age of thirty, Vincent is already aware that this career has a certain lifespan for the workers in question. Dreams of opening a tree nursery one day will hopefully lead to the Townships having a knowledgeable and kind shepherd of trees right here at home.

"Of all the wonders of nature, a tree in summer is perhaps the most remarkable; with the possible exception of a moose singing 'Embraceable You' in spats." - Woody Allen

Here's to one of the Townships' own young entrepreneurs - please feel free to contact Vincent for your trees' needs.

To contact Vincent Jolin at Arbovie, visit www.arbovie.com or call 819-570-6903.

For the Centre de Formation Professionnelle Fierbourg, visit: www.fierbourg.com

For more information on the specialized furniture school in Victoriaville, visit:

www.ecolenationaledumeuble.ca

Judge delays bail ruling in 'honour crime'

Postmedia News

Quebec Court judge is expected to decide later this week whether a 38-year-old woman will be released on bail in a case where she is accused of attempting to kill her daughter in what police are investigating as a possible honour crime.

Johra Kaleki managed a quick smile when she first greeted her lawyers at the Montreal courthouse before her bail hearing Monday.

After hearing evidence, which was placed under a publication ban, and arguments from both sides,

Judge Salvatore Mascia told defence lawyer Isabel Sherman and prosecutor Anne Gauvin that he would render a decision sometime this week.

Kaleki faces three charges in all. Besides the attempted murder of her daughter, 19-year-old Bahar Ebrahimi, Kaleki is also charged with assault causing bodily harm and assault with a weapon.

Kaleki was arrested on June 13 after police found Ebrahimi injured and bloody inside the family's home.

Montreal Gazette

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Semrau to wait until September for sentencing in battlefield mercy killing

By Andrew Duffy
Postmedia News

The judge has set sentencing for Capt. Robert Semrau in his court martial hearing for Sept. 9. Semrau, 36, an Ontario officer based at Canadian Forces Base Petawawa, was found guilty last week of disgraceful conduct in the shooting death of an unarmed and badly wounded Taliban insurgent in Helmand province in Afghanistan in October 2008. Evidence at his three-month trial suggested the incident was a mercy killing. He faces up to five years in jail, but

the judge also has a range of lesser options, including dismissal, a reduction in rank or reprimand. Meanwhile, a military prosecutor, fighting the Canadian Force's toxic history in Somalia, has asked a judge to jail Semrau for two years and to dismiss him from the army. Lt.-Col. Mario Léveillé said the wounded Taliban insurgent shot by Semrau was under the care and control of the Canadian military, much like Somali teen Shidane Arone, who was tortured and killed while in Canadian custody in the early 1990s.

"Those incapacitated by wounds are to be treated humanely - this is one of the basic rules of humanity, this is one of most basic rules of combat," Léveillé told Semrau's sentencing hearing Tuesday. "Treating a wounded combatant humanely, he added, does not mean accelerating his death." Léveillé said Semrau applied his own moral code on the battlefield rather than the Canadian Forces' code of conduct and international law. "All it takes is one incident like this to bring back memories of Somalia," he said.

"Shooting the wounded unarmed Taliban fighter was a deliberate act," Léveillé said. "Only Capt. Semrau knows what his motivation was. Whatever his motivation was, it was a shockingly inappropriate choice based on what he thought was morally right." Léveillé said the public should consider whether they would applaud Semrau for shooting a Canadian soldier in similar circumstances. "Would we say this is an act of chivalry? We are not in the Middle Ages."

Minister 'troubled' by complaints about RCMP commissioner

Postmedia News

Following reports of harsh criticism from within the RCMP about Commissioner William Elliott, Public Safety Minister Vic Toews said he is "troubled" by the accusations. On Monday, CBC reported that senior Mounties recently filed complaints about Elliott, calling the head of the RCMP "verbally abusive." The group of officers, which includes deputy commissioners Tim Killam and Raf Souccar, has in the last week, taken the complaints all the way to the Prime Minister's Office, CBC said. The PMO re-

portedly refused comment, but didn't deny the complaints had been filed. "I am troubled by the issues raised in recent media reports," Toews said Tuesday. "The RCMP is currently conducting a workplace assessment in order to resolve this conflict." "The government of Canada continues to be committed to helping ensure the RCMP becomes a stronger, more effective organization. I will not comment further on this specific assessment as it relates to the internal management of the RCMP." The officers also described Elliott as close-minded, arrogant and insulting, according to unnamed sources cited in the CBC report. They described one incident in which the commissioner flew into a rage and threw papers at another officer. Elliott, the 22nd RCMP commissioner, was appointed in July 2007 to head the struggling national police force. The former senior bureaucrat was the first civilian to be named top Mountie, causing some concerns within the ranks as many viewed him as an outsider.

He was appointed by Prime Minister Stephen Harper to lead the RCMP after the resignation of Giuliano Zaccardelli. The police force has been rocked by a series of scandals, including the Taser-ing of Polish immigrant Robert Dziekan-ski, the Maher Arar affair and the mismanagement of pension and insurance funds. None of the officers would confirm the complaints and Elliott also refused to comment on the report.

