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ETSB unites
in music for the
7th year

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Townships
Trivia:
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Towns

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WEEKEND EDITION

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FRIDAY, MARCH 31, 2017

“Now we have
a robot” –
CHUS
Foundation
gives a \$6
million
surgical gift

By Gordon Lambie

Thanks to a \$6 million contribution from the CHUS Foundation, surgical patients at the CIUSSS de l'Estrie-CHUS are now benefitting from the abilities of a highly precise medical robot. The Vinci Xi surgical robot has been in use for surgeries relating to urology, otorhinolaryngology (ear, nose, and throat specialization) and gynecology since March 9th of this year.

“The robot is more than a new technology; it is part of a complete transformation of the surgical era,” said Dr. Stéphane Tremblay, associate director general of the physical health program, at the presentation of the new tool on Thursday. “Over the last ten or fifteen years we received the designation to conduct surgery with a gamma knife, we

CONT'D ON PAGE 4

Research week closing reception at BU



MATTHEW MCCULLY

By Matthew McCully

Bishop's University students and faculty gathered in the Centennial Theatre lobby at noon on Thursday to close out the school's 12th edition of research week.

The annual event highlights research and activities conducted by faculty members and students throughout the year.

During the closing reception, BU

vice-principal academic Miles Turnbull presented three awards in the field of research, and also announced the winners of the student poster competition.

Among the awards presented was a special research and creativity award, given posthumously to Dr. Gerry Coulter Professor of Sociology, who passed away months ago.

Coulter's wife, Dr. Mary Ellen Donnan, accepted the award on his behalf.

Dr. Cheryl Gosselin, Chair of the so-

ciology department at BU, gave a speech about Dr. Coulter before the award presentation.

“I was asked to be brief. There is nothing brief about Gerry and his contributions to the university,” Gosselin said.

During his career, Gosselin estimated that Dr. Coulter had over 160 works published in various academic journals.

Résidence du
**Manoir
Gale**

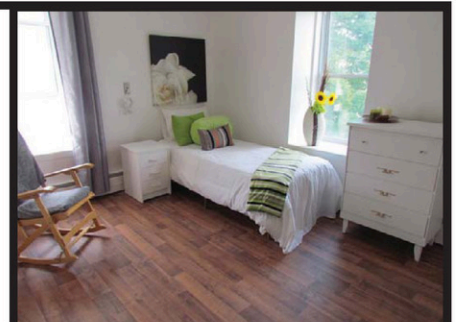
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Weather



TODAY:
MAINLY CLOUDY

HIGH 3
LOW -3



SATURDAY:
60% CHANCE OF FLURRIES

HIGH 4
LOW -4



SUNDAY:
CLOUDY

HIGH 7
LOW -7



MONDAY:
SUNNY

HIGH 9
LOW -4



TUESDAY:
60% CHANCE OF SHOWERS

HIGH 7
LOW 0

No Sentimentality in Vassanji's Nostalgia!



GOOD READS

LENNOXVILLE LIBRARY

M.G. Vassanji (born 1950) has authored seven novels, two collections of short stories, and three works of non-fiction. Along the way, he has earned the Commonwealth First Book Prize for the Africa region, two Giller Prizes, and the Governor General's Literary Award for Non-Fiction. Vassanji is of Indian parentage, but he was born in Kenya, raised in Tanzania, and attended university in the U.S. A Canadian citizen, the author presently lives in Toronto, the setting of his most recent novel, *Nostalgia*, recently named as one of the five contenders in the CBC Canada Reads competition.

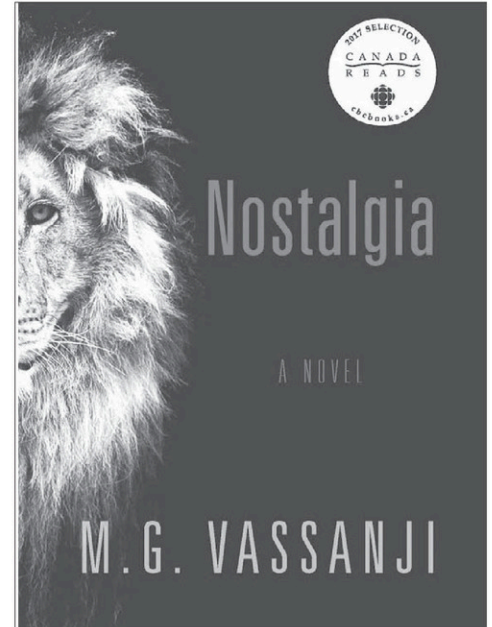
Nostalgia... The word evokes pleasantly fuzzy memories and images from the past, seen through the rose-coloured lenses of elapsed time. We speak of certain events, sights, sounds, tastes, or smells as nostalgic, suggesting a time when the world was a simpler place, one which could be easily understood and enjoyed. However, in Vassanji's *Nostalgia*, the word has taken on a sinister, even threatening meaning.

Set in the mid-21st century, the book introduces us to a world where the rich have gotten much richer, and the poor are now much, much poorer. Biomedical technology has evolved to the point where death has been defeated, but only for those who can afford it. Dr. Frank Sina, the protagonist, works in Toronto for a big-brother-style organization which carries out the life-prolonging procedures on those who opt for eternal life and can pay the hefty price tag. Frank's primary job is to treat those who have begun suffering from "leaked memory syndrome", known as *Nostalgia*, whereby memories from their past lives begin impinging on their present, re-constituted lives, causing distress and

confusion. One such patient in particular, Presley Smith, has begun experiencing bewildering, uncontrollable images. As Frank notes, "They're all a puzzle, each stray and escaped thought is only the barest tip of a universe that lies far beneath. How far do you reach inside to stem the leak? The deeper you dig, the greater the chance of falling into an endless pit—a hazardous operation." Frank himself is a GN, or new generation person. He has new memories in a new body, although he admits that he feels the body-age sometimes, since it is a "flawed immortality". (We only discover at the end of the book just how old Frank actually is!) Those who are not GN are known as GO, and there exists an uneasy rapprochement between the two groups. Frank is in a live-in relationship with Joanie, a GO or BabyGen, who has no previous life. BabyGens are born to be beautiful: symmetrical, smooth, and flawless (even though, in fact, Joanie snores). Frank is aware that she is seeing someone else, another BabyGen, but his life with her, while not perfect, is still sufficiently rewarding for both of them.

