

THE RECORD

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Jeff Pauw brings ETSB support to Centraide ... See P. 3

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THURSDAY, OCTOBER 6, 2005

Cookies at crosswalks this week



PERRY BEATON/SPECIAL

On a regular day, Sherbrooke Mayor Jean Perrault and city police officers would be taking their lives in their hands venturing out into this crosswalk in front of Jacques Cartier Park. Police and partners want to change that with a carrot and stick approach - in this case, cookie and ticket.

Next week it's tickets

By Rita Legault
SHERBROOKE

Pedestrians and motorists in Sherbrooke regularly fail to respect the rules at crosswalks and intersections and that's something the city wants to change in order to prevent accidents and save lives.

Sherbrooke police, in cooperation with Quebec's automobile insurance board, the Société de l'assurance automobile du Québec, and many other partners yesterday launched an awareness campaign to improve traffic safety.

The "Bon pied, bon oeil" campaign aims to inform people of existing regulations and encourage

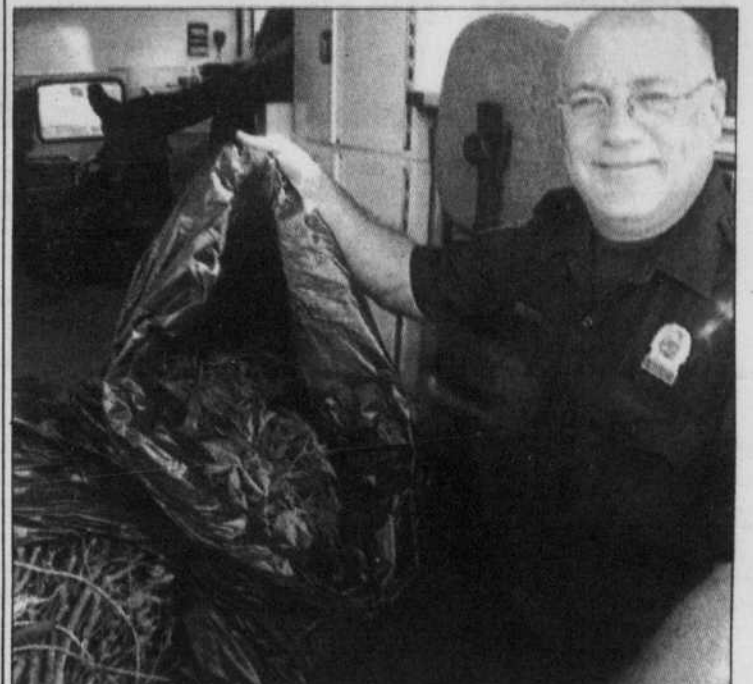
them to adopt appropriate behaviour at pedestrian crosswalks and intersections. And the awareness campaign will be followed by a period of repression during which time pedestrians and motorists who didn't get the message, will get tickets.

Every day, about 10 pedestrians are involved in traffic accidents in Quebec. In Sherbrooke in 2004, 73 pedestrians were hit by cars leading to three deaths.

Sherbrooke ranks 6th in Quebec in terms of accidents involving pedestrians - ahead of Saguenay and Trois Rivières, which are of comparable size, said SAAQ spokesman Pierre Garneau. That's why Sherbrooke was chosen for the pilot project.

PLEASE SEE CROSSWALK PAGE 3

Grow-op shut down in Brompton



PERRY BEATON

Const. Renee Dubreuil said police had been working on the bust for several weeks.

By Patrick Lavery
SHERBROOKE

Sherbrooke Police broke up a marijuana grow operation in Brompton Wednesday afternoon. Two people, the owners of the house, were arrested in the raid, a 37-year-old man and a 28-year-old woman. Police found and disassembled an extensive operation, confiscating 1,250 marijuana plants and the equipment used to grow the contraband.

Sherbrooke Police spokesperson René Dubreuil said the plants had a street value of \$1.25 million. He said the equipment confiscated, lights, ventilation hose, irrigation system, were also worth quite a bit, but could not put a dollar value on the material.

Two children who lived in the house are staying with an aunt for the time being.



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Dr. Patrick
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Mental Health event features guest speaker MacPhee



COURTESY MENTAL HEALTH ESTRIE

Mental Health Estrie's board of directors, (left to right) Lynne Beattie, Esther Barnett, Norma Salisbury, Jo Anne Anderson, Lynn Ross, Judy Ross, and Barbara Drexel have organized a special event in honour of Mental Health Awareness Week.

'People should know they're not alone,' says Ross

By Jen Young

RECORD CORRESPONDENT

One in five Canadians suffers from a form of mental illness, and most feel as though they are alone, leading some to commit suicide. @tx:Lennoxville's Mental Health Estrie organization is determined to provide support and aid for sufferers, and their families, in the Eastern Townships, which is why they have invited William MacPhee to tonight's community centre event, to provide proof that mental illness does not have to rule your life.

The Schizophrenia Digest founder and publisher will discuss his battle with the disease and how he overcame it. He will talk candidly about the characteristics of his illness, the therapies involved in recovery, and his own quest to continually manage his illness while living his life.

Mental Health Estrie executive director Judy Ross says that MacPhee is sure to bring the public some words of wisdom.

"We are trying to lessen the pain that individuals suffering from mental illness are living with and give them hope," stated Ross. "Our slogan is 'Recovery of Hope and Hope of Recovery,' and Bill has definitely proven that being diagnosed with mental illness does not mean that you can not function properly or become a well-respected professional. His story is sure to bring hope to people living in the dark about the disease because he's living proof that mental illness does not have to ruin your hopes."

Ross says that this evening's event, during Mental Health Awareness Week, will be an excellent opportunity for anglophones to learn of symptoms and proper diagnosis of a disease that often keeps people in the dark. In an effort to raise awareness, tonight's event is sponsored by an educational grant from Janssen-Ortho. Ross, and other mental health administrators, will also be present to provide visitors with information on services available in the area.

The event begins this evening, Thursday, at 7 p.m. at the Amedée Beaudoin Community Centre and admission is free. For more information contact Mental Health Estrie at 565-3777.

Mental Health Awareness Week Oct. 3-10

TWENTY WELLNESS TIPS

1. Support groups are safe, welcoming, confidential, understanding gatherings.
2. Music has the power to help motivate or calm us, whether we listen or perform.
3. Avoid fats, sugars, cholesterol and salt; drinking water and balancing our food groups can help improve mood.
4. Exercise|walking|movement can get us through depression or use up extra energy if mania seems close at hand.
5. Our pets offer us unconditional love and they never get tired of us.
6. Keep a journal. Setting aside time each day to think through what has occurred and writing about it can help us look for patterns and better understand ourselves.
7. Sleep. It's impossible to overestimate how important regular sleep and wake times can be for people living with mood disorders.
8. Creative writing and poetry allow us to process information in artistic ways that can be healing and safe.
9. Medication can help us become more calm and focused. Just sit quietly and do your best to clear your mind.
10. Arts and crafts can help us explore issues non-verbally. Pick your favourite and try it out. Don't worry about the end results.
11. Mood tracking. Taking 60 seconds a day to track our moods can alert us to problems earlier and help us address them.
12. Friends and family can be our shelter from the storm. Preparing for them can help us avoid severe mood episodes.
13. Work. Having a job that forces us to get out of bed every day helps our self-esteem and self-discipline.
14. Education about our illness empowers us to make decisions with our health care providers.
15. Spirituality. Belief in and reliance on something more powerful than yourself is an important aspect of wellness for many.
16. Volunteering. Whether you are working or not, adding a volunteer job helps you to give back as part of your recovery journey.
17. Yoga. Combining the benefits of exercise and meditation, yoga is a wellness tool for many.
18. No drinking/substance use. Getting clean and/or sober can work wonders on your moods and treatment effectiveness.
19. Gardening. The combination of exercise, beauty and being outdoors makes this wellness strategy irresistible to many of us.
20. Tracking triggers (predictable actions or situations that destabilize moods) and preparing for them can help us avoid severe mood episodes.

Depression and Bipolar Support Alliance. (DSBA) is not-for-profit corporation based in Illinois, USA. At their recent 20th anniversary conference, attendees voted the following strategies the top 20 wellness tips. They recommended you set a goal of investigating one or two ideas that may be new to you.

This article was taken from the Fall 2005 issue, vol. 28, No.4. Share & Care. Originally reprinted and edited from the summer 2005 edition of DSBA's Newsletter Outreach. DSBA can be reached at 1-800-826-3632. www.DBSAlliance.org

Weather

Today: A mix of sun and cloud. Hazy early in the morning. High 27.

Friday: Rain. Low 16. High 25.

Saturday: Periods of rain. Low 12. High 17.

Sunday: Sunny. Low 5. High 17.

Ben by Daniel Shelton



Centraide-Estrie kicks off fundraising campaign

By Patrick Lavery

Be prepared to give a little more. For the next few months more than 1,000 volunteers will be going around the Estrie region, collecting donations for the 31st annual Centraide-Estrie fundraising campaign. Campaign co-presidents Roger Durand and Martin Lorrion hope to raise \$1,333,333 over the course of the campaign.

When asked what made the organization set its goal at that amount, Centraide-Estrie director Claude Forgues admitted the amount is unique. "It's a number that people will remember," he said. "We wanted to distinguish the campaign from others in the area."

The co-presidents have enlisted a team of businessmen and women who will be soliciting donations from companies all over the area.

One of the people tapped by Centraide to help raise money is Windsor industrialist Malcolm Wheeler. The Herwood Inc. president was approached by Centraide to help.

"Martin Lorrion is the director of Domtar in Windsor and Roger Durand, who is



PERRY BEATON/SPECIAL

The amount of the campaign goal is sure to stick in people's minds.

president of the Caisse Pop in Sherbrooke is from Windsor," he said. "They approached me because I have been involved in different financial campaigns."

Wheeler has been a key member in raising money for the Wales Home in Cleveland. "I'm fairly well-known in my sector," he said. "They thought I could bring them some input from the manufacturing sector."

Wheeler said that meetings with other manufacturers in Windsor will be taking place next week. "By the end of next week, we will be meeting with manufacturers in

Megantic."

Wheeler says his goal is to raise \$250,000. "We hope to meet our objective through things like retention off salaries," he said.

Centraide has also once again received a pledge from the Eastern Township School Board. The goal the board is reaching for is \$4,000.

"We first got involved two years ago," said Jeffrey Pauw, director of Human Resources for the ETSB. "We raised \$2,500 last year."

He said that ETSB staff and teachers will be solicited for donations and deductions from paycheques could be another

way to raise the money. "It's something we're going approach each school with," said Pauw. He said that students won't be solicited for donations.

Pauw said the ETSB decided to get involved because of the sheer numbers of charities Centraide-Estrie helps fund. Pauw liked that fact that money raised by the school board would go back to school-focused charities. He also liked the fact that ETSB schools in the Montérégie region would see a benefit from their donations. "We've been told that if people in, say, Cowansville donate, the monies will go back to charities in that area," he said.

Centraide-Estrie acts as a central source of funding for some 67 charitable organizations in the Estrie region. As well as giving to charities that help low-income families, the homeless, and the elderly, the organization uses the money raised to run 15 youth homes in the Estrie region.

"With so many problems that exist in our society, the public can work to help and change the situation," said Lorrion.

So far this year, Centraide-Estrie has distributed \$1,296,970 to different charities in the region. In turn, these charities have helped some 65,000 people who require their services.

CROSSWALK:

CONT'D FROM PAGE 1

Garneau said the method of raising awareness followed by a crackdown is the best strategy for changing behaviour.

Garneau, who pointed out that pedestrians are the most vulnerable group on local roads, said pedestrians and motorists need to be more vigilant and courteous. He said pedestrians must cross only at intersections and crosswalks and respect pedestrian lights. Motorists, meanwhile, need to yield the right-of-way to pedestrians at crosswalks and respect traffic signals and speed limits.