Daydreams can take you away - literally

By Misty Harris
Postmedia News

Daydreaming, by nature, takes you to another time and place. Incredibly, a new study finds that the distance your thoughts travel to get there significantly affects how hard it is to snap back to reality. For example, the further the mind drifts from home - say, to a beach in Tahiti - the harder it will be to recall details of what you were doing before that

daydream. Distance of time has a similar effect, with those people who imagine a place they haven't visited in weeks being less likely to remember their pre-daydream activities than people who envision a place they just visited. "If you're trying to put something out of your mind - like being stuck in a boring committee meeting - our study shows that the best way to do that is to think of something else. In particular, something that occurred longer ago in time or is a big cultural and spatial distance away," says Peter F. Delaney, a psychological scientist at the University of North Carolina at Greensboro. In experiments, participants viewed different words on a computer monitor. They were then asked to think about either their own home, from where they'd recently come, or their parents' home, where they hadn't been in weeks. A second list of words was then displayed, with participants ultimately being asked to recall as many words from the two lists as possible. Significantly, those people whose minds

traveled the shorter chronological distance had an easier time remembering words they saw before their daydream. These results were repeated when participants were asked to recall either a vacation abroad or a domestic vacation, with the former causing a stronger amnesic effect around the pre-daydream activity. "If you change contexts, moving to a different place or changing the feelings you're having - even if you get hungry - all of these things affect your thoughts, and can make it harder to access memories from the original setting," says Delaney, noting that the more removed the daydreamed scenario from the current one, the harder it is to swap back and forth. "So if your colleague comes in and asks, 'Hey, how was your trip to Egypt a month ago?' that's probably going to be far more disruptive - as far as retrieving what you were just doing - than if he interrupted your work to say, 'Deadline's in 30 minutes.'" The study was co-authored by Lili Sahakyan of the University of North Carolina at Greensboro and Colleen Kelley and Carissa Zimmerman of Florida State University.


Suspect arrested in Montreal jewelry heist

Postmedia News


Police have arrested one of four suspects in the brazen robbery of a Montreal-area Birks store, during which hundreds of thousands of dollars in jewelry was stolen Saturday. The 19-year-old man was arrested Sunday morning at a home in Laval, Montreal police Const. Yannick Ouimet said. Police were led there after a witness at the Fairview Mall in Pointe Claire, where the robbery took place, saw the licence plate of a getaway car. The suspect is being questioned by police and

could face charges of armed robbery, forcible confinement and use of a prohibited weapon, Ouimet said. He could not say whether or not any of the stolen jewelry had been located. Robbers entered the high-end boutique Saturday morning, armed only with pepper spray. "They used the spray, smashed some glass cases, and then left with the jewelry," said Ouimet. There were no firearms involved and nobody was seriously injured.


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Arizona family mistakenly told their daughter had died

By Amy Minsky
Postmedia News

One family's miracle was another family's tragedy in Phoenix this weekend when it was confirmed that the identities of two women - one killed and one critically injured - in a car accident were mixed up.

Abby Guerra, 19, was returning to Arizona from Disneyland in California with four friends last week when the group's vehicle turned over. Guerra was identified as one of two of the passengers declared dead on the scene. Two other passengers were seriously injured, and the fifth suffered minor injuries.

The mix-up happened when the hospital identified one of the passengers in critical condition as 21-year-old Marlena Cantu. The Maricopa County Medical Examiner Office was then under the impression that all the passengers had been identified, said Cari Gerchick,

spokeswoman for Maricopa County.

So they removed the "unidentified" classification from the dead body and listed it as Guerra's.

Six days after the accident, Guerra's family continued to cope with her loss, while Cantu's family were sitting at Abby's bedside at St. Joseph's Hospital in Phoenix.

"When the medical examiner compared dental records, it came to light that the patient was, in fact, Abby Guerra," the hospital said during a news conference Monday.

Because the patient - who was badly bruised with a swollen face - was in critical condition when she arrived at the hospital, doctors didn't check her finger prints or dental records.

"As doctors struggled to save the patient's life, we could not readily tell the patient's identity. We interviewed family members that evening and asked for

any discernible visual information to make a positive identification."

The Arizona Department of Public Safety had passed the mixed up information on to the family.

The Guerra family, meanwhile, has asked the hospital and the medical examiner's office to not release any information on the teenager's status or condition.

A similar incident happened in Canada in the summer of 2005.

Misty Medicine Crane, 17, was initially identified as having died at the scene of a deadly car rollover in Stand Off, Alta., and her parents were notified.

Meanwhile, another teenage girl had been flown by emergency officials to the Alberta Children's Hospital in critical condition and family members gathered at her bedside.

Misty's mother, Judy Medicine Crane, had been left to look at caskets and

flowers for a funeral. Her family published an obituary in the Lethbridge, Alta., paper. A candlelight vigil was held in her memory.

But days later, Judy was at her daughter's bedside, and the family of Chantal Many Greyhorses was faced with finding ways to cope with the loss of the 15-year-old.

Also, in April 2006, Whitney Cerak's parents watched as their misidentified daughter's coffin was lowered into the ground. The teenager was believed to have been killed in a car accident while traveling in a van transporting nine students and employees from Taylor University in Indiana.

Laura Van Ryn, 22, was believed to be the only student to survive the crash.

One month after Cerak's funeral, dental records confirmed that the woman in the hospital bed was not Van Ryn, but actually Cerak.

WikiLeaks report cites previously unknown "friendly fire" incident involving Canadians

By Juliet O'Neill
Postmedia News

The dramatic WikiLeaks report contains details of what appears to be a previously unknown "friendly fire" incident in Afghanistan in which it says four Canadians were killed and seven were injured.