Frank continues to try to treat Presley's *Nostalgia*, and eventually finds that the rejuvenation organization, quaintly known as the Sunflower Centre, has a special interest in him. When Presley goes off the grid, Frank is asked to report any Presley-sightings, which he quietly refuses to do. At this point, a third significant character, news reporter Holly Chu, enters the picture. She is initially introduced as a casualty of the ongoing conflict between Frank's privileged world, The North Atlantic Alliance, and that of the war-torn Maskinia, that lies below "the Long Border" separating the haves from the have-nots. This (fictitious) border serves as the construct for the discrepancy between the two worlds, one wealthy and overly civilized, and the other hostile and violent. Holly has apparently been killed and then cannibalized while on assignment in Maskinia, but her martyr's death, initially seen as a great tragedy, is ultimately revealed to be a fiction. She resurfaces in Maskinia, publicly supporting the rebellion among the residents of that benighted country. Her behavior is initially interpreted as Stockholm Syndrome, whereby the captive identifies with the captor, à la Patty Hearst, circa 1974.

Although it takes a while to develop, the relationship among the three cen-



tral characters— Frank, Presley and Holly— is clarified in the last third of the story, and it is deeply significant. Along the way, several secondary characters are introduced, playing more or less important roles: Radha, the good-natured Krishna devotee who befriends Frank; Arthur Axe, head of the rejuvenation corporation Frank works for; and Tom, the computerized assistant Frank turns to for help who is oddly reminiscent of HAL, from the classic 2001: A Space Odyssey.

There are many intriguing themes running throughout the book: Science versus religion; the complacency of the upper classes in the face of staggering poverty; the ethical limits of technology in "improving" the human condition; the fluctuating nature of reality; and the importance of being true to ourselves when confronted with difficult, life-altering decisions. Vassanji handles them all with great style and beautiful prose. At 258 pages, it is an exceptionally readable book, blending aspects of psychology, philosophy, speculative fiction, mystery, and love story. You may not agree with the author's conclusions about what is important in life, but it is certainly worth the ride to see how he gets there!

—Melanie Cutting

P. S. Bibliothèque Lennoxville Library's version of Canada Reads unfolded last Thursday, March 23rd, with great fanfare. Ross Murray's take on The Break by Katherena Vermette edged out the competition in a very lively debate!

Ben by Daniel Shelton



LOCAL NEWS

Under the theme "Fasten all the time", the 10th Edition of the campaign aims to remind citizens of the importance of buckling seat belts for all occupants of a vehicle, at all times.

SQ's Commandant's Brunch fundraiser for cancer patients

Record Staff

Sherbrooke Employees of the Sûreté du Québec de l'Estrie / Center-du-Québec region are proud to join the Quebec Cancer Foundation in hosting the 7th edition of the Commandant's Brunch fundraiser, to be held on Monday, April 3, between 6:30 and 11:00 am

in the two Mikes restaurants in Sherbrooke.

Commandant's Brunches are also being held at the same time in the MRC du Granit, Coaticook, and Arthabaska. In addition, this year, the Bromont Police Service joins the event with the creation of the Bromont Police Service Commandant's Brunch.

During this event, a meal will be offered to by the six participating restaurants in exchange for a donation, all of which will be donated to the Quebec Cancer Foundation's Centre régional et Hôtellerie de l'Estrie .

Since its creation, the annual event, has raised \$74,850.

Les Hôtels de la Fondation québécoise du cancer, with locations in Montreal, Sherbrooke, Trois-Rivières and Gatineau, hosts victims of cancer for the duration of their treatment. To learn more, visit the website at: <https://fqc.qc.ca/pres-de-chez-vous/estrie/>.

Provincial Seat Belt awareness campaign begins today

Record Staff
SHERBROOKE

Police forces across Quebec, in collaboration with the Société de l'assurance automobile du Québec (SAAQ), will be holding several scheduled operations across the province from March 31 to April 6 as part of the province-wide concerted Ceinture 2017 operation

Under the theme "Fasten all the time", the 10th Edition of the campaign aims to remind citizens of the importance of buckling seat belts for all occupants of a vehicle, at all times.

Wearing a seat belt reduces the risk of being killed or seriously injured in an accident by half. Thus, if all occupants of

vehicles were attached, many deaths and serious injuries would be prevented annually.

The effectiveness of seat belts is reflected in statistics

- ✦ From 2011 to 2015, an average of 70 people killed and 170 people seriously injured in an accident were not wearing their seat belts each year;

- ✦ Year after year, approximately 30 per cent of passenger vehicle drivers and passengers who died in a collision were not wearing seatbelts;

- ✦ Men aged 25-49 are significantly over-represented in fatal accidents involving the no-wearing of seat belts.

Awareness campaign
Each year, the SAAQ takes advantage of this campaign to remind people,

through a new awareness campaign, that buckling up- is a simple action that can save lives. The campaign includes posters placed in sports bars and restaurants throughout Québec, a banner on networks and outreach websites, social media publications, and an electrostatic sticker for cars. For more information on seat belts and the awareness campaign, visit the SAAQ website at <https://saaq.gouv.qc.ca/securite-routiere/comportements/ceinture-de-securite/>.

The campaign will also feature interventions throughout the territory. Patrollers and traffic controllers will intensify their interceptions and will pay particular attention to the non-wearing of seat belts during these operations. For

those who are not complying with the law, the Highway Safety Code is clear: it is compulsory to wear a seat belt, on pain of being fined from \$80 to \$100 and 3 demerit points on one's driving record.

This province-wide campaign was begun on an initiative stemming from a partnership among by the Association of Quebec Police Directors, the Sûreté du Québec, the Montréal Police Department, municipal police forces, and the SAAQ. To follow the Web awareness campaign, the public is invited to subscribe to the Sûreté du Québec's Twitter and Facebook accounts, as well as those of municipal police forces and the Société d'assurance automobile du Québec.