Over the next three years, Sherbrooke motorists and pedestrians will be targeted by a traffic safety awareness campaign on pedestrian crosswalks.

From Oct. 9 to 20, police will be on hand at busy and dangerous intersections and crosswalks situated on the Plateau Marquette downtown, University, Jacques Cartier and Portland Boulevards as well as Terrill and Queen Street in Lennoxville.

Police will be handing out pamphlets for pedestrians and motorists as well as Chinese fortune cookies with safety messages. While police will hand out English brochures in Lennoxville, the cookie messages are in French only. Apparently bilingual cookies were too expensive, organizers explained.

The next week, starting Oct. 22, police will be out again but this time they will be handing out tickets, not cookies. And police will continue ticketing errant pedestrians and motorists throughout the year.

Police chief Gaétan Labbé said police officers have been met and informed. The police department has also been raising awareness with enterprises and workers who are always on the road including bus, taxi and ambulance drivers, towing and moving companies as well as municipal employees.

Labbé said special efforts will be made near campuses, including Bishop's where some obedient motorists will also be handed tickets to a Gaiter's football game.

"I hope they win," he said, bringing laughter from the crowd - mainly those who know Labbé's son is a star player on the rival University of Sherbrooke's Vert et Or.

Mayor Jean Perrault noted public safety was one of the priorities identified both by council and the public and the pilot project responds to a ongoing problem. He said pedestrians and motorists have been ignoring crosswalks for years.

"Why can't we act like we do when we go to Ontario and the United States," he said, noting with the large number of students and seniors on foot in Sherbrooke, the need for greater safety is evident.

Perrault also thanked partners including the University of Sherbrooke, Bishop's University and the Collège de Sherbrooke for getting involved in the campaign.

Police also admit they have not enforced regulations in the past.

Failure to comply with traffic rules at intersection and crosswalks can lead to fines of between \$15 and \$30, plus court costs for pedestrians. Motorist face fines between \$100 and \$200, plus court costs and three demerit points.

la chronique

Government information

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Refunds may be as high as \$3000 per person per trip and may cover the payment of funds necessary for an immediate departure or for repatriation. Note, however, that total refunds cannot exceed the amount of \$3,000,000 per event.

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Services

Québec

Sutton tackles housing shortage for seniors

By Maurice Crossfield

After two and a half years of meetings, calculations and lobbying, a 40-unit apartment block for seniors will be built in Sutton.

"It has been a long and arduous journey," said Sutton Mayor Winston Bresee. "I'm very happy to be able to announce this today."

The \$3.7 million project is aimed at a growing problem in the Sutton region. As the population ages, more and more elderly people consider selling their homes. Often they end up moving to Cowansville or Knowlton because there's no place for them to stay in Sutton.

"The percentage of elderly people in our region greatly surpasses the Quebec average," said Alexandrine Poissant, president of the committee overseeing the project. "From 1996 to 2001 the population of Sutton between the ages of 55 to 64 years of age grew by 51 per cent."

With that in mind a number of community members, from CLSC officials to concerned citizens, began work on Les Villas des Monts de Sutton, a seniors apartment complex. Poissant said she asked Shirley Beaulac to find names of anglophones interested in apartment living and within ten days she had compiled a list of over 60 people.

"After two weeks we had a list of 129 people over the age of 75," Poissant said.

What emerged is a \$3,768,735 project, of which the Town of Sutton will provide 14.1 per cent of the cost. Sutton will sell the land at 33 Western Street for \$51,000, and charge \$12,500 for installing water and sewage services. It



Sutton council members and a band of volunteers gathered for the ceremonial first shovel of earth at 33 Western, future home of Les Villas des Monts de Sutton.

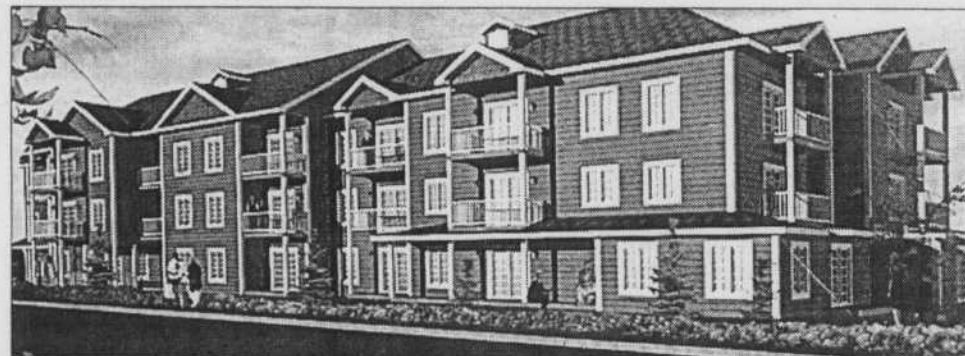
will also provide \$382,000 for the project which will be covered by a borrowing bylaw. Bresee said the loan will be repaid through taxes collected from the apartment complex.

The remainder of the project will be financed through a grant from the Société de Habitation du Québec (50 per cent) and a mortgage guaranteed by the SHQ (35 per cent).

"The taxes on the property will be about \$45,000 to \$48,000 plus water and sewage taxes, and it would be paid back within about 12 years," he said. "Some towns offer tax holidays but we find it's better to borrow the money and pay it back."

Scheduled to be completed by June

2006, the complex will offer half of its units to people with low income, who would get help to cover the costs. A one-



Les Villas des Monts de Sutton will offer local seniors a chance to remain in an area where most of them have lived all of their lives.

bedroom apartment will go for \$531 in rent, which includes heat, hot water and electricity. Another \$435 would be charged for services, including lunch and supper in the main dining room, elevator service, a laundry room and 24-hour surveillance. Minus an income tax credit of \$72 a month, the rent comes to \$894 a month. Six two-bedroom apartments will be available as well, costing a total of about \$70 a month more.

The apartment complex will offer easy access to the bike path, and is a short distance from Sutton's downtown core. It's also not far from the Foyer Sutton, the local nursing home.

Bresee said a second phase of the project will take aim at young, low-income families, who are also often faced with the prospect of leaving Sutton to find a place to live. No time or budget for that project has been established yet.

"The apartment occupation rate in Sutton is about 98 per cent right now," he said.

TBL election features Wisdom-Neil rematch

By Maurice Crossfield

Voters in Brome Lake going to the polls this November will see some familiar names on the ballot as Richard Wisdom and Stanley Neil square off once again for the top job at town hall.

"I think I know the issues and where we've gone, and I think we've done rather well," said Wisdom in an interview this week. "I'm going to run quite seriously on a number of issues."

Never one to pull his punches, Neil said he's running to offer voters a serious alternative.

"I am less than pleased with the way things are being done," said Neil Wednesday. "There hasn't been much transparency and we certainly need to reinstall that."

Both candidates are still working on their platforms and waiting to see if anyone else will be running for mayor and who will be running for council. Wisdom and Neil both said their platforms will be released in the coming



DFASFS

Incumbent Richard Wisdom will campaign to keep his seat.

days.

"In the next four years I will be looking a lot at infrastructure," Wisdom

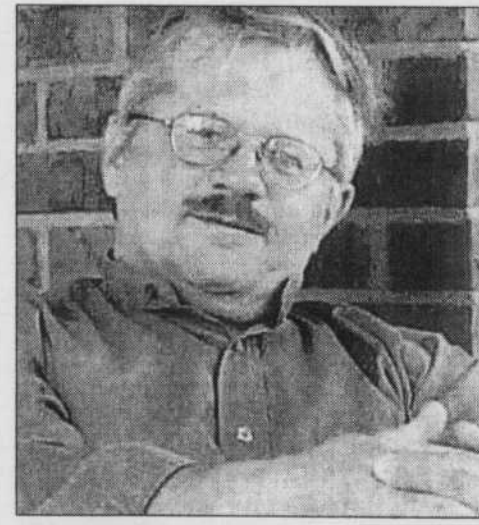
said. "The community centre, the Route Verte, and fixing things like the Coldbrook dam."

"I want to get back to having clear, established objectives," Neil said, noting that things like the Master Plan passed during his term as mayor are an indication of that.

This will be the third round for the two veterans of Brome Lake politics. Round one took place in Nov. 1999 when Neil, Wisdom and Ron Gibbs all took a shot at the mayor's job. Neil garnered the most votes, narrowly beating his two opponents. In 2003 Wisdom and Neil were joined on the ballot by Don Wing and Lloyd Sturtevant. This time it proved to be Wisdom's turn to run the town.

"People said that when I was mayor I was abrupt and arrogant," Neil said. "But I've been to every council meeting in 2005 and I've never seen as much disrespect towards the citizens as I've seen with this council."

As is the case with all municipalities,



DFASFS

Former TBL mayor Stanley Neil wants a return to clear objectives.

anyone interested in running for a mayor or council seat in Brome Lake has until Friday, Oct. 14 to submit their candidacy papers.

MUNICIPAL ELECTIONS 2005

Asbestos mayoral candidate chides rival

By Stephen McDougall
SPECIAL TO THE RECORD

The race for the mayor's seat in Asbestos heated up a few degrees Tuesday when one of the two candidates questioned the leadership skills of the other.

Hugues Grimard, the town councillor for the town's Trois Lacs (Three Lakes) sector, said Tuesday, in response to journalist's questions, that the leadership abilities of his rival Jean-Philippe Bachand should be closely watched during this month's campaign.

"I have proven my leadership skills by representing Trois Lacs for seven years as a councillor. It will be up to Mr. Bachand to show the voters he too can be a leader."

He argued Bachand left a bad impression earlier this year when as head of the local chamber of commerce, he proposed changing the name of the town because the word Asbestos has been linked to health problems in the past.

Last week, Bachand said he would no longer push the issue, given the lack of interest it generated.

Grimard argued his opponent should never have brought the subject up in the first place.

"When you make these proposals, you need to take the time to think of all the consequences, good or bad, that will occur," said Grimard.

"I don't think my rival did very much thinking about this. He opened this debate, and now that most residents are not interested in it, he has to backpedal and say it is no longer an issue."

Grimard said he was opposed to ever changing the town's name, arguing to do so would do more harm than good.

"Businesses would have to spend a lot of money changing their business cards and stationary and then alerting customers of the name change," he said.

"Residents who have always identified with the name Asbestos would be resentful as they reregister with the post office and have to send out change of address cards."

Grimard also questioned Bachand's promise to develop the Trois Lacs area for more tourism, given that he showed little interest in the sector when he was a town councillor.

"I have been working on tourist projects in my sector since 1988 and a lot has been accomplished," he said.

"We revived the fish and game club, made the lakes cleaner and introduced winter events such as skating for residents and visitors."

"I would like to see what tourists projects he has in mind."

But Grimard pulled his punches back when asked how he would describe his rival's campaign style, saying he would let the voters do the judging on election day.

He also was hesitant about meeting a Bachand challenge to hold a public debate on the issues.

"I don't know if a debate is really neces-



STEPHEN MCDUGALL/SPECIAL

Hugues Grimard replies to reporter questions, taking aim at opponent.

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sary," Grimard responded.

"I would prefer we just make every effort to go door-to-door and let all the voters get to know us in person. Our campaign team will have to think about this and decide later."

Grimard also rejected Bachand's concern that the town carried too high a debt load. He said the town can manage its present debt of \$6.9 million, given that the provincial government has already promised to pay down one third of it over the next several years.

"I am more concerned with cutting our administrative and material costs," said Grimard.

"If we watch our pennies and encourage new businesses to set up here, we can get this debt down before long."

Until those new businesses arrive, he added, the town will still depend on the province for infrastructure grants and did not rule out the possibility of increasing municipal taxes to improve the town streets and water system.

"Tax hikes may have to be considered if we cannot get revenue from other places," he said.

"But I don't think layoffs at the town hall are a good idea. That would mean a cut in services that does help a town's reputation."

The town presently has 32 employees to serve its population of 6,500 residents.