The incident may have occurred the same day, Sept. 3, 2006, as four Canadians were officially reported killed by Taliban insurgents - not by their own side in the conflict.

In its report the anti-secrecy group refers to a "friendly fire" incident in which soldiers received small arms fire and rocket-propelled grenades from a building, returned fire and dropped a guided bomb, heavily damaging the building.

"Casualties 4xCND KIA 4xCND WIA," the report says, meaning four Canadians killed in action and four wounded. A few minutes later, wounded had increased to seven Canadians and one Afghan civilian interpreter.

The Department of National Defence in Ottawa said Monday the loss of four Canadian soldiers on Sept. 3, 2006, was the result of insurgent activity in Afghanistan's Panjwai district.

"At all times, the Canadian Forces have been open and forthright with the families of our fallen soldiers and the Canadian public about the circumstances relating to deaths in

Afghanistan," said Jay Paxton, spokesman for Defence Minister Peter MacKay, in a statement released Monday.

"The only friendly fire incident from the time period in question occurred on September 4, 2006 when Private Mark Anthony Graham was killed in the same district."

September was a devastating month for the Canadian Armed Forces in Afghanistan, where 10 soldiers lost their lives.

Afghanistan-war analyst Janice Stein said there are more friendly fire incidents than ever make it into the public domain because officials do not go back and correct themselves if they find an incident was friendly fire - not enemy fire as first announced.

"I'd be very surprised if it was deliberately hidden," said Stein, director of the Munk School of Global Affairs at the University of Toronto.

She also cautioned the WikiLeaks report is a partial record.

WikiLeaks released more than 90,000 secret documents about the Afghan war between 2004 and December 2009. They also include accusations that US ally Pakistan is helping the Taliban.

The WikiLeaks report also made public information that Washington wanted Canada to join the US in rebuking (or demarching) on South Africa and Saudi Arabia over concerns about

fundraising for the Taliban in those countries.

In the May 2007 memo, Yves Beaulieu, deputy director with the Department of Foreign Affairs, is described as "acting positively" to the suggestion from a US diplomat.

Beaulieu said although he was not surprised to hear of (US government) concern about Taliban fundraising in South Africa and Saudi Arabia, the Government of Canada would need more information about specific (US government) concerns before they could agree to jointly demarche other governments or independently demarche the (United Arab Emirates).

"If the (US government) shares this information with the Government of Canada, Beaulieu believes it is likely that his superiors will agree to the proposed demarches," the memo says.

Foreign Affairs Minister Lawrence Cannon also expressed concern Monday that some of the information in what WikiLeaks calls the "War Diary" could endanger Canadian troops.

At the same time Cannon declined to comment on any individual reports and he said Canada has been totally transparent about this country's war

involvement.

"Our government is concerned obviously that operational leaks could endanger the lives of our men and women in Afghanistan," Cannon said at a news conference called on another issue.

"We haven't misled the Canadian public in any way, shape or form... This is a document that is leaked by officials in the United States, I understand, or documents to that effect; we will not comment on these documents."

There is only one friendly fire incident on the public record from that week in September 2006.

Canadian, Pte. Mark Anthony Graham, was killed by US aircraft mistakenly firing on a Canadian platoon on Sept. 4, 2006.

The incident in which four Canadians were officially said to be killed by hostile fire was Sept. 3 when military officials said insurgents disabled multiple Canadian vehicles with small arms fire and rocket-propelled grenades.

-With a file from Amy Minsky

Quebec camp counselor injured spine doing somersaults

Postmedia News

A 19-year-old camp counselor is in critical but stable condition after injuring his spine on Monday afternoon.

The man, who works at Camp Richelieu, a day camp for disabled children, injured his spine and lost consciousness on Monday afternoon while doing somersaults to entertain the campers, police

said in a statement.

His fellow counselors administered CPR while they waited for an ambulance to arrive at a school playground in Repentigny, about 30 kilometres north of Montreal.

The man was taken to hospital and is in stable condition, police said.

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Sports

"The question for the arbitrator to ponder is how long a contract is too long and the answer is that the matter is not addressed in the current CBA."

Devils, Kovalchuk face fines if NHLPA loses arbitration case

By Pat Hickey
Postmedia News

The National Hockey League and its Players' Association are heading into uncharted territory this week as an arbitrator tackles the thorny case of Ilya Kovalchuk and his 17-year, \$102-million US contract offer from the New Jersey Devils.

The NHL voided the deal last week, saying that it was an attempt to circumvent the collective bargaining agreement because the final six years of the deal call for an embarrassingly low salary.

The NHL's argument is that neither the Devils nor Kovalchuk expect him to



WIKIMEDIA

Ilya Kovalchuk

play for \$550,000 when he's 44 years old, and the additional years are there simply to ease the salary cap burden on the

Devils.

It's not surprising the NHLPA decided to grieve this decision. For starters, it's important that the group, which has been without a leader since Paul Kelly was fired last year, flexes its muscles in the lead-up to the negotiations on the next CBA.

It's also not surprising because the NHL is vulnerable in this case. It has already approved similar contracts from Roberto Luongo and Marian Hossa.

The question for the arbitrator to ponder is how long a contract is too long and the answer is that the matter is not addressed in the current CBA.

It's a loophole, which probably should

be addressed in the future, but I suspect Kovalchuk will be back in a Devils uniform this fall. The club certainly hopes so and it goes beyond keeping a talented player on the roster.