30 months for Danville grow-op involvement

Record Staff
SHERBROOKE

A man found at the site of a large cannabis grow-op in a Danville barn in 2015, has been sentenced to 30 months in prison after pleading guilty to charges of production and pos-

session of marijuana plants for the purpose of trafficking.

Kien Ching Lee was hiding in a Craig Rd farm building when officers from the Sûreté du Québec raided the place in November 2015 and found seven cannabis production rooms set up inside containing 1,330 plants.

The raid also resulted in the seizure of 100 lamps used in the production of cannabis, 600 grams of cannabis buds, and equipment used for processing hashish.

Lee, who needed a translator, admitted his guilt before Quebec Court Justice Paul Chevalier c at the Sherbrooke Cour-

thouse, where he also pleaded guilty to stealing electricity,

Lee, who has been detained since his arrest, will serve six months less a day after-24 months of pre-trial detention was deducted from his 30-month sentence.

Mont Bellevue ski and Howardene skating pond closed for the season

Record Staff
SHERBROOKE

The City of Sherbrooke has officially put an end to the ski season at Mont Bellevue and the skating season at the Bleu Blanc Bouge skating rink

at Howard's Park.

The City is expressing gratitude to the public for its loyalty during the past season, which was marked both by the inauguration of the skating rink and Claude Adam's last season in the management of the ski centre facilities. "It is

too early to assess the season's attendance, but it is clear that the public appreciates the facilities offered by the City of Sherbrooke for the practice of winter sports," says Vincent Boutin, chairman of the City's Sport and outdoor activities committee.

The wild temperature swings of the last few weeks have allowed skiers to benefit from an extra two weeks skiing over than last year.



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Health and Social Service groups slam Quebec budget

Record Staff
SHERBROOKE

The Regroupement des organisations communautaires (ROC) of the Eastern Townships is exasperated at not seeing any real measure in the Leitaio budget to improve the precarious situation of health and social services community organizations. The announcement of the injection of \$10 million this year is far from the \$355 million asked for by these already exhausted Quebec organizations. This means that these organizations will have even more difficulty meeting the needs of the population, which are con-

stantly increasing with the austerity of recent years. The government is increasingly ignoring its responsibilities on the backs of agencies, particularly to the detriment of the people who work there.

In a communiqué issued Tuesday, the Estrie ROC strongly reiterates that it is high time that community health and social services organizations receive financial support commensurate with the expertise, achievements and critical role they play in daily life. The underfunding experienced by these organizations in the Estrie for far too many years is blatant and imposes very difficult working conditions. "How can we help people

when we are constantly seeking funding? How can we not exhaust ourselves when working in precarious conditions to support all those who knock on the doors of organizations?" asks ROC Director Claudelle Cyr.

In the Estrie, 64 per cent of workers in the health and social services community do not have any social protection, and do not benefit from group insurance. Their average salary is about \$30,400 per year. For the directorates, it is somewhat higher than \$40,000. "This is all the more deplorable because they are qualified, qualified and competent people! The passion for work and the

cause certainly does not justify being underpaid," Cyr says.

The group considers it essential to maintain a quality social safety net that is accessible to all. This would undoubtedly result from a financial upgrading of the community health and social services organizations and the recognition, at its true value, of the work they do. Otherwise, we will have to fight poverty in a setting that is working to eliminate it in the community.

The ROC de l'Estrie brings together more than 100 independent health and social services community action groups in the Estrie region.

Tourisme Cantons de l'Est welcomes budget measures

Record Staff
SHERBROOKE

Tourisme Cantons-de-l'Est is applauding the massive government investment of \$286 million in tourism, announced in the Québec budget, in addition to the \$70 million announced at the beginning of the week.

"After years of appealing to our decision makers, the tourism industry has finally been recognized as a strategic engine of economic development for the regions of Quebec," says Tourisme Cantons de l'Est Chair Jean-Michel Ryan. "The announced investments will make it possible to rapidly carry out projects

in the regions that will have structuring effects in terms of financial spin-offs and job creation. It is now time for investors and entrepreneurs to seize the opportunity and propose promising projects for our communities.

Over the next five years, government will invest \$126 million for a leverage program for major tourism projects, \$35 million in support of festivals and events, \$100 million to SEPAQ to develop winter tourism and nature-adventure.

Specific measures announced in the budget include those to diversify the gourmet tourism offering and agro-tourism. As Tourisme Canton's de l'Est Director-General Francine Patenaude

says: "This is the first time that Québec has identified agro-tourism and gourmet tourism as priority sectors for investment. Our region is extremely well positioned in these sectors and our data confirm that visitors are looking for this type of tourist offering. The announced investments will allow us to consolidate our position as a leader in this field and will certainly attract even more visitors each year.

Also noteworthy are measures to provide more enforcement of the law on illegal tourist lodging through a partnership between the Ministry of Tourism and Revenu Québec.

"The Eastern Townships is full of in-

novative and passionate entrepreneurs," Patenaude adds. "They can now count on winning conditions to quickly launch projects that will generate collective wealth for our communities. Our region is one of the most popular destinations for tourists. We are already distinguished by our nature-adventure, cultural, and gourmet experiences, our events and festivals, and our four ski resorts, all of which are major economic engines for our region ... The announced investments will consolidate our attractiveness and help our entrepreneurs, municipalities and more broadly all the communities of the Eastern Townships prosper.

Career

"Now we have a robot"