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Community Forum

Caring too much about sports

The recent film "Fever Pitch" captures it well. It is a romantic comedy about a young man torn between his new girl friend and a life-time fixation with the Boston Red Sox. The story setting is the 2004 Red Sox pennant race. The love versus sport interest leads to competing demands over time, affection and attention, — and unsurprisingly culminates in romantic conflict. War And Peace it is not, but the battle between sports fixation and the living of a normal life will strike a chord with many men — and women. I can certainly identify.

Last Saturday night I found myself in the dark of night driving around

Lennoxville, and later Sherbrooke, in search of a pub or bar that was showing the Notre Dame - Purdue football game. This was difficult for several reasons. For one thing at my age I was ill at ease entering places never visited before, checking the television(s), — and at times questioning barmaids or barkeepers. For another thing I was alone. With a companion I would have felt more at ease, but my dear wife refused to join me on what she described as my "goofy" excursion. (We have a television, but it did not carry the



TOM
CAVANAGH

Notre Dame game.)

As it turned out the game was not showing at any of the locales visited. On my return home I received a call from my sons with good news of a victory — and we relished at length the joyous details. One of my most pleasant memories is crawling into bed at night after a Notre Dame victory

and dozing off happily with visions of successful Notre Dame plays dancing in my head. Conversely, I have a lot of trouble sleeping on nights following defeats. How could that have happened? How could number 83 have dropped the damn pass? How could God permit this?

For younger folks it makes some sense to feel passionately about their team winning or losing; but at my mature age it is somewhat bizarre. I have no ties with Notre Dame and, apart from my Catholicism, there is no objective standard by which Notre Dame's success or failure in football should be of any consequence for me. So why the deep and intense reaction to game results? Am I going over the edge?

Many years ago a colleague and friend told me that I think too much about what I'm thinking. Probably right. But I worry these 'quirks' or obsessions and what they might signify. I think most people have them, and they can be bothersome. If a balanced recognition and acceptance of what happens in life demonstrates a firm grasp on reality, there is something scary about idiosyncrasies that leave you sleepless, or driving around to bars looking for games at night. The over-the-top rapture with wins, and deep depression over losses is nigh inexplicable. Unless... Unless? Unless we are breaching the borders of madness.

I know there is a distance between mental illness and obsessions about sporting events. Yet there is something to think about. Surely the anguish and human suffering of the mentally ill are not comparable to the feelings of a disgruntled fan. Hamlet wrestled with the most disturbing of issues — to live or die. "To be or not to be: that is the question." And opted for the former. A Dallas Cowboy football fan weighed up the same issue after his team lost four in a row — and blew his brains out. If you're going to obsess about something, sports would seem a safe subject. But you never know.

My thinking, and I believe there is nothing original here, is that sanity is best understood as a sort of continuum with madness on one end, and solid mental health on the other. Be-

tween the two there is surely a wide range of gray. And that is where many are located. Further I suspect that with our fears, obsessions, quirks, and idiosyncrasies, we may be closer to the wrong end of the continuum than we would happily admit.

When I was young I thought I grew up in a family with troubles. Today I believe we were probably better balanced than most. I recall my older sister's observation that our troubles were not so disquieting, because geniuses, great writers and poets are often disturbed and/or originate from disturbed backgrounds. She was not entirely wrong, as names come flying to mind: Bobby Fischer, Sylvia Plath, Ernst Hemingway*, Virginia Wolf, Glenn Gould, Dostoevsky.

But it is not only geniuses who walk the tightrope. The furious driver with hate in his eyes and middle finger waving in the air swerves his car towards mine as he passes and almost kills us both. The woman tries to push ahead of my wife in a washroom lineup on an airplane, then kicks and pounds on the door, and finally attempts to attack my wife. (Thank God for cabin crews.) In October's Harper's Magazine, a writer describes the historical reenactment of a battle from centuries past. The writer interviews the players/actors and examines the broadsword of one of them who plays a Viking: "And then, in the way my imagination can sometimes get the better of me, for no good reason, for no good reason at all, I picture myself standing up and, though he seems like a perfectly nice guy, beheading the guy... I imagine the tankard hitting the ground, and the way his headless body would tip forward and the blood would gush out the stalk of his neck and douse the flames... etc." Where does all that come from, I ask myself. And the road rage? The airplane rage? Probably we all have similar examples. All easily explained, I suppose. I hope. But what lies beneath?

Anyway, if periods of irrational thoughts, anger, or depression are inevitable, they are probably best corralled, controlled, and contained safely alongside a favourite sports team. (Not Dallas).

**Hemingway footnote. While in Russia my host improved his English by reading English authors. One night he asked if I had read Hemingway's Goodbye Guns. I answered no, — then came the revelation. Ah ha! He meant Farewell To Arms.*

THESE DAYS, YOU'VE GOT TO KEEP UP
WITH THE BAD BOY IMAGE ...



THE RECORD

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So much to be thankful for

Dear Lord, Supreme Being, Creator, Gaia, Intelligent Designer, Great Wombat in the Sky, etc.:

On this Thanksgiving Day, we thank you for the many blessings in our lives, not least of which that we are Canadian and therefore celebrate Thanksgiving in October and not like our American brethren in late November, when the only thing left to harvest is stale Halloween candy.

We thank you for bringing us all together today. Yes, even our cousin Shane who arrived this afternoon unexpectedly from Kapuskasing. We give thanks that he has been paroled and for your divine intervention in revealing to me two days ago the news article about the shady investment he just tried to convince me to buy into.

Bless Uncle Bill whom, after years of humiliation, I was finally able to take down in arm wrestling earlier this evening. Happy 95th, by the way, Uncle Bill.

Bless this food before us: the turkey,

the mashed potatoes, the squash, the peas and the Jell-O salad with the cottage cheese. On behalf of the children present, bless the dog under the table who will slurp up the Jell-O salad with cottage cheese that they slip to it.

Bless this house. Bless this second mortgage to pay for my children's braces and post-secondary education. Bless this electric heater, which we have to use because we can't afford to fix our furnace, which we couldn't use anyway because we can't afford the price of heating oil this year.

We thank you for our health, although if you wouldn't mind having a look at this rash, I'd really appreciate it.

Bless the flowers, the fruits of the field, the trees. But not our neighbour's pine. That thing is dropping needles all over my yard. Did you ever try to rake those things up?

Thank you for allowing us to live in a



ROSS
MURRAY

country without war, famine and Pat Robertson.

We pray for peace and no more Canadian Idols.

Thank you for the way the peel sometimes practically falls off a clementine. Don't know why, I just like that. Thought I'd let you know.

Thank you for friends who are always there when we need them and/or need their power tools.

Thank you for the little things, like my paycheque.

Thank you sincerely for that billboard I pass each day on the way to work. You know the one.

Thank you for remote controls.

Thank you for watching over our children, especially since you are much cheaper than our usual babysitter.

Thank you for the gift of poetry, which I will share with my guests now:

I walked along the beach one evening

*At the close of summer seasoning.
I saw a set of footprints in the sand.
I followed them just as the sun sank
And of our Lord I thunk and thank;
I pictured him as actor Ray Milland.*

But then one set of feet stopped walking

*I wondered if the Lord was balking
No longer there like some great cosmic Yoda.*

"Where hast Thou gone?" I did inquire.

"Fear not," said He from up on higher

"I just stepped out to get us both a soda."

Thank you for the wine, which I see many of our guests are suddenly drinking a lot of.

Thank you for granting me the strength to change the things I can change, the courage to accept the things I cannot change and the wisdom to know which government agency I

LETTER TO THE EDITOR

Teachers are not to blame

DEAR EDITOR,

I am writing this letter in response to "questions remain for protesting students," Tuesday, Oct. 4

I also, am a student at Alexander Galt Regional High School, and was disgusted with that letter. First of all, it was quite obvious that those two girls had absolutely NO idea what they were talking about. They totally dissed the ETSB, and the teachers who volunteer their time to sports for us students. These two students mentioned, "how can the ETSB gather enough money to supply each individual with a laptop, but yet they can't even find enough money to give each coach a small portion of money?" Well, the answer to that is quite simple... the coaches volunteer their time! They do not ask the school to pay them. They simply do it because they love sports. They want us students to enjoy school, and a lot of us have to have sports as a motivation.

I understand the fury of these two students. I also was looking forward to playing soccer this year. But that is beside the point. The teachers did not decide to stop sports because they weren't getting paid for it. They HAD to go on work-to-rule because the teachers' union voted for it. In fact, most of the teachers from Alexander Galt voted against it, but in a union, you have to do what is decided by the majority, whether you like it or not.

Now, a lot of other questions were asked, like "why did the teachers go on work-to-rule anyways?" Well, I ap-

proached one of my teachers about it, and she explained it to me quite clearly. It is because the government will not give our teachers, our educators a contract. The teachers of the ETSB have been without a contract for over three years. This means that they have to live with classes too large for one teacher to handle; and that means that we, as students, do not get the full attention from our teachers that we deserve. If classes were smaller, we would be able to understand a lot more clearly than we do in the large classes that we have now.

The teachers are also on work-to-rule because their salary does not increase, like most other teachers in Canada. Our teachers in Québec have the same salary no matter what.

If we, as students, decide to complain about the work-to-rule matter, we cannot complain to our teacher about it. Our teachers are on our side. Do you really think that they wanted to cancel sports? Do you really think that they want to wear black on Tuesdays? I don't think so. If we are to take this matter anywhere, I think that we should take it to Mr. Charest himself. No one else can take care of it.

In conclusion, I just wanted to inform those two students who wrote that letter to the editor, telling us that our teachers are selfish, and are only on work-to-rule for the money, that they are wrong! It is not their fault that they are on work-to-rule. It is the union that decided it, and it was Mr. Charest who made the union decide so. So do not blame our teachers. Do not blame Mr. Ribaux. Blame Mr. Charest!

ANN-ALICIA RIVETT
Alexander Galt Regional High School stu-

Danville's Burbank Pond duck viewing Oct. 8 to 10

By Stephen McDougall
SPECIAL TO THE RECORD

With the constant honking and the flying overhead and the midnight parties, Danville residents are being reminded of the annual duck viewing festival being held this weekend at the Burbank Pond nature reserve.

This is the time of year when thousands of ducks, geese and other waterfowl choose to have one last whoop-up before they head south for the winter. Their favourite hangout is the Burbank Pond, located next to the town hall at 150 Water Street. There, they can rest, chat it up with friends and family and maybe even hook up with a mate before taking off for the warmer climates south of the border.

This year, the town of Danville will put on a three-day, free event from Oct. 8 to 10 so that residents and visitors can catch a glimpse of the migrating birds with their eyes, their binoculars and their cameras.

According to naturalist Pierre

Verville, between 100 and 200 different species of birds visit the 10-square kilometre pond in the fall. The town has built trails and lookout platforms for people to see the birds up close and attempt to identify them.

"This is one of the airports these birds land in and take off from on their trek south," he said.

"Besides the birds, there are many types of mammals, amphibians and reptiles. Featured residents of the pond are the small army of beavers who are constantly building dams and homes for themselves while the birds converse with each other nearby."

Included in the three-day event are day and night guided tours of the pond, workshops and lectures on the pond and the different species it contains and magic shows for the children.

The festival will also include kiosks for vendors of local products such as jams, soaps, wines and coffee blends.

For more info, call the town at 839-2771 or the Danville promotion office at 839-1414.

BRIEF

Lecture in Lennoxville

The upcoming Robin Burns Lecture hosted by the Eastern Townships Research Centre with speaker Dr. D'Arcy Ryan, will be taking place on Thursday Oct. 13, at 7:30 pm, at the Amédée Beaudoin Community Centre, 10 Depot Street, Lennoxville?

New Rio shows how far Kia has come



Kia now offers much more than the cheap, utilitarian forms of transportation that first landed in Canada five years ago. The latest Rio is decidedly cheerful.