While the Devils will be spectators during the arbitration hearing, they'll pay a penalty if the NHLPA loses the case. The CBA calls for a possible fine if the arbitrator rules that they attempted to circumvent the agreement and it could be as high as \$5 million. The club could also lose draft picks.

Kovalchuk, meanwhile, would face a fine ranging from \$250,000 to \$1 million.

Mixed results for Canadians on international tennis scene

By Stephanie Myles
Postmedia News

It's time for Canadian players to execute. The biggest month on the Canadian tennis scene has begun, with all aspirants either vying to earn a wild card, or get some momentum going so they can cause some surprises in the Rogers Cup tournaments next month in Montreal and Toronto.

There were so many Canadians in action at smaller events last week that it was actually hard to keep track of them all. Lexington, Ky., site of a combined men's and women's Challenger event that offered a combined \$100,000 US in prize money, was overrun with Canucks.

The best of them was Stephanie Dubois of Laval, who reached the singles final, but couldn't overcome tiny Japanese player Kurumi Nara. Nara also defeated Dubois in the last round of qualifying at Wimbledon last month.

Also in that draw were Vancouver's Rebecca Marino, who reached the semis, and Heidi El Tabakh of Oakville, Ont., who lost in the first round to American qualifier Ashley Weinhold.

On the men's side, there were four in the singles, including No. 7 seed Peter Polansky of Thornhill, Ont., and qualifier Pierre-Ludovic Duclos of Quebec City. Polansky did the best, losing to top seed and eventual champion Carsten Ball in the singles quarter-finals.

Also held last week was the \$25,000 WOW Challenger, a

nice run and well-attended women's event in Waterloo, Ont., that featured no less than a dozen Canadians in the main draw - most of them juniors and aspiring pros.

That's the biggest reason for holding those small events in Canada - to give the young Canadians opportunities to get big-match experience against better players. Eugenie Bouchard of Westmount, QC, only 16 and with a pro ranking of No. 776, acquitted herself particularly well. She upset the No. 4 seed, Chieh-Yu Hsu of the US (a top-400 player) in the first round and made it to the semifinals, where she lost 6-4, 6-4 to eventual champion Julia Cohen. Cohen is an American ranked No. 184 with strokes so funky, she makes your club hacker look like Roger Federer.

Meanwhile, Toronto's Sharon Fichman, back from a two-month break during which she healed a leg injury, evaluated her future a little bit and parted ways with coach Matt Bacarani, took to the red clay of Europe to begin anew. Fichman struggled in singles, winning only one match in three tournaments (two with \$100,000 purses, one with a \$50,000 purse). But she did very well in doubles and was able to attract quality partners.

Fichman won at Biarritz, France with German Julia Gerges, who just won her first WTA Tour event in singles Sunday in Bad Gastein, Austria. They didn't drop a set.

She reached the final the next week in Contrexeville, France with former world No. 4 Jelena Dokic. And last weekend in Petange, Luxembourg, she and Monica Niculescu of Romania also didn't drop a set in winning the tournament.

On the WTA Tour side, the results weren't quite as lustrous. After a training break in Montreal, top Canadian Aleksandra Wozniak returns to action this week in Stanford, Calif., where she won her first WTA Tour title in 2008.

Wozniak will play American Melanie Oudin in the first round. During the weekend, three other Canadians tried, and failed, to qualify. The field was weak - there were five additional wild cards awarded to fill out the holes, including one to Marie-Eve Pelletier of Repentigny, QC. But all three had tough first-round draws.

Pelletier lost to American Alison Riske; El Tabakh lost to Mirjana Lucic of Croatia, a teenage prodigy who fell down the abyss of burnout but who, suddenly, is back in the top 200 and qualifying for WTA events.

Valerie Tetreault of St. Jean, QC., was another player returning to action after a break, during which she also parted ways with her coach, Jack Cinciripini. Tetreault, now coached by Simon Laurendeau, brother of Davis Cup captain and former ATP Tour player Martin, hadn't played a match since losing in the first round of qualifying at the French Open in mid-May. The rust showed; she was bounced by Michaella Krajicek of the Netherlands 6-1, 6-1 in only 56 minutes.

All of the women (except Wozniak) will be at the tournament in Vancouver next week, a combined men's and women's event with a total purse of \$175,000. Most of the men will be there as well. But first, they've got this week's \$50,000 Challenger in Granby.

SPORTS BRIEFS

By Michael Innes

\$16,000 for five organizations in Magog thanks to À Bout de Souffle

The 17th edition of the Tournoi à Bout de souffle Yanick Perreault ended last Sunday and \$16,000 was handed out by the organizers.

The grand final in the Rodgers class had Construction de Castel face off against Total Hockey/Maxi-club. Construction de Castel took a 7-6 win. Derrick Brassard was the top scorer in the game with three goals and three assists in the win. Jason Pomminville impressed fans all week with his 12 goals and 11 assists for 23 points in five games. Pomminville also won the Tim Horton competition held Saturday night.

In the local class, Sport Wellington, team Comfort DB took an easy 7-0 win in the final against Service Financier Séguin.

Several players for the NHL were in Magog for this 17th edition of the tournament. Local player David Perron who signed a deal last week with the St Louis Blues was also on hand during the weekend.

RJ Ross wins the Tri Memphré

More than 1,200 participants took part in the Tri-Memphré this weekend in Magog. Ontario native RJ Ross took top honors in the half iron-man race with a time of 4 hours, 16 minutes and 12 seconds, followed by Charles Perreault two minutes later.