CONT'D FROM PAGE 1

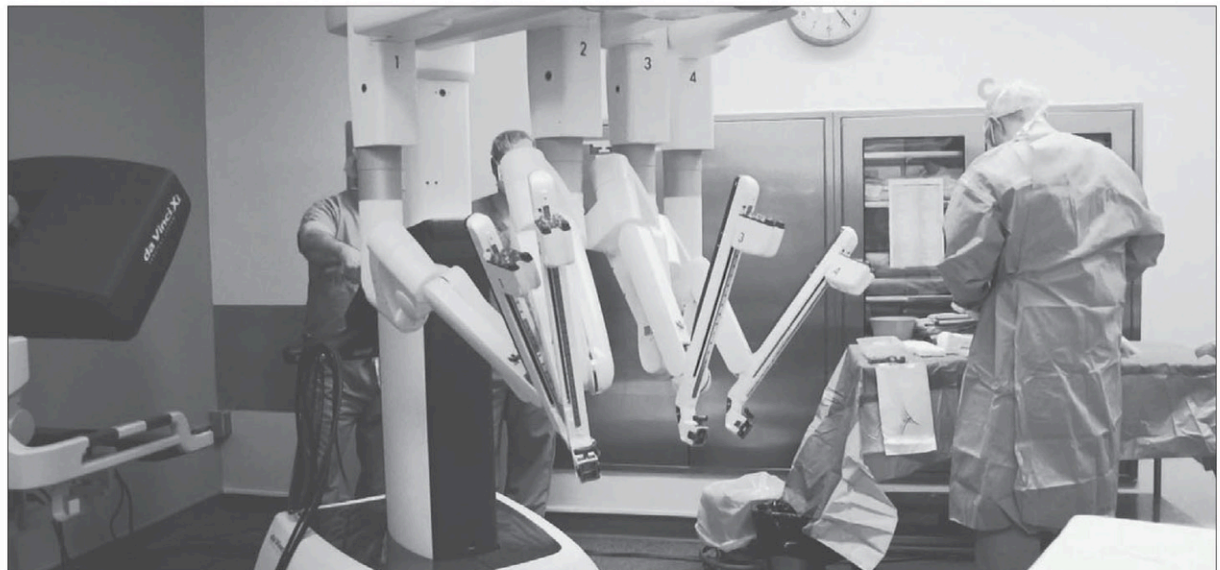
had the chance to take on challenges via endovascular surgery, and now we have a robot. We are truly in the 21st century."

Dr. Patrick Richard talked those present through the use of the new tool, describing it as "magnificent." Richard explained that the four-armed robot is able to provide the surgical team with a high-quality, three dimensional view of the surgical field with only minimal incision. The tooltips associated with the robot are small and precise enough to peel a grape or fold a piece of origami the size of a

penny.

"The robot is an extension of our eyes and our hands," Richard said. "Thanks to this new technology we can now see the surgical field ten to twelve times bigger than before and intervene in more critical areas with fewer risks and side-effects for the patient."

The funding for the new robot was drawn from the 2010-2015 charity golf tournaments of the CHUS Foundation. Among other possible uses, the robot was acquired as a part of the hospital's ongoing mission to improve interventions related to the fight against cancer.



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ETSB unites in music for 7th year

By Matthew McCully

On April 10, 300 students from 10 schools across the Eastern Townships School Board (ETSB) will come together at Massey Vanier High School for an afternoon of music.

"I started this event because I felt that we needed more music in schools and I felt very alone as a music teacher," said Sherbrooke Elementary's Tracey Rivette.

"We have seen music programs grow since the first festival seven years ago. For example, Sutton school now has a music teacher, Agnes Boisvert, which they did not have before," Rivette told the Record.

Rivette said the planning for the event is now done by a festival committee with the help of members Laura Barr, Mathieu Viens, Bill Jarand, Julie Turcotte, who work on their own time to put the festival together.

"The caliber of the performers gets better and better every year and the children have a great time showing off their talent and uniting with other schools in

the spirit of music," commented Rivette.

This year's festival will feature performances by students from Knowlton Academy, Sherbrooke, Heroes' Memorial, Butler, Parkview, Sutton, St. Francis, and Drummondville Elementary Schools as well as Richmond Regional and Massey Vanier High Schools.

Last year the theme was 'Broadway Bound.'

Rivette said this year the ETSB will be United in Folk music.

SES will perform a medley of Bob Dylan songs, according to Rivette.

The choir has been meeting twice a week at lunch hour to practice for the show.

Rivette said prepping the performance has been a challenge since SES is also rehearsing for a musical, Dreamcatcher, scheduled to take the stage May 18.

In addition to the performances from the different schools at the festival, Rivette said there will also be a number of common songs that all the schools will perform together.

"Bill Jarand (MVHS) does an amazing job at setting up the auditorium and organizing MC's for the event," Rivette said. "His band will be accompanying the final common songs and will perform a few tunes of their own as well."

When asked if she ever thought the United in Music festival would grow into what it has become, Rivette said, "I hoped it would; that was the goal," she said, adding that in its seventh year, word is spreading through the community.

The concert will take place April 10 in the MVHS auditorium beginning at noon.

Admission is free and members of the community are welcome, Rivette said.

"This is an opportunity to bring music teachers together and show students that yes, music is cool and music can inspire," she said.

"For me, music's mission is to inspire people to be better, stronger and kinder as their hearts open up to the beauty of young voices and musicians uniting."



MATTHEW MCCULLY



MATTHEW MCCULLY

Mansonville man awarded \$728,000 after violent attack

Record Staff
SHERBROOKE

A Mansonville man attacked while acting as a volunteer for Conservation Nature has been awarded financial compensation of more than \$700,000 from his attacker Pascal Privé.

On July 31, 2010, the victim intervened in the Montagnes-Vertes Nature Reserve to advise a group of people riding ATVs to leave the trails, where motorized activity is prohibited.

This intervention quickly degenerated into a physical altercation during which the volunteer received a violent punch to the back of his head, resulting in significant injury, including a traumatic perforation of the eardrum, post-traumatic stress disorder, and cranio-cerebral trauma (concussion). He was forced

to leave his job as a teacher at the Cégep de Sherbrooke because of permanent damage affecting his concentration and memory.

Claiming \$1.36 million in damages, the plaintiff ultimately obtained approximately \$728,000 to cover loss of wages, losses in future performance on pension funds, and moral injury. Justice Claude Villeneuve of the Civil Division of the Superior Court denied a claim of \$50,000 for exemplary and punitive damages since his attacker had already served 90 days in prison for the incident.

Privé, who lives in South Stukely, did not appear at the trial to explain himself. He is also awaiting trial for involvement in a drug trafficking ring dismantled in 2016 as part of Operation Muraille.

CRDITED Estrie User's Committee

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EDITORIAL

We have scientific evidence and rational arguments on our side. Let's use them to support solutions.