By Graeme Fletcher

For CanWest News Service

La Malbaie, Que.—When Kia landed in Canada five years ago, it seemed to specialize in cheap and less than cheerful forms of transportation — you only need think of the Sephia. Fast-forward to today and Kia is in the midst of a complete about-face — while still very affordable, its current range is now decidedly cheerful. The latest version of the Rio illustrates this point graphically.

Offered in both sedan and five-door hatchback versions, the new car boasts much more room thanks to a 90-millimetre stretch in wheelbase (up to 2,500 mm) and a 20-mm increase in width. To put this into perspective, it has as much interior room as the Toyota Corolla or Honda Civic.

That said, the rear seat is still a tad tight and really only suitable for a couple of adults.

Stylistically, it has also grown up, looking much classier — especially in hatchback form — than the rather anonymous car it replaces.

Both models also come with a remarkably long list of standard equipment. The base models feature tilt steering, driver's seat height adjustment (which makes setting the correct driving position that much easier), driver's seat arm rest, AM/FM/CD/MP3 stereo with four speakers, engine immobilizer and tachometer. In all, there are 31 additions to the standard equipment list when compared with the outgoing model.

Throwing \$1,700 at the base car adds the convenience package with upgrades that include air conditioning, keyless entry, power windows, locks and heated mirrors, as well as seat heaters for the front-seat occupants, which is a first in this segment.

The best place to spend time, however, is in the Rio5 equipped with the Sport pack. Along with tastefully textured plastics and classy-looking metallic accents (both of

which are well above the expected norm at this end of the price ladder) come much nicer cloth on the seats and a leather-wrapped steering wheel and shifter knob.

It also earns fog lights, 14-inch alloy rims and a rear spoiler — all for just \$600.

The Rio5 hatch also offers a great deal of flexibility and surprising space. With the seats up, the 5 will accommodate 15.8 cubic feet of stuff. Folding both halves down sees the available space grow to a generous 49.6 cu. ft., which is as much as many small SUVs.

One of the key upgrades is found under the hood — a new 1.6-litre, twin-cam four-cylinder that employs variable valve timing on the intake camshaft. While the numbers it generates — 110 h.p. and 107 ft.-lbs. of torque at 4,500 r.p.m. — are not earth-shattering, it manages to deliver lively performance. Impromptu testing put zero-to-100-km/h at 9.9 seconds. Again, hardly earth-shattering but more than acceptable and ahead of much of its immediate competition.

It is also quiet, even when worked at the top end of the rev range, which is a pleasant departure from the past.

Finally, and perhaps an indication of where the modern engine is at today, there is none of the old shake and annoying vibration that defined entry-level automobiles.

The use of variable valve timing not only spreads the power out over a broader range, it improves fuel economy by a claimed 20 per cent when compared with the outgoing Rio. This is probably a little optimistic, but with an official rating of 7.4L/100 km in the city and 6.2 L/100 km highway for the manual transmission-equipped model, it is far from thirsty.

Part of the reason for the gutsy feel, at least at the low end, comes down to the ratios in the slick five-speed manual gearbox. First and second are low enough to deliver surprising snap off the line, while fifth delivers comfortable cruising. If there

is a quibble, it is that in fifth gear there's very little poop left, meaning a long uphill climb or passing a slower vehicle mandates a downshift.

A four-speed automatic transmission is a \$1,000 option.

The 2006 Rio is suspended on MacPherson struts up front and a simple twist beam in the rear. While the lot is calibrated to deliver comfort more than outright handling, the Rio is no slouch when pushed. Through the twisty back roads around La Malbaie, it more than proved itself. Certainly, there is a degree of body roll in faster corners and understeer is not difficult to induce, but the manner in which the car reacts to driver input is more than up to class standards and then some — the response to steering input is crisp and, once the suspension takes a set, the Rio rides out a corner rather well.

This is particularly true of the Rio5 Sport and its larger P185/65R14 tires (the other models make do with 175/70R14s), as they make an appreciable difference to the overall feel.

Where Kia needs to be chastised is for deleting anti-lock brakes, even as an option (they were offered on the previous model). Certainly, at this end of the market, a \$600 option is expensive, but it is money well spent. Ask yourself: Why should the safety of the affordable-car buyer be any less important than that of someone buying something more expensive?

When all is said and done, Kia has but one challenge ahead of it — putting people in those heated seats. If the company can accomplish this, the 2006 Kia Rio is good enough to sell on its own considerable merits. Simply, the sum of the equipment and performance is greater than the price.

When the Rio arrives, it will start at \$13,295 for the EX sedan and top out at \$16,995 for a loaded Rio5 hatchback with an automatic transmission.

THE RECORD

Gas-free, eco-friendly and healthy too

Gas prices getting too depressing? A group of Hatley Township residents are pointing to a solution and, rain or shine, they want fellow citizens to grab a bike and discover their own municipality come Thanksgiving weekend.

Under the theme of "Discovering our Township," participants of all ages will be encouraged to spend a day cycling along scenic roads and bike paths within the municipality. And biking is not the only environmentally friendly aspect of the free, day-long event planned for Sunday, Oct. 9. The organizers, all members of a recently formed Consultative Environmental Committee within Hatley Township, have been working over the summer months to set up the eco-bike rally that will feature numerous kiosks en route offering a variety of environmentally related information.

Although the exact routes will be kept under wraps until the day of the rally, organizers have arranged for two options to encourage all skill levels to participate including families with young children.

Flora, fauna, water concerns, composting and light pollution will be among the numerous themes addressed throughout the rally. Participants will be encouraged to meander along the route, stopping every few kilometres for a rest and gather some new information.

Several other sponsors have also come on board to help kick off the environmental committees launch including bottled water producers who are donating water for the day.

The 10-member committee was created by the municipality late last spring from amongst residents concerned about environmental issues. The group's self-defined mission is "With the participation of municipal residents, the committee aims to apply diverse strategies to ensure a quality of life that is in harmony with the environment." Amongst the many goals they have identified are improved recycling, developing further awareness, preserving and protecting environmental resources such as waterways, landscapes and historical sites. Additional events planned for the near future include community clean-up days and composting workshops.

BRIEF

Héma-Québec changes criteria for blood donors

In light of the most recent medical research and compliant with the Canadian Standards Association (CSA) standards concerning blood and blood products, effective immediately Héma-Québec is reducing the temporary exclusion period for giving blood from 12 to 6 months in the following cases:

- Acupuncture
- Injury by a contaminated needle
- Contact with blood
- Cocaine use (through the nose)
- Electrolysis
- Body piercing
- Sexual intercourse with a partner whose past sexual practices are unknown
- Tattoos

Blood donors excluded on a temporary basis for one or more of these reasons must dial 1-800-847-2525 before showing up at blood drive. They may also visit www.hema-quebec.qc.ca for more information.

Donor qualification criteria are designed to exclude any individual who may have been in contact with a disease that may be passed on through transfusion, thus posing a threat to recipients' health.

Anyone in good health aged 18 years and over who meets the eligibility criteria can give blood every 56 days, i.e. six times per year.



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season of
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... see Page 10

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THURSDAY, OCTOBER 6, 2005 PAGE 9

Legion fête its members, families

By Nancy Nourse
RECORD CORRESPONDENT

The Frontier Branch #5 of the Royal Canadian Legion this week paid tribute to local veterans and their families.

Branch president Larry Lepitre welcomed everyone who had come to show their respect for the veterans and those soldiers who have passed away.

Although the number of local veterans has diminished greatly, those present were easy to spot as they sported medals they earned fighting for freedom.

One of the oldest veterans in attendance was Dr. Lucius Packard, a Westmount native now living in Stanstead. While visibly shaken when discussing his war days, he was willing to share some of his experiences with

the crowd. Fastened proudly to his navy blazer was a series of medals, including one for his service on the Northwest Frontier of India, a World War II Service Star, an African Star for his campaign in Ethiopia and a Victory Medal.

When the war ended, Packard returned to the Montreal area and eventually married Elaine Goodall.

Packard is a graduate of the Royal Military College. It was a common practice for all cadets to offer their service in the Royal Artillery.

For seven years, he spent most of his time in Northwestern France, India and Pakistan.

While many of the names of the places in which he served have changed over the years, he played a part in

SEE MEDALS, PAGE 12



NANCY NOURSE/CORRESPONDENT

Local resident Dr. Lucius Packard (centre) and other veterans were recently fêted by the Frontier Branch #5 of the Royal Canadian Legion.

Public curator there for you just in case

By Nancy Nourse
RECORD CORRESPONDENT

When the time comes to make difficult decisions, a mandate of incapacity is not only useful, it's essential, a representative of the public curator's office told a small crowd gathered recently at the CAB Rediker Centre.

"A person has the right to make changes to a mandate at any time, as long as they are dealing with their affairs in a rational manner," said Margaret Fielding, adding that nobody ever expects to be incapacitated. "It is very hard for a person to accept changes of this nature. I completely understand this feeling of independence as I, myself, would rather go to a self-service gas station because I would rather do it myself. However, even I have to realize that I may not be thinking clearly one day."

Fielding also explained the responsibilities of a public curator and just how the service was designed to protect an individual's rights, in this case seniors.

"The position was originally held by the director of a mental institution because in those days, dementia was considered to be caused by a mental illness. Today, we regard this perception as a serious lack of knowledge," explained Fielding.

The job of public curator has evolved over the years. In 1991, laws were passed that required a written request to be deposited to the court before a public curator is named in any situation — to protect the rights of people experiencing varying degrees of incapacity.

A curator is not necessarily a lawyer or a notary. A private curator is often named when someone makes a living will. In this case, a person chooses someone they trust to advise them or speak for them if a time should arise when they are unable to make decisions for themselves.

Fielding advised everyone to make sure they understand exactly what they are signing, by enlisting a notary if need be, when making out a living will or creating a mandate of incapacity.

She also suggested that it is wise to name a substitute to act on the behalf of the original person if they are unable to fill the role. Even though a living will may contain a person's wishes, it is considered just a piece of paper until it is officially validated by the Courts.

If you have not signed a mandate and something happens that you become incapacitated or experiencing mental difficulties, it is too late to

SEE OFFICIAL, PAGE 10

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A season for sneezing

It's October so it must be time to catch cold. It doesn't matter that we've been enjoying the longest summer in history — at least, that's what it seems like to me — autumn is the time for me to get sick.

Every now and then, I peruse my own columns from the year before to see what I was ranting about at the same time of year. Last year at this time, I was complaining about flu and flu shots.

What I didn't know was that, as I was kvetching about flu, I was coming down with full fledged pneumonia which would lay me out for the most unpleasant week of my life.

I have absolutely no medical training but I have no qualms about expressing an uninformed opinion.

My doctor told me that I had pneumonia and that she was going to send me for a chest x-ray. I glibly told her, "No way! I've only been sick for three days. It can't be pneumonia."

She answered, "I don't hear it in the stethoscope but I'm sure that you have pneumonia. You're shivering."

"It's just the flu," I countered.

"It's not the flu. It's pneumonia."

SOMEBODY'S MOTHER



ELLEN
GOLDFINCH

My doctor was too polite to tell me that she had better things to do than to argue with a feverish idiot but she definitely was standing behind her diagnosis.

She sent me right to the clinic with my temperature of 103, my firm self-diagnosis and my ever patient husband. I waited for one hour in a chair and as I felt sicker and sicker, people stared at me and it wasn't because of what my students call my "crazy hair."

I was a walking germ about to contaminate a whole room full of people with my racking cough. My skin was that yellow-green that screams out disease carrier. I was a near cousin to Typhoid Mary and those other patients wanted nothing to do with me or as Arlo Guthrie put it, "And they all moved away on the Group W bench."

I was too miserable to care because my doctor was right. It was pneumonia.

If you're going to pick a seasonal illness, pneumonia is a bad choice. Colds are wretched. I think that right now I'm on the verge of a bad cold but it sure doesn't hold a candle to pneumonia.

It's bad enough that every breath is a knife stabbing your chest. The feeling that you have of a truck running

over your body on an hourly basis is much worse. Pneumonia trucks are big and they hurt.