With the win this past weekend, Ross got a pass to take part in the world championship that will take place in Las Vegas next year. Main organizer, Rene Pomerleau thinks that the Tri-Memphré could host more participants in the next few years. Pomerleau told the Reflet du Lac that Triathlon Quebec would like them to host an event of the world cup.



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Death

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COLES**

Passed away on July 27th, 2010 at the Magog Hospital.

Steve was a humorous man would go out of his way for others.

He will be sadly missed by his loving wife Mary Smith Coles, his sister Bess Mills and his step children Matthew, Skylar and Kim and their families as well as his step daughter Kaydence to whom he was known as "Pappy". As well leaving behind his daughter Samantha Coles and his late daughter Jamie Coles.

Steve may be gone but never forgotten by all of his loved ones.

Funeral arrangements will be confirmed at a later date.

Death

**Penelope
(Penny)
PARKES**

(June 4, 1960 - July 16, 2010)

It is with profound sadness that we announce the accidental death of Penny Parkes at her home in Montreal.

Beloved daughter of Murielle (Fraser) Parkes and the late John Parkes, dear sister of Deborah, Daniel (Mary), James, and Bill Nicholas (Lucille), cherished aunt to Jonathan, Christopher, Daniel, Elizabeth, Rebekah, Ayrton and Julia. Penny will also be missed by her step-father John Haberl, his former wife Margaret, their children Richard, Peter, Joe, Louise, Christine and Ardy and their families, by Pearson, an 11-year-old neighbour whom Penny treasured, as well as by a host of very close friends.

A celebration of Penny's life will be held July 31, 1:30 p.m., at the Unitarian Church of Montreal, 5035 de Maisonneuve Blvd. W. (Vendôme metro; wheelchair accessible.) Penny would wish any donations in her memory to go to Santropol Roulant. A link is provided at (<http://www.inmemoryofpenny.familynetsites.com>).

In Memoriams

STURGEON - in memory of Lenny Husband, Dad, & Grampy July 27, 2008
*Those we love don't go away,
They walk beside us everyday,
Unseen, unheard but always near, still loved
still missed and very dear.*
We love you and miss you very much
LOIS, JEFF, ANDREA, BRANDON, BAILEY, BRAYDEN

SULLIVAN - Edward
Five years ago, today July 28, God took home a wonderful husband, father and grandfather.
*Gone are the days
We use to share,
But in our hearts,
You are always there.
The Gates of memories
Will never close.
We miss you more
Than anyone knows
With tender love and deep regrets
We who love you will never forget
Remembering you always
DOROTHY & FAMILY*

WILLIAMS - Theresa Gaylor, In loving memory of a dear sister, mother, wife who passed away July 28, 2007.
*Sadly missed along life's way,
Quietly remembered every day,
No longer in our life to share,
But in our hearts, she's always there.*
Love always,
BESSIE & DORIS (sisters)
THERESA (daughter)
WESLEY (husband)



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DR. GOTT



**Honey helps
reader's cough
and RLS**

By Peter H. Gott, M.D.

DEAR DR. GOTT: I always enjoy reading your column. You seem to be well-grounded medically, yet open-minded enough to hear new things. I am writing to let you know my experience with restless-legs syndrome.

I am a 57-year-old female. My height

and weight are proportionate, and I am healthy overall. When I get fatigued, or just very tired at the end of the day, I am often bothered by RLS. It is annoying to say the least. Generally, I take an aspirin or two, which helps calm things down, but I already have thin blood and don't like to take more than is necessary.

One night, I had both a hacking cough and RLS symptoms. I got out of bed and took a spoonful of honey to coat my throat. Minutes after I went back to bed, the RLS symptoms settled down. Just a fluke, I thought. Well, I have learned over time that taking a spoonful of honey has indeed helped the situation. I don't need it every night, but when I do, it is nice to know that there is something in the house apart from medicine to help me. Oh, and the honey helped to quell my cough, too.

DEAR READER: Restless-legs syndrome is an annoying but harmless condition that causes the sufferer to experience odd sensations in the legs such as tingling, aching, burning, crawling, itching, pain and much more when sitting or lying down. It typically causes an urge to get up and move. In severe cases, these abnormal sensations may be experienced in the upper extremities as

well.

Symptoms generally begin during extended periods of inactivity. They may worsen in the evening and throughout the night, causing the legs to twitch — a condition known as periodic limb movements of sleep. These sensations often cause sufferers to have trouble falling or staying asleep. Relief is often found by getting out of bed and moving around.

There is no one cause of RLS, and in many instances, no cause can be found. The current thought is that it may be the result of an imbalance of dopamine, the brain chemical that helps control muscle movement. There is a known hereditary link in approximately 50 percent of all cases. Pregnancy can cause temporary RLS symptoms, but most women experience relief shortly after delivery. Peripheral neuropathy, kidney failure and iron deficiency may also cause or worsen symptoms.

Now, before I am berated by my readers, I will mention sleep apnea. However, the various related departments of the National Institutes of Health, the American Academy of Family Physicians and the Mayo Clinic do not list sleep apnea as a cause of RLS. In fact, I cannot find any scientific studies that show the two

conditions are related. However, this does not mean they aren't. Perhaps researchers need to study this possible connection.