SCIENCE MATTERS

Facts and evidence matter in confronting climate crisis

By David Suzuki

We recently highlighted the faulty logic of a pseudoscientific argument against addressing climate change: the proposition that because CO2 is necessary for plants, increasing emissions is good for the planet and the life it supports. Those who read, write or talk regularly about climate change and ecology are familiar with other anti-environmental arguments not coated with a scientific sheen.

A common one is that if you drive a car, buy any plastic goods or even type on a computer keyboard your observation that we need to reduce fossil fuel use is not valid – no matter how much evidence you present. Like the “CO2 is plant food” claim, it’s a poor argument, but for different reasons. It’s easy to refute the junk science claim with large amounts of available evidence. This one’s simply a logical fallacy.

The statement that gas-fuelled cars cause pollution is true whether or not the person making it drives a car, just as a claim that automobile emissions are harmless is false, regardless of the claimant’s car ownership or driving habits.

As well as being a faulty assertion, pointing out the many uses for fossil fuels in an attempt to reject the need to reduce reliance on them is actually an argument in favour of burning less coal, gas and oil. Fossil fuels are useful for many purposes – from life-saving medical equipment to computer keyboards – so why extract, transport and burn them so rapidly and wastefully? Supplies aren’t endless.

Perhaps some people haven’t thought things through. Or maybe they don’t have strong arguments against the need to protect the air, water, soil and biodiversity that keeps us healthy and alive. With a subject like climate change, it’s somewhat understandable. In this “post-truth” era of infinite information, it’s

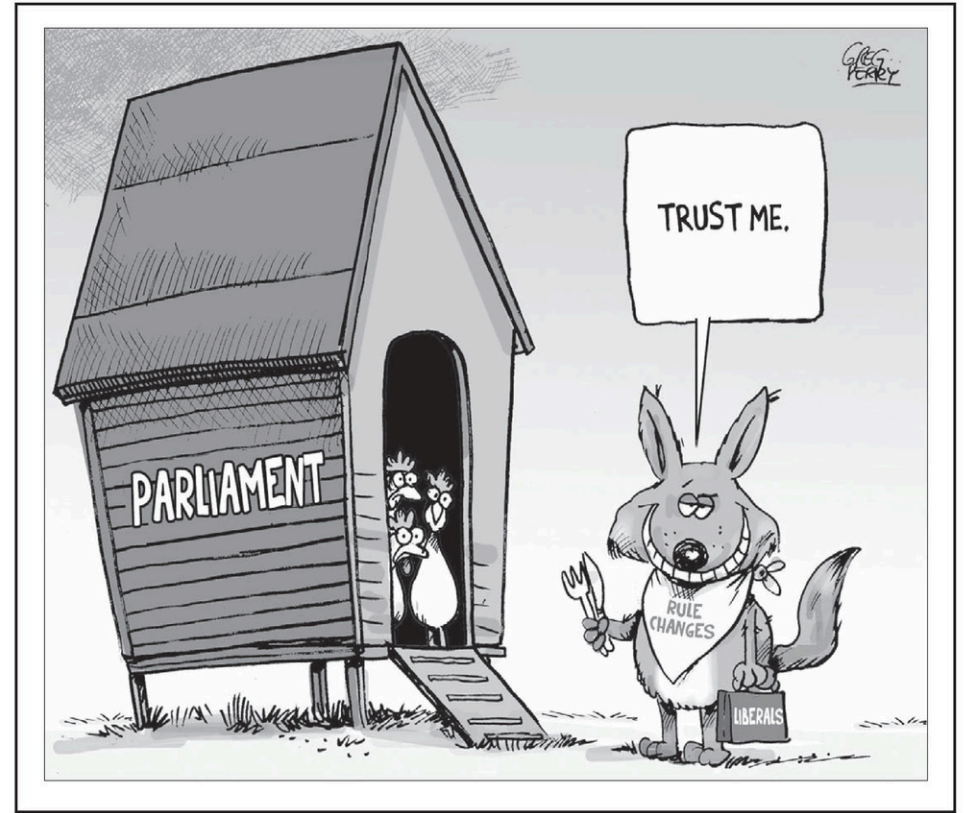
difficult to get a good grasp on many subjects, let alone one as complex and massive as global warming. Most people don’t have the time or expertise to read through and comprehend the massive volumes of peer-reviewed science on phenomena such as feedback loops, ocean acidification, extreme weather events, species extinction and sea level rise.

Fortunately, some excellent resources provide information for people with varying levels of knowledge and expertise. Skepticalscience.com offers a big-picture approach by examining the peer-reviewed literature. It’s “Most Used Climate Myths” section describes false claims and lets users click for “basic,” “intermediate” or “advanced” explanations of real evidence.

You can also find accessible science on the U.S. National Oceanic and Atmospheric Administration and National Aeronautics and Space Administration websites. The American Institute of Physics offers a comprehensive history of climate science, as well as other information.

Media outlets with considerable, credible coverage include The Guardian and National Geographic, and environmentally focused websites such as Grist, EcoWatch and the National Observer. Desmog Blog’s timely articles and extensive database shed light on what’s behind concerted efforts to downplay or dismiss the seriousness of climate change. Websites for environmental groups like the David Suzuki Foundation, Pembina Institute and others are also good information sources. Just Cool It!, a book coming out April 22 by Foundation senior editor Ian Hanington and me explains climate change and focuses on solutions.

Many other books, websites, publications, films and more offer clear explanations of climate change and what it means for us. The point is that evidence-based information arms people with tools to confront humanity’s greatest cri-



sis. It’s increasingly clear we can’t rely on politicians to get us out of the mess we’ve created. The current U.S. administration is full of people who reject the overwhelming evidence for human-caused climate change. In Canada, our government has some good climate policies but continues to approve fossil fuel infrastructure projects.

Will good information change the views of those who reject environmental protection? It’s hard to know. But for people who care and want to understand, facts are crucial to bringing about much-needed change.

The silver lining of the irrationality

that has descended on the U.S. is that it has sparked a growing movement to promote scientific evidence and science-based solutions. The March for Science, taking place in cities throughout the U.S. and beyond on Earth Day, April 22, is one example.

We have scientific evidence and rational arguments on our side. Let’s use them to support solutions.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at www.davidsuzuki.org.

Letters

About the Garden Center...