Then there are the antibiotics. I'm always convinced that I personally will be the one with the kind of pneumonia that no antibiotic will work on.

Being allergic to a wide variety of antibiotics gives me a better chance than most that my cure will actually make me sicker by blowing me up like a balloon with a nasty looking rash spreading over my body.

It's no wonder that antibiotics make me nervous. They make my doctor nervous too. She's seen my dramatic reactions so she always takes a deep breath before prescribing them.

So, ladies and gentlemen, we come full circle. In spite of all our advances, life is almost as much of a crap shoot as it was 100 years ago. We have viruses that have no respect for our modern medical breakthroughs and the news is full of an avian flu pandemic that is right around the corner. I don't know about you but I'm as susceptible to fear mongering as the next guy.

Of course, there is a better way. Enjoy your health while you've got it and knock on wood often. Enjoy your life while you've got it. It's the only one that you're going to get.

Ellen Goldfinch may be reached at radiomother@hotmail.com... between sneezes

Fall is the season for new colours

By Nancy Nourse
RECORD CORRESPONDENT

There is only one question you should ask yourself when choosing which colours to paint your home, according to renowned interior designer Aurelien Guillory.

"It is 'are you looking for something monochromatic (one colour, different shades), analagus (keeping up with the rhythm of the neighbourhood) or a complementary style?'" Guillory told the close to 50 people gathered at the Colby-Curtis Museum recently as part of a series of lectures hosted by the Stanstead Historical Society.

Guillory is a member of the Quebec Interior Design Society, the Canadian Interior Design Society and is an affiliated member of the American Society of Interior Designers.

"If the houses in your area have quiet peaceful tones, you would not want to choose strong, loud colours to finish the exterior of your home," the designer continued.

"Choosing tones of the same colour base from the roof down to the trim will create a softer, more pleasant personality to the structure. If you choose a strong colour for the roof and the front door, you will achieve a much more aggressive influence."

The first lecture of the series was given by Derek Booth on the history of the railway and how its path helped to shape the local area. The third lecture in the series will be presented by former Colby-Curtis Museum curator Monique Nadeau-Saumier. She will discuss the impact of immigration on local art, history and architecture (Oct. 10).

Using slides and colour charts, Guillory explained how different combinations of colours can give a different personality to someone's home.

When it comes to interior colour schemes, added Guillory, the warmer the colours the closer things will seem and the cooler the colours, the farther away.

To prove his point, he showed slides of several rooms with different decorating problems.

If you want the room to seem larger, he said, you should downplay the abnormalities of the room and avoid painting the ceiling white as our parents were accustomed to doing.

In Guillory's opinion, it is no longer necessary for the bedroom to follow the colour scheme of the other rooms. He said that is your sanctuary and therefore it should have a personality of its own.

Guillory's studies in psychology have led him to categorizing people into three groups — sky, meadow and cave. People with a "sky personality" tend to decorate in calm colours, with little pattern while those with a "cave personality" like to create a darker, cozier environment for themselves. People with a "meadow personality" are more grounded, more open to change, using various shades of green which represents plant life.

Understanding the personality of the people that he is working with has made Guillory's work much easier and far more interesting.

Studying the Colby-Curtis, Guillory said old wallpaper patterns can now be digitally reproduced and transferred to 54-inch vinyl for use in homes.

Guillory's recent work includes interior design and lectures in Canada and the United States, a television show — Homes by Design, featured on HGTV and Life Networking Canada, several books, custom wallpapers and furniture.

OFFICIAL:

CONT'D FROM PAGE 9

think about one. This is when a public curator usually steps in. A private tutorship, usually a family member, can also be put in place in situations of partial incapacities.

Under such a tutorship, you maintain all your rights — vote, marriage, divorce, will. The law requires that this type of tutorship be revised every three years.

Often, a short term agreement of this type is put in place if a person has had a stroke and is expected to recover after a certain length of time, following a rehabilitation period. The more incapacitated a person is, the more protection he has under the law.

Fielding stressed the importance of making family members and doctors aware of any decisions or mandates you have made pertaining to life-support situations. It is not good enough to verbally express your wishes to your family — it must be in writing.

For further information, contact the public curator's Office at 819-820-3339 or go to www.curateur.gouv.qc.ca.



NANCY NOURSE/CORRESPONDENT

Margaret Fielding of Sherbrooke's public curator's office spoke to seniors about their rights.

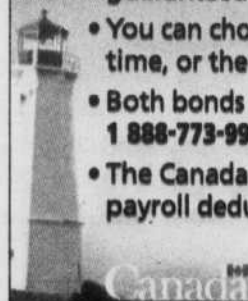
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Residence Dufferin open Saturday for sneak peek

By Nancy Nourse
RECORD CORRESPONDENT

Visitors will have an opportunity to see what owner Raymond Richard's vision of a seniors residence is on Saturday when Residence Dufferin opens its doors to the public.

"We have been working very hard to be able to offer something of value to not only local residents, but seniors from other areas as well," said Richard's assistant, Shirley Derrick.

"I think everyone will be pleased with the size of the rooms. Mr. Richard considers this to be a priority — too often rooms being offered are very small and the services offered are not included in the basic price. This is where the Residence Dufferin will differ from other existing residences."

The former Collège des Ursulines is scheduled to open its doors in the spring of 2006.

According to Richard, the basic price will include services such as assistance with baths, cleaning, bed making and laundry, meals served in the dining room or brought to the room and the possibility for transport whether it is for doctors' appointments or errands.



Assistant Shirley Derrick (left) and owner Raymond Richard show off one of the rooms that people can visit on Saturday.

Residence Dufferin will be set up in sections as to a person's degree of autonomy — with specific sections reserved for residents with Alzheimer's,

for example.

Twenty-four hour nursing care will also be offered.

The first of the two rooms that will be on display Saturday is a brightly coloured one which includes a small living room area, a bed and a private bathroom. Small refrigerators are also available.

Other ideas being considered are a garden area where residents can grow their own favourites with help from members of the staff, bingo several times a week, entertainment such as movies and visiting theatrical groups and performers.

Richard also believes in zoo therapy (the interaction between small animals and seniors) as a means of creating a healthier and happier atmosphere for those living in a residence.

Management would also like to see some kind of program set up to allow regular interaction with the school children in the area.

The open house is Saturday from 9 a.m. to 7 p.m. at 500 Dufferin Street in Stanstead. The new residence will eventually provide a home for about 150 seniors.

MEDALS:

CONT'D FROM PAGE 9

protecting the Frontier to the eastern entrance to the Red Sea and in returning the rightful leader to the throne. He continued to serve there until the enemy finally surrendered in Nov. 1941.

Packard discussed the one memory that has stayed with him over the years — a particular victory parade. It was not so much the parade itself as what hap-

pened during the parade.

The group of soldiers who made up the allied forces spoke many different languages — united by a common cause. The original speeches were given in English but it was what happened next that really touched the hearts of many.

Each and every unit leader turned and repeated word for word what had been said in the native language of his men — French, Urdu, Arabic, Somali, Suraheli, Tanzanian, African, Sudanese and Nigerian.

Service officer David Woodard re-

ported that the French government has decided to issue a Medal of Honour to any veteran who had played a part in the liberation of France and was in Dieppe. He said forms are now available.

Veterans Delmar White, Edward Hyatt and Raymond Norris are among those who fall into this category.

Margaret Hamilton, the widow of veteran Anson Hamilton, said she has received such a medal on behalf of her husband.

Chaplain Barbara Wintle was asked to offer a prayer of thanks for the great

contribution that these men and women made.

Wintle plays an active part in the Ayer's Cliff Branch of the Legion as an associate member. She is very proud of the contributions both her husband Norman and grandfather have made as veterans.

Woodard also reminded those in attendance that the annual Armistice parade and supper will be held on Nov. 5. Dr. Paul D. Manson will be the guest speaker. Manson served as a Canadian Forces Chief of Staff from 1986 to 1989.

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THE RECORD Sports

INSIDE

Melanie Turgeon
set to retire
from the
slopes?
... see Page 14



NEWSROOM@SHERBROOKERECORD.COM

THURSDAY, OCTOBER 6, 2005 PAGE 13

Hazing is ineffective team-building practice

The practice of hazing has been in the spotlight for the past month after a freshman football player at McGill University left the team and the school, launched a lawsuit, and proclaimed in the media that he had been sodomized.



MIKE HICKEY
FROM THE BLEACHERS

The fallout has been extensive and is ongoing. Several players were suspended for a game and one player is still on the sidelines as the school conducts an investigation.

Some of the players publicly apologized to the player in question, and then turned around in the same statement and said they had done nothing wrong. Then why apologize?

Some of the McGill football alumni took offence at the allegations and suggested such behaviour was not practiced during their particular era, and urged the school administration to fire head coach Chuck McMann.

As someone who has coached at the university level for the past 30 years, I have an understanding of the problems associated with team initiations and so-called team building.

The practice of hazing needs to be looked at seriously and objectively by teams at every level because there are too many misconceptions about the practice and its effectiveness as a team-building tool.

The first misconception is that hazing is a relatively new practice and is restricted to athletes. Hazing has long been used in military training, is also incorporated in pledging for fraternities and sororities and is sometimes practiced in companies and businesses. The rite of passage that occurs in different cultures often displays acts similar to hazing.

Author Pat Conroy, whose works include the Great Santini and the Prince of Tides, writes vividly about a year of hell he suffered 40 years ago in his best-



PERRY BEATON/SPECIAL

Like most Canadian universities, Lennoxville's Bishop's University forbids hazing.

selling book, *My Losing Season*. Conroy was a plebe (freshman) at The Citadel, a military college in South Carolina when he witnessed first-hand the physical and mental anguish of hazing.

Military hazing was common at The Citadel, West Point, the Naval Academy and the Air Force Academy until the 1980s, when its practice was eventually curtailed after lawsuits were filed against the schools.

The escalation of hazing in colleges has caused school administrators and athletic departments to clearly define what is and is not an acceptable form of

initiation. But having rules written in student guides is not enough to stop the practice, as evidenced by the actions of McGill's football team.

McGill's athletic student handbook clearly forbids hazing, as do similar documents at Bishop's University and most other Canadian universities. The question is, how vigilant are coaches and athletic directors in policing such policies.

Writing policies is not enough; stiff penalties and constant reminders to student-athletes about what is right and wrong must be reinforced at every level.

Another misconception is that a school such as McGill is above such behaviour because its students are supposedly the cream of the intellectual crop.

I had to wonder about some of the comments made by journalists who were "surprised" by the fact that a school with a reputation such as McGill's would be the site of a hazing scandal.

Just because a school has higher admission standards or outstanding alumni doesn't preclude its students from behaving badly, particularly if such behaviour goes unchecked over a number of years.

Improper behaviour is not restricted by social class or IQ scores. It should be noted that there have been two major hazing scandals in Canada in the last decade, the other involving another school with an impeccable reputation, the University of Western Ontario.

And that is how hazing gets out of control. One year a freshman is made to do some embarrassing, but fairly innocent acts, and the following year it is his turn to initiate the newcomer and he wants to make the experience a little more difficult.

The cycle continues, and within a few years the initiation process has gone too far. Too often alcohol is involved in unhealthy doses and the rookies are asked to do things that may be physically or emotionally damaging to them.

Another misconception is that sports initiations are limited to male athletes. While women's initiations are less physical than their male counterparts, they can still be painful, unpleasant experiences for the rookies.

Proponents of the hazing process, and there are still many if letters to the editor are any indication, maintain that hazing is a team-building mechanism that helps a team bond before the rigors of a long season begins. And it is true hazing can be a bonding experience to all those involved, yet it is not without consequences.

The same benefits derived by humiliating and, sometimes physically harming a potential teammate, can be obtained by more positive means.

SEE TRADITION, PAGE 14

BASEBALL

Rose upbeat about Tigers

By Dave Waddell

Baseball's all-time hits leader Pete Rose knew Alan Trammell's days as manager of the Detroit Tigers were numbered two years ago.