Honey as a remedy to RLS is new to me. Hawthorn berries, magnesium and calcium, soap under the sheets, pickle juice, electrolyte sports drinks and other remedies have helped some of my readers who suffer from RLS. Unfortunately, RLS is often difficult to treat, with few prescription options being available and home remedies being extremely beneficial for one and not at all for another. On occasion, I get a letter from a sufferer who is helped intermittently by one or more home remedies.

So, readers, here is another one to try. This option is admittedly better tasting than pickle juice, but does it work? Try it, and let me know your results. I will print a follow-up article once I receive enough results.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

My best friend is having an online affair

Dear Annie: I am 55 and have been married to Jim, age 73, for five years. Jim's wife died six years before we met, and his two children became furious when he began dating, saying he was being unfaithful. They badgered Jim until he deeded them his house and property. Jim also gave each kid \$250,000 in cash and paid off the mortgages on their homes.

The deeds specify that Jim can stay on the property as long as he lives, but make no provision for a surviving spouse. When we married, Jim asked the kids to allow me to continue to live there after he dies, but they refused. After that, whenever the kids asked for money, Jim told them it was time they lived within their means. (They have good jobs.) They became hostile and accused Jim of choosing me over them. They have not allowed him to see the grandchildren for three years. The only time they speak to him is to demand he divorce me.

Without telling Jim, I sent both his children a polite e-mail asking what it

would take for us to be a family again. They told Jim about

the letter, and he accused me of interfering in his relationship with his kids, saying it was none of my business and I have "ruined all possibility of reconciliation." I was shocked by his reaction, but apologized. However, Jim will not accept my apology. Was I out of line? What about his kids? Is there any hope for this family? — Tired of Drama

Dear Tired: Jim is worn down from fighting with his kids, defending his marriage and missing his grandchildren. Although your intentions were good, the e-mail was the straw that broke the camel's back. His selfish children used it as an excuse to attack him in force. Ask Jim to go with you for counseling to see whether your relationship can withstand the pressure. If he won't go, go without him.

Dear Annie: My best friend is having an online affair. She feels it is only a minor form of cheating since they are not meeting in real life. Frankly, in my

Annie's Mailbox

book, it's cheating all the way around.

I told her that if her husband asks me about it, I will not lie to him. But I am so uncomfortable with the situation that I no longer call her or visit their home. Even if she were to stop e-mailing this guy, I still would not lie to her husband if he asked why we've stopped speaking. Is this friendship a write-off? — Confused in California

Dear Confused: It certainly sounds like it. Your friend is behaving terribly, and we agree that you should not be a party to her lies. The most you can do is suggest she get into counseling with her husband so they can figure out why she is willing to risk her marriage for her online buddy. Otherwise, keep your distance.

Dear Annie: I would like to respond to "V.W.," who has an autistic child and whose relatives don't understand how demanding it is. I have three children, one of whom has already been diagnosed with Asperger's and the other

two are showing similar traits.

I found support through my child's school and the local county services. The county provides respite care, and the school has special classes where I have made friends with other parents. Also, I discovered care.com and sittercity.com, where you can search for trustworthy sitters in your area, some of whom may have experience dealing with autistic children.

A starting point is asking the school nurse, school counselors or family doctors what services are available in your area. Support makes a big difference. — N.Y.

Dear N.Y.: Thank you. Websites like the ones you listed provide child care, senior care, pet sitters, housekeeping services and even tutors. We appreciate the information.

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

Kinnear's Mills U.C.W.

The Kinnear's Mills United Church Women met in the afternoon of July 13 in the Community Hall. The hall was cleaned following the supper held on Saturday when the Megantic County Orange Picnic was held at the MacRae Grove. The meeting was conducted by the president, Sheila Allan. The U.C.W. purpose was repeated and Sheila led in a Devotion, the theme being "The Simple Life" The reading was based on Ephesians 5; Verse 16, "These are wil times, make every minute count." A short prayer was given.

The Roll Call was answered by six members with a Bible verse. The minutes of the last meeting were read by the secretary, approved and signed. Comments were given on the Supper and Sales Table. We extend a sincere thanks to all who gave donations and helped in any way. The treasurer, Audrey Allan, gave a temporary financial report. A letter was received asking for a donation of help for a Thetford Mines young girl who has Cystic Fébrosis. Our decision was to decide about this at our next meeting.

Ruth Beattie had received informa-

tion for the 69th Summer Event to be held July 24 & 25th at Knox. St-Paul's United Church, Conwall, Ont., the Theme being "All Things New."


Ruth had also been in contact with Ann Clarke about having an Eastern Region U.C.W. Retreat. The date of October 7 has been booked for this at Versant La Noel. She will have more information for our next meeting.

We have been asked to serve a noon lunch on August 7 following the Burial Service of the late Jim and Shirley Porter who passed away during the winter at

the Wales Homes, former residents of Thetford Mines. Plans were made to do this.

Our next meeting will be on Sept. 17 at the home of Sheila Allan. A Birthday card was signed by all for a friend in the Wales Home. The meeting was ajourned by repeating the U.C.W. Prayer.

Joy Nugent
Secretary



The family of Origene & June Boudreau would like to wish them a Happy 60th Wedding anniversary on July 28th . Have a great day .

Fulford

A Silver Anniversary celebration for Jim and Joyce Banks took place a Fulford Hall, a good get-together of family and friends. The Hall was decorated for the occasion and a delicious buffet was presented, along with a special anniversary cake. Best wishes to the honoured couple, parents of three teen-aged sons.