DEAR EDITOR

Concerning the Garden center in the zoning around the Provigo in Lennoxville, I don’t understand why people from the burrough are not filling cars, cabs and buses to go sign the register against the #1200 by-law.

That by-law is giving to that area the right that people have forbidden in 2015 as a secondary usage because it was jeopardizing two other local businesses well established for years.

It does so as a primary usage. You probably heard that the grocery could not do anything with that. That’s right.

But the full truth is that someone bought or could buy (and is trying to buy) houses (Mrs Murray’s for instance) in that zone to start a real Garden center as primary usage, a whole one.

You, people of Lennoxville, voted against a (quite) small menace but now you would accept a real one? Something that would do more damage than what you rejected in 2015?

Walk, drive or fly if you please to City Hall downtown Sherbrooke by Friday the 31st, if you think that the City of Sherbrooke have to respect your decision of 2015 to want to protect your jobs and businesses.

DENIS PELLERIN
CONCERNED CITIZEN

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THE RECORD

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PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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Townships Trivia: Mills & Mill Towns

QUEBEC ANGLOPHONE
HERITAGE NETWORK
QAHN



RÉSEAU DU PATRIMOINE
ANGLOPHONE DU QUÉBEC
RPAQ

By Matthew Farfan
Executive Director, Quebec Anglophone
Heritage Network (QAHN)

1) This village, located in Orford Township and home to a sawmill, was the scene of a fair amount of logging activity in the late 1800s? What was it called?



- a) Saint-Élie-d'Orford
- b) Deauville
- c) Rock Forest
- d) Cherry River

2) This village, dominated by the Pinnacle, developed at the site where the Niger River drains Lake Lyster at its north end. It was here that the Baldwin family built their sawmill.



- a) Coaticook
- b) East Hereford
- c) Barnston
- d) Baldwin Mills (could be a trick question; is this too obvious?)

3) This photo, taken c.1905, depicts the mill pond and spillway in what picturesque town?



- a) Granby
- b) Knowlton
- c) North Hatley
- d) Sutton

4) The sawmill depicted in this photo, was situated on the North Missisquoi River, that is, until they were swept away in the flood of 1927. Name the village!



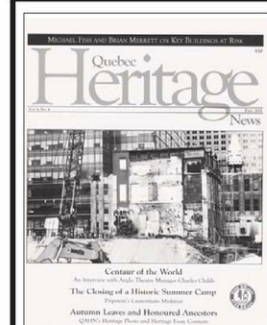
- a) Mansonville
- b) Frelighsburg
- c) Sutton
- d) Abercorn

5) The first mills in the Eastern Townships were grist or flour mills, and many of our oldest settlements grew up around these establishments. The mill seen here harnessed the power of the Southeast Yamaska. What village was it?



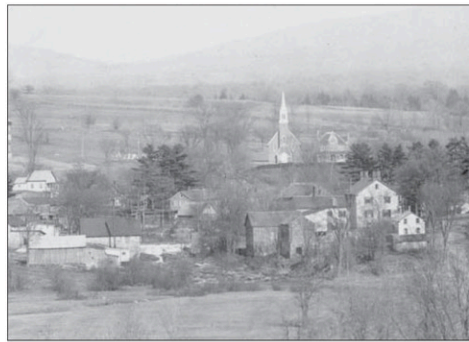
- a) Farnham
- b) Cowansville
- c) Granby
- d) Yamaska

6) A number of villages in the Townships take their names from the men who built their first mills. This town is one of them. Name it!



- a) Sawyerville
- b) Kilborn's Mills
- c) Hyatt's Mills
- d) Eastman

7) The massive stone grist mill built in this town in the early 1800s operated until the 1960s. Today it is a private residence. What town is it?



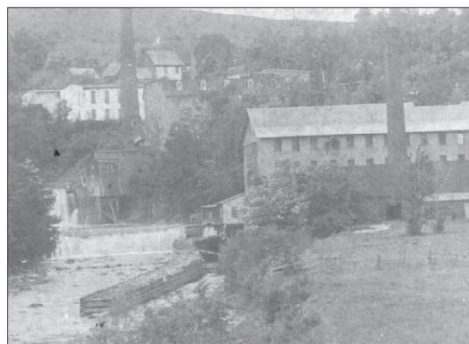
- a) Sutton
- b) Knowlton
- c) Frelighsburg
- d) Dunham

8) The Berthiaume Mill on the Yamaska survived until the 1950s. Name the town!



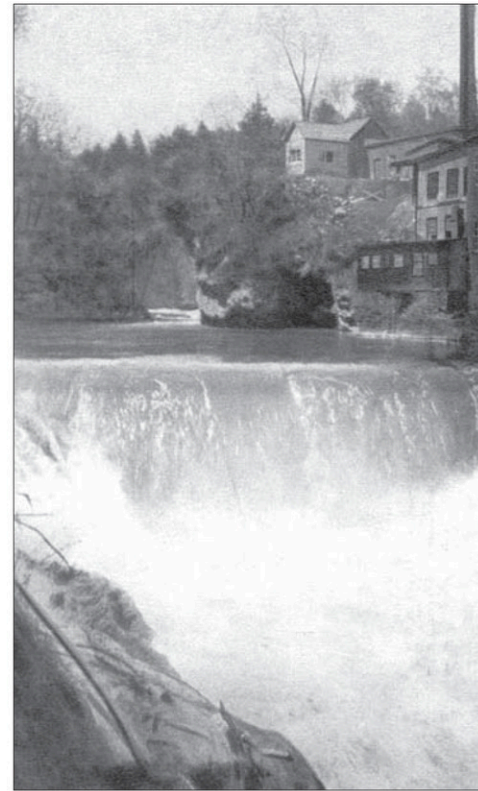
- a) Farnham
- b) Granby
- c) Cowansville
- d) Magog

9) The powerful stream flowing through this village gave rise to a number of water-powered mills and factories. See here is Penman's, a manufacturer of cotton and woollen underwear. Name the town!



- a) Sherbrooke
- b) Magog
- c) Drummondville
- d) Coaticook

10) Like most of the larger towns in the region, Sherbrooke (seen here c.1900) was built around water power and mills. What was Sherbrooke's original name?