Trammell had just completed a 119-loss season and Rose was at spring training playing in a old-timers' slowpitch game with several former Tigers.

"I thought Lou Whitaker was their first base coach at spring training and he told me Alan had brought him in to change the attitude of the players," said Rose.

"I thought if he needs help doing that, he's not going to last too long in Detroit."

Being a former Major League Baseball manager himself, Rose takes no pleasure in seeing a great player like Trammell humbled in his first managing job. However, Rose is confident the Tigers have got a good man in newly hired Jim Leyland.

Leyland is originally a product of the Tigers' farm system and helped shape the futures of many of the players on Detroit's 1984 World Series

champion team.

Rose said Leyland's most important task is going to be repairing the Tigers' fractured clubhouse. Rose said pouting players will find no place to hid from a taskmaster like Leyland, who is famous for his dressing down of pouting superstar Barry Bonds when the two were with Pittsburgh.

"A manager only has two jobs," Rose said. "One is to handle every player as an individual. There are 25 players on a team and each one of them can do different things. A manager has to get them to excel at those things every day."

"The biggest job of a manager or president of a company is to create an atmosphere that's fun to get to. When Sparky was manager of the Reds, we beat the clubhouse guys to the ball park. We wanted to be there because it was fun."

"You don't kick the guy that needs patting; you don't pat the guy that needs kicking and it's up to you to find the guy that needs to be left alone."

—CanWest News Service

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FOOTBALL

TRADITION:

CONT'D FROM PAGE 13

Professional hockey teams such as the Montreal Canadiens welcome their rookies by having the first-year players pay for a team meal during the first road trip. This does some damage to the players' wallet but a good time is had by all, and the entire squad benefits from a night of good food and camaraderie.

University athletes can't afford to pick up \$1,000 tabs at fancy restaurants but positives initiations or team building do not have to cost a lot of money.

A home-cooked meal, a team outing or a community activity (participating in a Terry Fox run followed by a team breakfast, for example) can help bond any unit. If a team's desire is to build strong relationships, why do things that can embarrass and humiliate teammates, all in the name of some misguided tradition?

A few years ago, the Bishop's women's basketball team started the season by spending a weekend at Mount Orford, and the two-day event helped cement new relationships between veterans and rookies.

What happened at McGill could have, and may have happened in most other Canadian universities. This is not a McGill problem, but since this incident became public, the school has taken a big hit in the media and has vowed to stop future hazing practices. But that should have been the stance taken after the Western Ontario debacle several years ago.

McGill and the other universities need to adopt a zero tolerance approach, similar to its stance on drugs. The effectiveness of the approach begins at the top.

SPORTS NOTEBOOK

Gair named Gaiter Athlete of the Week

Lacrosse player Jackson Gair is the Pilsen Pub Gaiter Athlete of the Week for the week ending Oct. 2.

A second-year mathematics student from Kilworthy, Ont., Jackson had two goals on five shots and two assists in the Gaiters' 12-11 overtime win over defending Baggattaway Cup champions Brock on Saturday evening.

The five-foot-10, 175-pounder followed that performance up with a four-goal effort Sunday morning against Queen's, helping lead the Gaiters to a come-from-behind victory in the process.

Report: Melanie Turgeon set to retire

Canadian women's ski team is about to take a major hit. According to a report from Radio-Canada, veteran Melanie Turgeon is expected to announce her retirement from the sport on Thursday.

The 28 year old, who has been the cornerstone of the women's team for over 10 years, has been suffering from chronic back pain due to two herniated discs. Last year, she ended her campaign early in hopes that with enough rest, she would be healthy and ready to challenge for a spot on the 2006 Olympic team. Radio-Canada says Turgeon did make the trip with the rest of her teammates for the Oct. 22 World Cup opening in Austria.

On TV

THURSDAY

- **GOLF: 2 p.m.;** American Express Championship, first round, TSN, RDS.
- **BASEBALL: 4 p.m.;** National League Division Series, San Diego Padres at St. Louis Cardinals, Game 2, Sportsnet. **8 p.m.;** Houston Astros at Atlanta Braves, Game 2, Sportsnet, RDS.
- **HOCKEY: 7 p.m.;** National Hockey League, Montreal Canadiens at New York Rangers, TSN, RDS. **10 p.m.;** Women's international hockey, Canada vs. USA, TSN.

FRIDAY

- **GOLF: 2 p.m.;** American Express Championship, second round, TSN, RDS.
- **BASEBALL: 4 p.m.;** American League Division Series, Boston Red Sox at Chicago White Sox, Game 3, Sportsnet. **8 p.m.;** New York Yankees at Los Angeles Angels of Anaheim, Game 3, Sportsnet, RDS.
- **FOOTBALL: 7:30 p.m.;** Canadian Football League, Hamilton Tiger-Cats at Ottawa Renegades, TSN.

Around Town

To submit your sporting event, fax it to 819-569-3945, e-mail newsroom@sherbrooke.record.com or contact Mike Hickey at 819-569-6345.

UPCOMING

- **MEN'S JUNIOR AAA HOCKEY: Thursday,** Vaudreuil Mustangs at Champlain Cougars, Eugene Lalonde Arena, Sherbrooke, 7:30 p.m.
- **MEN'S CEGEP AA SOCCER: Saturday,** Shawinigan at Champlain Cougars, Lennoxville, 1 p.m.
- **WOMEN'S UNIVERSITY SOCCER: Friday,** Laval Rouge et Or at Sherbrooke Vert & Or, Sherbrooke, 6 p.m.
- **MEN'S UNIVERSITY SOCCER: Friday,** Laval Rouge et Or at Sherbrooke Vert & Or, Sherbrooke, 8 p.m.
- **MIDGET AAA HOCKEY: Friday,** Crabtree at Magog Cantonniers, Magog Arena, Magog, 7:30 p.m.

The News and Views of the Grace Christian Home – August and September 2005

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil." (Rose G. Kingsley) Everyone has enjoyed the changing of seasons. The weather in August and September has been exceptional – perfect for tomato gardens! Thank you to our resident tomato gardeners for their bumper crop.

The Home extends a warm welcome to four new residents: Father Stanley Haskell, Ivy Hatch, Judith Minty, and Norman Ward. We trust they will feel at home and comfortable in their new surroundings.

In the months of August and September the Home celebrated ten birthdays. The kitchen was kept busy with birthday cakes and ice cream. We celebrated the birthdays of Mary Beach, Alice Mooney, Elsie Stoddard, Ruby Martin, Ona Gilbert, Greta Mimnaugh, Marjorie Candlish, Becky Crease, Bea Stark, and Audrey Young.

The Home experienced three losses during the last two months. Muriel Munkittrick, Henry Ward and Florina Drew are residents that will be sadly missed by many of the staff and employees of the Home. Sincere sympathies are extended to the families and friends who mourn the loss of their loved one. In the month of August, Betty Garrett moved to the Connaught Home. Mrs. Garrett moved so that she could be closer to her family.

It would seem that there have been an abundance of special activities. At the beginning of August, a boat tour of Lake Massawippi was organized. Chris Bean was our boat captain and tour guide. The lake and cottages were magnificent. It was certainly a day to remember.

The Home had two clothing sales, one in August and one in September. "Cr  ation Charline" and "Chic chez vous" visited and brought all sorts of clothing for the residents and staff to purchase. What a treat to have the stores come to you!

At the end of August, a shopping trip to Wal-Mart was organized with the residents of Grace Christian and Connaught Home. People were able to start their Christmas shopping and have a hamburger and fries at McDonald's for lunch. A big thank you goes out to the escorts and drivers who volunteered for the shopping trip.

In September, Bill Lyon brought his new baby alpaca, "Nutmeg," for a visit. Nutmeg is light brown and was born on July 13th. He had an afternoon visit with everyone in the dining room.

On one of the most picturesque days in September, a trip to the Eastside in Newport, VT was organized. Residents from Grace Christian Home and Connaught Home enjoyed a lake-side lunch. In the end, there was a group of over thirty residents and guests.

Thanks go out to all of our volunteers that keep our activities and special events running smoothly. The latest Bible studies have been conducted by Keith Dickerson, Roy Buttery, Trish Peacock, Ed Down and Michael and Clarissa Canning. Esther Cowhard and Louise Nutbrown continue to organize our weekly carpet bowling. Lynne Milot is to be thanked for planning our Arts and Crafts sessions. Liz Warlund and Ted Robb keep our toes tapping with music presentations and singing. And "The Castaways" always entertain with their old time fiddle music.

September ended with a bang (and another bang!)...due to the roof of the Home being replaced. We are blessed that this much needed project could get under way. The timing of the new roof is perfect as the leaves turn colour and we begin to think ahead to the months of October, November, and December. We trust that everyone remains healthy and encouraged during the colder months.

Birchton Eleanor Taylor

On the evening of August 29th several neighbors gathered at the home of Gilbert and Serena Wintle to celebrate the 85th birthday of Eleanor Taylor and enjoy the cake, ice cream, cookies and drinks served by Serena. Present for this occasion were Helen Taylor, Sophie and Bob Peloquin, and young son Julien, Guylaine Richer and son Jeremie, Dave and Shirley Nortcliffe and son Andrew. Eleanor received cards and gifts from these kind friends and would like to thank them all for the nice party.

Births

DEZAN, Jayden Lawrence - Marie Carpinelli and Chris Dezan are excited to announce the birth of their son, Jayden Lawrence, who was born August 30 at North Country Hospital, Newport, Vermont. Weighing in at 6 pounds 11 ounces, he is a little brother for Stephanie and Kevin. Proud grandparents are Richard and Eileen Dezan of Ayer's Cliff. A third great-grandchild for Winifred Fee of Richmond.

LOVELAND-FENNESSEY - Pat and Lisa are happy to announce the birth of their baby boy, Liam Anthony Raymond, on September 22, weighing 7 lbs. 1 oz. Welcomed into the family by his brother Daniel, grandparents Ray and Donna Loveland and Anthony and Mary Fennessey. Great grandparents are Carl and Ruth Dillon and the late Herbert and Dorothy Loveland.

Cards of Thanks

COATES - We wish to thank our sons and daughters for our 50th anniversary party, also the gifts they gave us and the anniversary cake made by Rosemary. Thanks also to relatives and friends who remembered us with gifts and cards.

EDGAR & THELMA

DUSSAULT, Marc Sidney - 1952-2005 - We wish to thank the people of Stanbridge East, friends and family who once again offered prayers and showed us a great deal of compassion after Marc's death, July 24, 2005.

THE DUSSAULT FAMILY
(Nelson, Carole, Kyppey and Sylvia)

Memorial Service

McCREA, Mary - A Memorial Service for the life of the late Mary McCrea will take place at St. Barnabas Anglican Church, North Hatley, on Wednesday, October 12th at 2:30 p.m. Rev. James Quirk officiating with light refreshments to follow.

Deaths



COWAN, Jean - Passed away after a hard battle with cancer, at the Hotel-Dieu Hospital, Sherbrooke, Que., on September 30, 2005 at the age of 79 years. Jean Cowan, beloved daughter of the late Andrew Cowan and the late Alberta Nadeau; cherished mother of Louise (Graeme Campbell) of Medicine Hat, Alberta; dear sister of Flora (Arthur Fabre), Dickie (Leon Woodard) and Rita; Jean also leaves to mourn her nieces: Monique (Michel Nadeau) and Jos  e and nephew Marc and many friends. A graveside service will be held on Friday, October 7, 2005 at 3:00 p.m., with the Rev. Michael Canning officiating. As memorial tributes, donations to the Canadian Cancer Society, 3330 King St. West, Sherbrooke, Que., J1L 1C9 would greatly be appreciated by the family.