Kathleen and Raymond Ardouin enjoyed a trans-Atlantic voyage and Mediterranean cruise. They returned home well-tanned and happy.

Sympathy to John Rnright and son, Julian, on the death of wife and mother, Lois, who had deep roots in

both the West Shefford/Bromont and Fulford communities. Lois was the daughter of the late Lyla (nee Wright) and Jesse Brunton. She leaves many relatives and friends saddened by her demise. Burial took place in Fulford Cemetery. Word has been received of the death of Eleanor, wife of Don Chisholm. For some years they owned the former Arnold Badger farm which is now back in the family, having been acquired by Michael Badger. Wyatt Wright is sidelined with health problems.

Margaret Fordham
Fulford.

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CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.
Today's clue: C equals B

"W 'H R D Z V P X V W S D P P V W K W R B . W
S D R ' Z K W E L Z D P V W K . W Y V Z L Z D
P V W K . C G Z W ' H R D Z V P X V W S D P
W Z . " - O W R J L H J H V Y D R

PREVIOUS SOLUTION: "I'm sort of the comic relief after a hard day at work. My message is that it's OK to relax." - Larry King

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ALLEY OOP



ARLO & JANIS



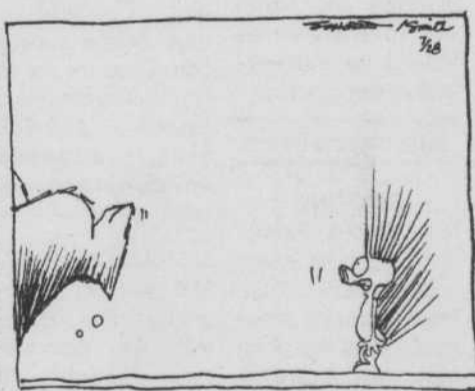
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



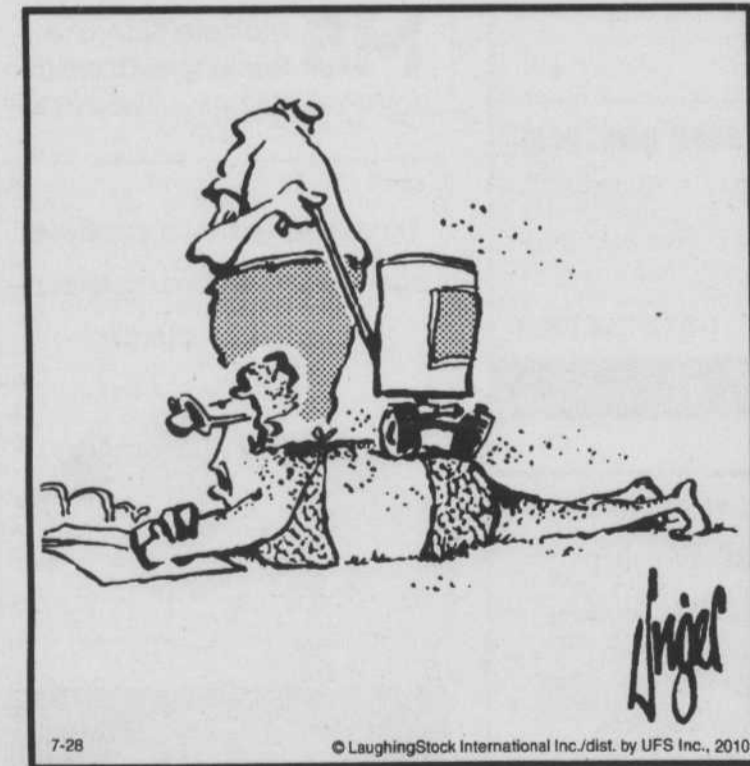
SOUP TO NUTS



KIT N' CARLYLE



HERMAN



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Your Birthday

Wednesday, July 28, 2010

Any creative, artistic or inventive talents you might have could be put to some profitable uses in the year ahead if you're open to suggestions and new ways of doing things. Do not put any limitations on your imagination.

LEO (July 23-Aug. 22) - Don't rush your assignments and you'll be amazed at how much more you'll accomplish. Consistency rather than urgency gets you what you want without engendering time-consuming mistakes.

VIRGO (Aug. 23-Sept. 22) - The best way to get the assistance of someone who could help you achieve a goal is to avoid making continuous pitches for his/her support. Ask only once and accept this person's response.

LIBRA (Sept. 23-Oct. 23) - Even if certain family members such as relatives or in-laws do some things that exasperate you, tolerate who and what they are. If you keep your mouth shut, everyone will leave smiling.

SCORPIO (Oct. 24-Nov. 22) - Look for the virtues in others instead of their frailties, and this could be a very pleasant day for you. Pinpointing the flaws of friends only makes you look bad and causes people to dislike you.

SAGITTARIUS (Nov. 23-Dec. 21) - Be sure to scrutinize the merchandise you're considering purchasing, especially if it is costly. If you yield to being a spontaneous shopper, you could end up being wasteful.

CAPRICORN (Dec. 22-Jan. 19) - By pacing yourself wisely, you'll be capable of achieving considerable accomplishments. Remember to allow adequate time for each of your endeavors.

AQUARIUS (Jan. 20-Feb. 19) - If you think it is the right course to take, play a bit hard to get when negotiating a matter of importance. Things will work out far better if you let your prospect come to you.