- a) Sherbrooke Mills
- b) Ascot Mills
- c) Hyatt's Mills
- d) Hunter's Mills

ANSWERS:

1) d
2) d
3) b
4) a
5) b
6) a (after Josiah Sawyer)
7) c
8) a
9) d (and the river was the Coaticook River)
10) c (after Gilbert Hyatt)

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COLUMNIST

And like Jesus' command to "love your neighbour as yourself," the practice of compassion begins with the self. We cannot give what we do not know.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Compassion

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

1) You've heard it said to understand another, we should try to "walk a mile in their shoes." As one comedian observed, this metaphor takes you only so far. It could leave you a mile down the road without your own shoes and feet full of blisters, leaving someone else a mile behind you. Both of you minus a comfortable fit.

Compassion is a bit more complex. With Latin roots - "com" meaning with and "passion" or feeling, compassion is "feeling with" another. Imagining what it's like to be another, putting their well-being at the center instead of ourselves. Deeper than sympathy, akin to empathy or the Buddhist concept of loving-kindness for all beings, compassion is a step on the path to altruism. In our global community, it's becoming an urgent need.

It's easy to feel overwhelmed and fearful with all the news these days of rising

bigotry, hatred and violence in our world. Yet a turn toward love requires a truly grassroots movement. At the heart of our lives, compassion is always a choice, as daily as bread, up to each of us to make it central to our dealings with others.

That's why I'm so excited about the small group of us who are studying Karen Armstrong's book, *Twelve Steps to Compassionate Living*. Why 12 steps? She believes that we live in a culture addicted to individualism and ego satisfaction. Like people in recovery, we must work through layers of conditioning to learn how to practice love.

And like Jesus' command to "love your neighbour as yourself," the practice of compassion begins with the self. We cannot give what we do not know.

I want to be part of this global movement calling for a massive "change of heart" in our world. A few years ago with funds from a TED grant, Armstrong called together a team of prominent spiritual teachers to craft the Charter for Compassion as a revolutionary statement of solidarity among the world's

major religious traditions. Now whole towns, cities, businesses and organizations identify themselves as compassionate communities around the globe. A different kind of global warming!

Imagine a collective evolutionary leap, fueled by one person at a time, making the commitment to love our neighbours and do no harm. The future of our human family depends on our learning to love beyond all differences. Let's do it!

2) When I was a young teenager we experienced a family tragedy. My aunt and her two young sons were killed in a car accident. Their sister was badly injured and spent a long time in hospital. My uncle was heartbroken. I had never experienced grief like that before. I do remember, however, the compassion we all received, so comforting and supportive. My uncle took early retirement and became a single parent to a six year old. He too received compassion from his community. He lived in British Columbia, but every summer some of us went west to stay with him and keep the family bonds strong.

Compassion is not a few charitable acts. It is a way of life, and transforms the giver and the recipient. Over the past few weeks I have been in a study group where we are learning about "The Charter Of Compassion," based on the work of scholar of world religions Karen Armstrong, who has proposed that the world needs to learn radical compassion. As a group we are learning and sharing insights.

I am so glad to be a part of a country where we offer hospitality and a welcome to refugees and new immigrants, and where we have universal health care and a strong social safety net. I know personally that when I reach out to help another person in need my heart rejoices, and when I share compassion I am the one most blessed.

3) We watched a lot of short National Film Board documentaries during my time in public school in the 1970's. One that I remember in particular featured a small duckling wandering around lost on a construction site. I don't remember anything about the point of it. Maybe it was about the destruction of animal habitat, or maybe it was just a creative piece to get us writing stories that picked up where the film left off. I don't remember. I do remember that duckling. And I remember the small boy who cried so hard while

he watched it.

I cried, too. The duckling was lost through the whole film, while he narrowly escaped one mishap after another. He was almost buried in a pile of dirt from a dump-truck, almost run over by numerous big machines, almost crushed by a pile of lumber. At one point he was scooped up with a pile of dirt and dropped. His frantic cheeping could barely be heard over the loud roaring of the various machines. This was filmed with a real duckling and the distress was clearly real. I'm not sure what kind of a sick person would make a film like that and I doubt it would be allowed today, but there we were, a group of eight or nine year olds, watching this poor creature, who looked in vain for his home.

A few of the tougher boys, the ones who had learned their lessons, laughed. But this one boy, with a name I can't recall but a face I cannot forget, sobbed out loud. He was smaller. And gentle. I remember him daydreaming and doodling a lot during class. Probably he was an artist at heart, and in another time he might have been nurtured, his compassion seen as a gift. Instead, at recess, the other boys pounded him. They taunted him for crying and then for crying again while they punched him.

As many disadvantages there were (and are) to being a girl, I was grateful that I was allowed to cry. The ability to feel compassion for our fellow creatures when they suffer is a beautiful part of being human, for women and for men. Through our compassion we are all linked and we are able to have open hearts for each other. I think about that tender, compassionate boy and I hope he turned out all right. I hope that he can honour his compassion as the beautiful part of himself that it is, and I hope that he can feel it without shame. I hope this for you, too.

One word, only three voices this time - next week we'll be four again. We invite you to reflect with us on the question: What does it mean to live a life of compassion?

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

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Local Sports

The team Julien will be coaching will consist of the top players from the CHL whose teams either missed the playoffs or are no longer competing in the postseason.

North Hatley takes home the Challenge Cup



PHOTO COURTESY OF RALPH MCCULLY

Dave Wilson president of the North Hatley Curling Club receiving the Challenge Cup from Jim Thompson president of the Lennoxville Curling Club. The seniors competition between the two clubs began in late October and ended March 29 with North Hatley the definite victors.

Poulin Canada's captain for women's hockey worlds; Irwin, Jenner, Spooner alternates

The Canadian Press

Marie-Philip Poulin has been named Canada's captain for the 2017 women's world hockey championship.

The two-time Olympic gold-medallist from Beauceville, Que., led Canada in its two-game December series against the rival United States and also wore the 'C'

at the 2016 4 Nations Cup in Finland and the 2016 world championship in Kamloops, B.C.

Haley Irwin, Brianne Jenner and Natalie Spooner will rotate as alternate captains.

Canada opens the tournament tomorrow against the defending champion U.S.