STEVENSON, Margaret Ednah (1910-2005) - Peacefully, at Maison Cowansville, on October 1st, 2005, at the age of 95 years, beloved daughter of the late William Henry Stevenson and Marion Hope Gill. Teacher in the Protestant School Board of Greater Montreal, Woodland School, Verdun, for 35 years. Survived by many cousins and friends. Cremation was held in Granby at Les Jardins Fun  raires Bessette Crematorium. Visitation: Saturday, day of the memorial service, from 9:30 a.m. A memorial service will be held on Saturday, October 22, 2005, at 11:30 a.m., in the chapel of Les Jardins Fun  raires Bessette, 997 des Colombes (corner St-Jude N.) Granby, Que. Tel. : (450) 777-1171 or 1 888 730-6666, Fax : (450) 777-4393 www.famillebessette.com Interment at the Pinewood cemetery.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)

Discounts: 2 insertions - 15% off, 3 insertions - 30% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$23.01 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.43 taxes included) WITH PHOTO: \$29.50 (\$33.94 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) 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.

TOWNSHIPS' CRIER

SHERBROOKE

The Catholic Women's League annual Tea will be held on October 15 at St. Patrick's Church Hall (corner of King and Gordon) from 4 p.m. to 6 p.m. All welcome.

AYER'S CLIFF

Roast Beef Supper on Saturday, October 15 at Beulah United Church in Ayer's Cliff. Two settings: 5 p.m. and 6:30 p.m. Reservations only: Wendell Cass (819) 846-7180, Mervyn Drew 838-5603 or Alfred Keeler 838-4953.

MANSONVILLE

We wish to welcome you to quiet Christian Bible Study gathering, that are open to everyone, at the Town Hall, 2 Val Perkins, Mansonville on Sunday, October 9 from 4 p.m. to 5 p.m. Info: (450) 531-7140.

SHERBROOKE

Autumn Supper will be held at Church of the Advent Hall, Bowen Ave. South, on Saturday, October 22 from 4 p.m. to 6 p.m. Ham, baked beans, scalloped potatoes, coleslaw, rolls and pies. Sales tables.

DANVILLE/RICHMOND

St. Francis Shared Ministry Sunday Services on October 9: Richmond 9 a.m., Danville 11 a.m., South Durham 7 p.m.

LENNOXVILLE

Mental Health Estrie Educational Event: "Facing the Enemy: living with mental illness", presented by William MacPhee, Publisher of Schizophrenia Digest, on October 6, 7 p.m., at Amedee Beaudoin Community Centre, 10 Depot St., Lennoxville. Free admission. Everyone welcome. Information: (819) 565-3777 or e-mail mentalhealth.estrie@bellnet.ca.

SHERBROOKE

At Grace Chapel, Montreal St., Roy Buttery has started a series "From Eternity to Eternity" on various Sunday mornings at 11 a.m. during the next 3 months. All are warmly invited and welcomed to our services every Sunday morning.

COMPTON

Turkey Dinner at the Ives Hill Community Hall on Saturday, October 8 from 11:30 a.m. to 1 p.m. Menu: turkey with "all the trimmings", homemade rolls and pies. Proceeds for St. James Church, Compton.

LENNOXVILLE

St. George's Church Hall - The Afternoon A.C.W. invites you to the Great Canadian Coffee/Tea Party on Friday, October 7 from 9 a.m. to 12 Noon. Your \$\$\$ will

support violence against women both locally and in the disaster-stricken area of the southern U.S.A. Everyone welcome!

COMPTON

The annual Sherbrooke - Bulwer Plowing Match will be held on Monday, October 10 on the land of Paul Enright, Robert Road (off the Compton-Hatley Highway), starting at 9:30 a.m. Watch for signs. For more information call Diane at (819) 562-7145 or Mac at 875-3842.

HUNTINGVILLE

Fall Kick-Off for the boys Pioneer Clubs will take place on Friday, October 7 at 7 p.m. at the Huntingville Community Church. Parents are asked to accompany their child and plan to stay to hear the changes in the program. Refreshments will be served.

SAWYERVILLE-BROOKBURY

Thanksgiving Sunday Anglican worship services: 9:15 a.m. St. Philip's Church, Sawyerville and St. Paul's Church, Marbleton, 11 a.m. at St. Peter's Church, Cookshire and St. Paul's Church, Bury and at 2:30 p.m. at St. John's Church, Brookbury. Welcome all.

KNOWLTON

There's Music in the Air. The Art of the Conductor. The first of two music sessions (mostly classical) presented by Henry Schreiber, 7:30 p.m. at the Old Court House (second floor), 15 St. Paul, Knowlton, on October 6. Info: (450) 243-6782.

RICHMOND

Military Whist: Join us at St. Anne's Church Hall, 171 Principale St. South, Richmond at 7:30 p.m. on Thursday, October 13 for our first card party of the season, followed by another on November 10. Reserve with Marge at (819) 826-2760.

CHERRY RIVER

Cherry River Gospel Chapel conference with Dr. David Humphreys. October 22: 8 a.m., men's breakfast, Parkside Ranch; October 22, 23, 24 & 25: 7 p.m. Cherry River Chapel; October 23: 11 a.m. Sunday service; 5 p.m. supper at Parkside Ranch; 7 p.m. Chapel. Information, Ron (819) 843-3492.

LENNOXVILLE

Sherbrooke Christian Women's Club is holding their Fall Fair on October 13 at 9:30 a.m. at the A.N.A.F. Hut on St. Francis Street in Lennoxville. For reservations contact Lina Viscogliosi at (819) 847-3388 by noon Monday, October 10.

THETFORD MINES

Advance notice: Craft sale at the A.S. Johnson High School on Sunday, October 16, 10 a.m. to 4 p.m. Oil paintings and child's quilt to be raffled. Hot dogs and squares available at noon. Support our School Foundation and breakfast program.

Card party

BULWER

A 500 card party was held in the Bulwer Community Center on Thursday, September 29th, with 8 tables in play.

Prizes were as follows: Ladies 1st, Marian St. Onge, 6280; 2nd, Cathy Jacklin, 5240; Ruby Booth won the Consolation. Gents' 1st, Herbert Rowell, 6000; 2nd, Archie St. Onge, 5800; Gerald Lowd won the Consolation.

The half and half was won by Cathy Jacklin and Christine Larochelle.

Door prizes were won by: Gertie Hetherington, Harris Olson, Gerry Swallow, Mary Shepard, Hazel Swett, Christine Larochelle, Gertie Lloyd, Helen Anderson, Catherine Lowd, George Pinchin, Reta MacKey, Herb Winget, Audrey Dougherty, Belva Dougherty, Durwood Dougherty and Nina Rowell.

Due to the windstorm causing a blackout, the card party was played by candlelight.

George Pinchin

SHERBROOKE

Thanksgiving supper, Saturday, October 8, 6 p.m. at the Royal Canadian Legion, Br. 10, 971 Galt East. Followed by music and dance. Reservations: (819) 563-4944. Welcome to members and friends.

LENNOXVILLE

There will be a blood pressure clinic on Tuesday, October 11th and again on October 25th at the Masonic Hall, 2 Belvidere Street, from 1:30 to 3:30 p.m.

WATERVILLE

There will be blood pressure clinic on October 25th at the Town Hall, 170 Principale S. from 2 to 3:30 p.m.

NORTH HATLEY

There will be a blood pressure clinic on Friday, October 14th in place of October 7th at the Library, 165 Main Street N. from 10 to 11:30 a.m.

AYER'S CLIFF

Military Whist card party at Ayer's Cliff Legion Hall on Tuesday, October 11 at 1:30 p.m. sponsored by St. George's A.C.W. Lunch and prizes.

WATERVILLE

500 card party in St. John's Church Hall, 60 Compton Street, Friday, October 7, 2 p.m. Prizes and lunch. Everyone welcome. Sponsored by St. John's A.C.W.

KNOWLTON

ERRATUM - The October 5 Brome County News incorrectly stated a Blessing of the Pets at 2 p.m. at St. Paul's Anglican Church in Knowlton this Sunday. In fact, the Blessing was held on Sunday, September 30th. Brome County News apologizes for any inconvenience this may have caused.

AYER'S CLIFF

St. George's A.C.W. card parties begin on Tuesday, October 11, with a Military Whist. Followed by 500 card parties on Tuesdays, October 25, November 8 and 22. We begin at 1:30 p.m. at the Legion in Ayer's Cliff. Raffle, lunch, and lots of prizes. All welcome.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church streets - Thanksgiving worship on Sunday, October 9 at 10 a.m. Rev. James Potter (819) 565-8449.

LENNOXVILLE

Annual Sandy Moon memorial dog walk-a-thon, Saturday, October 22, Winder street bike path walking to the Capelton Mines. 10 a.m. start. Registration fee or pledge forms. Come walk your dog or just come walk with us. To benefit the Frontier Animal Society. Pledge forms and info: (819) 876-5016 / 876-7785 / 843-3237. If rained out, walk will be October 29.

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Cloutier - Osborne



Kimberly Lynn Cloutier and John Munro Osborne were married June 4, 2005.

Kim is the daughter of Kathy and Jean Pierre Cloutier, granddaughter of Barbara Bellows and Eva Cloutier.

John is the son of Angus and Laura Osborne, grandson of Daniel and Pauline Fequet

Congratulations
Kim and John!!

XXXX

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: N equals V

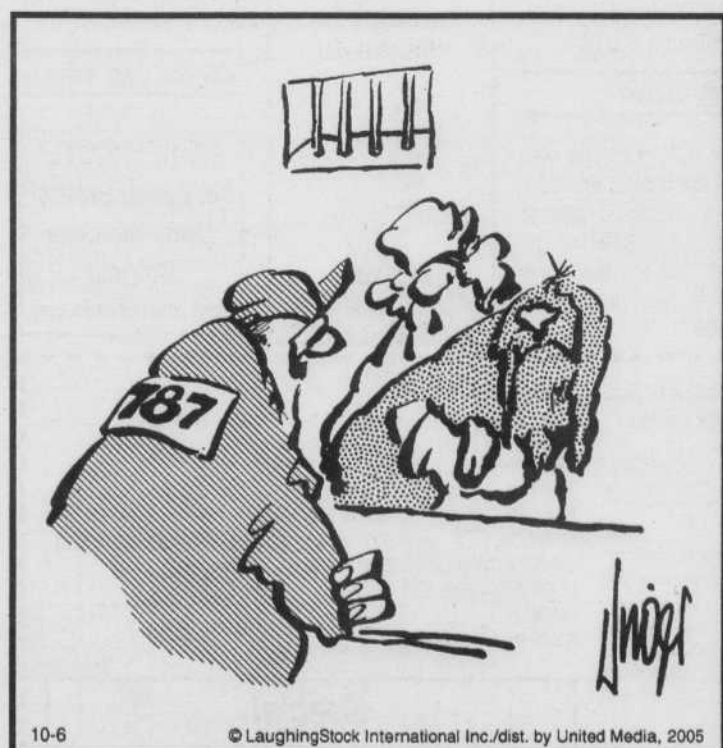
"Y ... TGUTLH KTNC GYOCJ
WPCCH TIJ BGTIWH TIJ
ZGRUCPH; Y WKYIO Y UTH
T WPCC RP HRECWKYIX YI T
BTHW GYZC." — WREEL GCC

PREVIOUS SOLUTION — "We all dance to a mysterious tune, intoned in the distance by an invisible piper." — Albert Einstein
(c) 2005 by NEA, Inc. 10-6

KIT N' CARLYLE



HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



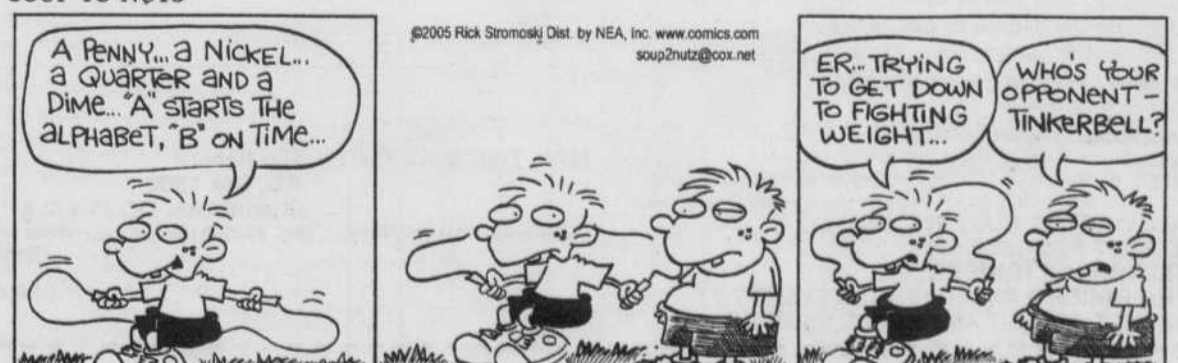
FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



"I'm going to ask the warden if he'll let you look after Ruster for the two weeks I'm in the Bahamas."