PISCES (Feb. 20-March 20) - Keep your conversations with friends light and breezy if you can. If you either get focused on shoptalk or on some serious issues of the day, you could end up feeling depressed.

ARIES (March 21-April 19) - Don't give up if your initial efforts fail to achieve your goal. Regroup and try again. Sometimes adding a new twist is just the ticket to get what you want.

TAURUS (April 20-May 20) - If you find yourself linked up with someone who has a caustic tongue, don't withdraw from your goal just to get away from this person. If you respond tactfully, s/he will fall in line.

GEMINI (May 21-June 20) - The best way to gain what you want is to act in terms of what is best for everyone. It's one of the quickest and best ways to achieve your goals.

CANCER (June 21-July 22) - Your thinking will be much clearer and more accurate if you take the necessary time to weigh and balance all the pertinent facts. Hasty assumptions could take you down the wrong path.

Wednesday, July 28, 2010

Negative doubles for positive results

By Phillip Alder

The most important call for handling a pre-emptive overcall is responder's negative double.

The double's primary job is to try to find a fit in an unbid major. But as we will see tomorrow, at a high level the negative double is less well-defined. First, though, here is a textbook example.

After South opens one club and West makes a two-heart weak jump overcall, North doubles, negative. This shows four spades and usually nine-plus points. Over East's defensive raise to three hearts, South competes with three spades, and North raises aggressively to four spades.

West leads the heart king. How should South plan the play? Did West have a more effective opening salvo?

The defenders are threatening to take two spades, one heart and one club. Declarer cannot avoid the black-suit losers, so takes the first trick, cashes his diamond ace, overtakes the diamond queen with dummy's king, and discards his heart loser on the diamond jack. What must he do next?

It would be easy to make the mistake of leading a trump. However, here, East could win with his king and lead his last diamond. South would have to ruff (West

				North 07-28-10			
				♠ Q J 10 9			
				♥ 9 6			
				♦ K J 10 9			
				♣ Q J 9			
West				East			
♠ 4 2				♠ A K 6			
♥ K Q J 10 8 5				♥ 7 4 3			
♦ 6 3 2				♦ 8 7 5 4			
♣ 10 5				♣ A 8 2			
				South			
				♠ 8 7 5 3			
				♥ A 2			
				♦ A Q			
				♣ K 7 6 4 3			
				Dealer: South			
				Vulnerable: Neither			
South		West		North		East	
1 ♣		2 ♥		Dbl.		3 ♥	
3 ♠		Pass		4 ♠		All pass	
Opening lead: ♥ K							

throws a club) and play another trump, but East would win and return a trump to dummy. Since South is now out of trumps, East would get the club ace, and West his heart queen.

To avoid this, South must ruff dummy's heart nine before leading a trump. Then, when East returns that diamond, South can ruff and play another trump. Everything is under control.

West defeats four spades by leading a club, which gains him a club ruff.

CROSSWORD

Across

- 1 Tug trailer
- 6 Grand ___
- 10 Tach nos.
- 14 Slobber
- 15 "Othello" villain
- 16 Strategic Chinese border river
- 17 "Funny story
- 19 Stereotypical insomnia cause
- 20 Stocking style
- 21 Hub once known as Orchard Field
- 22 Icicle site
- 23 Where to get PIN money?
- 25 Seniors' D.C. lobby
- 27 "Financial analyst
- 34 Cub Scout group
- 35 Asteroids game company'
- 36 Knickknack shelf item
- 37 Demolish
- 39 Grey Goose alternative, familiarly
- 41 Places for notes

- 42 "The King" of golf, to fans
- 44 Consider responsible for
- 46 Cruise milieu
- 47 "Influential one
- 50 Robert of "The Sopranos"
- 51 '50s campaign button name
- 52 Holders of chips?
- 54 Stone memorial
- 58 Art class subject
- 62 Sandusky's lake
- 63 "Diversion while waiting
- 65 One of the Ivies
- 66 Prefix meaning "peculiar"
- 67 Husband and wife
- 68 Omelet essentials
- 69 Fires
- 70 Steak rating, and word that can precede the first words of the answers to starred clues

- 26 Anti-apartheid org.
- 27 Prefix with surgeon
- 28 Disagreeable
- 29 Betray, stoolie-style
- 30 Grandstand filler
- 31 Agitates
- 32 Down-yielding duck
- 33 Sub ___: confidentially
- 34 Wee bit o' Dewar's, say
- 38 Much-followed ratings, with "the"
- 40 Opinion opener
- 43 Before, to Keats
- 45 Symbol of strength

- 48 Frigid
- 49 Bulletproof vest material
- 52 Stinker Le Pew
- 53 State bordering Wash.
- 55 Verdi's slave girl
- 56 Statement of commitment
- 57 Classic autos
- 59 Some choristers
- 60 Appear
- 61 Gaelic tongue
- 64 Brat

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

Down

- 1 Classified ad abbr.
- 2 Two-time Indy champ Luyendyk
- 3 Takes badly?
- 4 Bruce Wayne's city
- 5 Quarterback Manning
- 6 Punjab sect member
- 7 Like a land for dreamers?
- 8 Time, for example
- 9 Wells's island doctor
- 10 Biennial team golf competition
- 11 Put another way
- 12 XII years before the Battle of Hastings
- 13 Apartment manager, briefly
- 18 Halley's and Hale-Bopp
- 24 Timetable abbr.

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