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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1986 XJ6 JAGUAR Sovereign, 4 door, hardtop, runs great, \$5,500. or best offer, or will trade for 4 stroke outboard short shaft. Call David (819) 876-7472.

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Selling a car? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. (819) 569-9525.

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340 Garage Sales

AUSTIN Moving Sale, October 7, 8 and 9 from 10 a.m. to 4 p.m. at 63 Taylor Road, Austin (via chemin des Peres). Everything must go! Don't miss it!

JOHNVILLE 146 route 251 - Thursday, Friday, Saturday, Sunday, Oct. 6, 7, 8, 9. Aluminum boat and other objects.

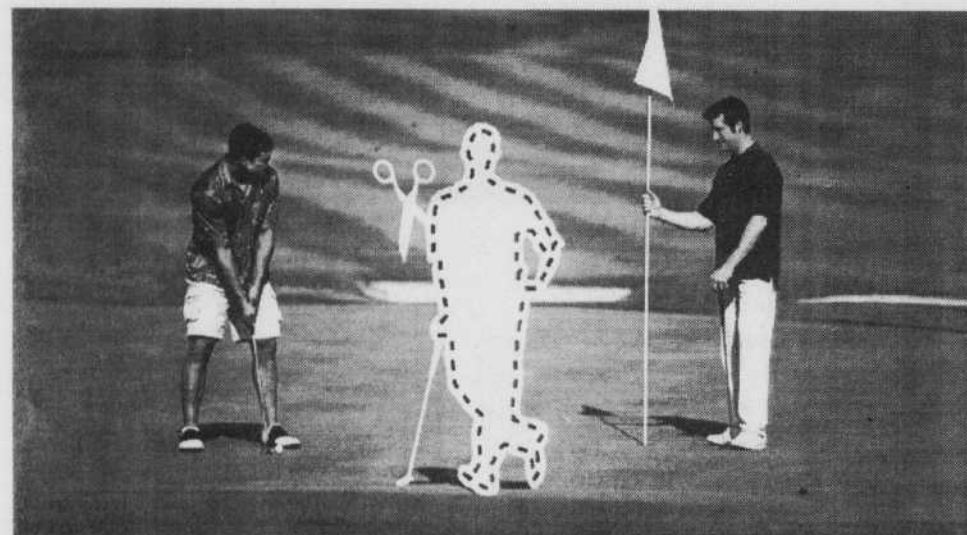
WEST BOLTON 2 Bailey Road, Saturday, October 8 - 9 a.m. - 3 p.m. Lots of stuff. Antiques, furniture, dog crate, sporting goods, fur coat, etc.

395 Home Improvement

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275 Antiques

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NO REFUNDS

Your Birthday

Thursday, Oct. 6, 2005

LIBRA (Sept. 23-Oct. 23) — Avoid getting yourself involved in activities today with friends that they can well afford but you can't. There's no way that you would be able to enjoy yourself worrying about what it costs.

SCORPIO (Oct. 24-Nov. 22) — Should you find yourself having to deal with someone who is rather unpleasant today, do not let this person's behavior influence you to react in a similar manner. Be above it all.

SAGITTARIUS (Nov. 23-Dec. 21) — Chances are you'll be willing to work hard today, but just because you give all you can to the task doesn't mean you should take total credit for it when others are also working hard on it.

CAPRICORN (Dec. 22-Jan. 19) — Emotionally based relationships may be difficult to handle today, so make sure your actions are not those of an irrational person trying to release his/her pressures and tensions on others.

AQUARIUS (Jan. 20-Feb. 19) — You're not apt to get the support from others today you were expecting unless you can offer some definite advantages in it for them. Don't be selfish with the fruits of the labor.

PISCES (Feb. 20-March 20) — Don't expect to get that which you hope to gain today if you leave too many of the important factors up to chance. Intellectual con-

siderations will work, a rabbit's foot won't.

ARIES (March 21-April 19) — Money matters are important, but try not to put material considerations above friendship today. If you do so, and should financial things not work out, you could also end up being minus a pal.

TAURUS (April 20-May 20) — Important relationships will require tactful handling today, even with those with whom you usually get along well. Keep your temper in check should you start to get hot under the collar.

GEMINI (May 21-June 20) — Usually, Geminis are exceptionally good at juggling two situations simultaneously, and you might depend on this today. However, it's apt to be even too much for you, and you could fail.

CANCER (June 21-July 22) — It's always risky to take financial risks in unfamiliar areas, but should an adventurous friend encourage you to do so, you may throw caution to the wind and recklessly toss your funds away.

LEO (July 23-Aug. 22) — Be careful not to disappoint loved ones today who are counting on you to do something important for them just because a fun activity came along. You'll let them down terribly.

VIRGO (Aug. 23-Sept. 22) — It's been said that "life is what happens while we're busy standing around making plans." The race is apt to go to the swift today, so don't take too much time vacillating over what to do.

North				10-06-05
♠ Q 8 2				
♥ Q 4 2				
♦ A J 3				
♣ 10 8 3 2				
West		East		
♠ A		♠ J 9 6		
♥ A 6 5		♥ J 8 7		
♦ 10 6 5 4		♦ Q 8 7 2		
♣ A K Q 6 4		♣ J 9 5		
South				
♠ K 10 7 5 4 3				
♥ K 10 9 3				
♦ K 9				
♣ 7				
Dealer: West				
Vulnerable: North-South				
South	West	North	East	
1 ♠	1 ♣	Pass	Pass	
??	Dbl.	2 ♠	Pass	
Opening lead: ♣ A				

Thursday, Oct. 6, 2005

With a fit,
try for game

By Phillip Alder

Walter Benjamin, a German critic and philosopher, wrote, "Each morning the day lies like a fresh shirt on our bed; this incomparably fine, incomparably tightly

woven tissue of pure prediction fits us perfectly. The happiness of the next 24 hours depends on our ability, on waking, to pick it up."

On waking, pick up the bridge column and look at the South hand. Your left-hand opponent opens one club, which is followed by two passes. You balance with one spade, the opener makes a takeout double, your partner raises to two spades, and rightly passes. What would you do now?

You have only nine high-card points, but you also have just six losers (two spades, two hearts, one diamond and one club), which normally means that you should make a game-try. I like a three-heart continuation. Then North is in a quandary because he holds a whopping nine losers but has a maximum nine points with three working honors. Let's suppose that he shoots out four spades.

At the table, West led the club ace and tried to cash the club king, but declarer ruffed. South continued with a low spade, bringing down West's ace. West exited with a low club, declarer trumping East's jack.

After extracting East's remaining spades, South needed to find the heart jack. If West had ace-jack-fourth, there was no hope. If the suit was 3-3, though, it was a guess. However, if you bid 'em up, you'd better play 'em up. Declarer led a heart to dummy's queen, then followed with a heart to his 10. When that pulled out the ace, South could claim.

CROSSWORD

ACROSS

- 1 Carp cousin
5 Acknowledge
10 Fashion of the moment
14 Fling
15 Bast fiber plant
16 Mild expletive
17 Pulitzer winner of 1958
18 Minneapolis suburb
19 ___ slaw
20 Start of Mason Cooley quote
23 Helmut's three
24 Taro dish
25 Tough trial
28 Grocer's concern
33 Unit of wisdom?
34 Perm milieu

- 35 Bikini part
36 Charged particles
37 Part 2 of quote
38 Saline drop
39 Hoops event
40 Dead, as a dragon
41 Hang in loose folds
42 Voters
44 Put on a first coat
45 Lacking experience
46 Close securely
47 End of quote
55 Asta's mistress
56 City on the Seine
57 Invention origination
58 Average grades
59 Ecole student

- 21 Preacher Roberts
22 Butcher's cut
25 Think out loud
26 Lubricate again
27 "Divine Comedy" poet
28 Rani's wraps
29 Think ahead
30 At right angles to the ship's keel
31 Jelly choice
32 Like some seals
34 Fly high
37 Came into bloom
38 Immense quantity

- 40 Constellation component
41 Dull situation
43 Fold
44 Authored
46 Sifting utensil
47 Andes people
48 Coward of note
49 Shade provider
50 Flight school final
51 Cal. abbr.
52 Like a couch potato
53 G-men
54 Bridge position

Wednesday's Puzzle Solved

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

DOWN

- 1 Plug of tobacco
2 Mr. Hefner
3 1934 Nobel-winner in chemistry
4 Bar gadgets
5 Fairy-tale girl
6 Wheel spokes
7 Novelist Kingsley
8 1492 ship
9 Recipe measure
10 Shrink back
11 Eager
12 Festival
13 Idyllic place

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
			23					24						
25	26	27					28	29				30	31	32
33						34						35		
36						37					38			
39					40						41			
42				43					44					
			45					46						
47	48	49					50	51				52	53	54
55						56					57			
58						59					60			
61						62					63			

Take their education more seriously

Annie's Mailbox

Dear Annie: My ex-husband and I share custody of two school-age children. They live with me primarily, and they spend one week per month with their father.

In the past few months, Dad has been removing the children from school for a few days so they can have "quality" time together. It's becoming more frequent, and I am concerned about it affecting their grades as well as their attitudes. My son quoted his father saying, "You will learn a lot more with me than you ever will at school."

I approached my ex and offered to have a set number of days when he can take the kids out of school. He brushed me off, saying I was worrying for nothing. This man likes to control things. I am hesitant to go the legal route because it would cause such animosity between us. Do I stand back and say nothing? — Frustrated in Canada

Dear Frustrated: Does your children's school have a policy on how many days the kids can miss? Your best bet is to enlist the principal's help in addressing the problem and make the issue between Dad and the school — and you stay out of it.

Sooner or later, excessive absences will affect the children's grades. If the kids don't want to do poorly, they might be able to get Dad to take their education more seriously. Otherwise, legal recourse may be your only other option. Please don't be afraid to go there.

Dear Annie: My also-single friend, "Judy," is very wealthy and recently asked me to take an expensive European trip with her, but it just wasn't in my budget.

Shortly after, Judy complained to me about paying upkeep on a resort condo I never knew about. She finally invited me to spend a week there instead of the Europe trip. She said I would need to pay half the gas, as we would be driving her car. That was fine. I even purchased a lovely gift as a thank you.

Our first night, Judy told me that we'd split everything 50-50, and added, "That means that if I order a \$100 bottle of wine and you don't drink any, you still pay half because I pay upkeep on this condo." Then she told me I owed her for the wear and tear and insurance on her new luxury sedan. I was infuriated and flew home. I sent Judy a check for what she claimed I owed her and resolved never to see her again.

We didn't speak for three months, and then she called as if nothing had ever happened. I am moving soon to a city much closer to Judy, and she already is making plans to come visit. I'm usually willing to give someone a second chance, but I've never been treated like this. Should I tell her how I feel? — Dissed

Dear Dissed: Well, you could bill her for the upkeep on your home, but we doubt you are that mean-spirited or

cheap. First decide if you want to remain friends with Judy. If so, forgive her, but don't plan another trip together. If you don't care about her friendship, feel free to air your grievances. You'd have nothing to lose.

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

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