Julien named assistant with U18 national team

By Dylan Konecny

For the fourth straight year, a member of the Sherbrooke Phoenix will be representing Canada as part of the U18 national men's hockey team playing at the annual tournament.

This year the tournament will be played in Slovakia in the cities of Poprad and Spišská Nová Ves.

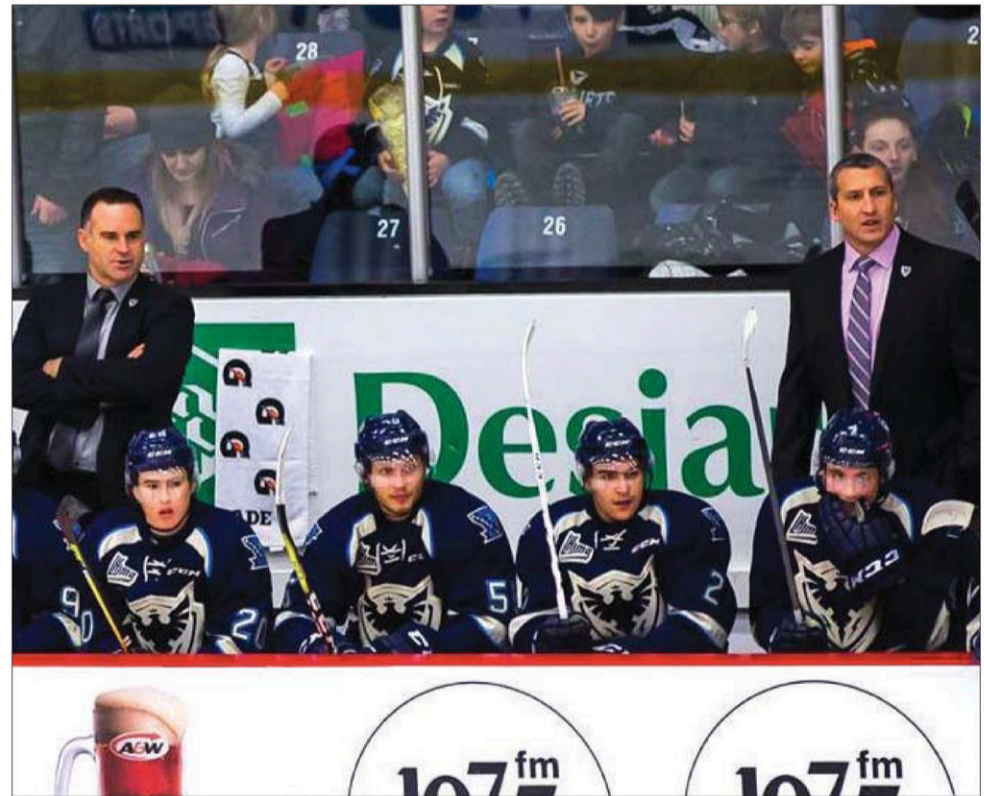
Evan Fitzpatrick, Jeremy Roy and Daniel Audette were the last three members of the Phoenix to be part of the Canadian squad representing the nation in 2016, 2015 and 2014 respectively, with Roy and Audette bringing home bronze medals.

Although the final roster has yet to be announced, last week Hockey Canada announced that Sherbrooke Phoenix head coach Stéphane Julien would be an assistant on head coach Darren Rumble's staff.

Julien joined the Phoenix as assistant coach for the 2012-13 season following his final season as a player in the Deutsche Eishockey Liga (DEL) in Germany. He was promoted to head coach midway through the 2015-16 season. His playing career included five seasons in the QMJHL (1990-95) with Trois-Rivières and Sherbrooke, and 18 seasons of professional hockey in France, Italy, Germany, Switzerland Austria. He won the Emile Bouchard Trophy as QMJHL defenceman of the year in 1994-95.

The team Julien will be coaching will consist of the top players from the CHL whose teams either missed the playoffs or are no longer competing in the postseason.

The tournament begins on April 13th when Canada takes on Latvia in preliminary action as part of Group A playing in Poprad.



VINCENT LEVESQUE ROUSSEAU.

Sherbrooke's power play has thrived under Julien (left) finishing top five in the league the last two years. The Phoenix power play was ranked third overall, 25.3 %, in the QMJHL for 2016-2017. The third overall ranking is the highest it's ever been for the team since joining the QMJHL.

DART TOURNAMENT
FOR THE BENEFIT OF THE
BREAST CANCER SOCIETY
SATURDAY, APRIL 15
at the
OLD LENNOXVILLE GOLF COURSE

10th
annual
event

Everyone welcome!

STARTS AT 1 P.M.
Mixed doubles/
bring your own partner
5 games 301 \$5./player
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Church Services

Anglican

LENNOXVILLE

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

NORTH HATLEY

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

SHERBROOKE

April 2, at 11:00 a.m., the Church of the Advent, 473 Bowen St., Sherbrooke welcomes you to a service of Morning Prayer with a layreader presiding.

GEORGEVILLE

April 2, Georgeville Anglican welcomes you to a Service of Holy Communion (BCP) at 8:30 a.m. and at 10:00 a.m. (BAS) with the Ven. Dean E. Ross officiating

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

United

AYER'S CLIFF - MAGOG

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

HATLEY/WATERVILLE

Sunday, April 2, 9:30 a.m. Hatley congregation at St. Francis Manor and 11 a.m. Waterville/North Hatley United, with Sunday School. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, April 2 at 10:00 a.m. Sunday School will be available. 819-565-8449; website - lennoxvilleunitedchurch.com

RICHMOND

Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, April 2 at 10:30 a.m. at Richmond-Melbourne United Church, 247 Principale Sud, Richmond. Charlotte Griffith will be leading this worship service. All are welcome!

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister, Leslie Young, organist. Sunday, April 2, English service at 10:30 a.m. Welcome to all! Le dimanche 2 avril, service en français à 9 h. Bienvenue à tout le monde!

Richmond Legion Branch #15 Ladies Auxiliary meeting

On the evening of March 21, 18 members gathered at the Legion Hall for our regular meeting. The meeting was called to order at 7 p.m. Colours were presented by Cmdrs. Linda Badger and Helen Knowles and Sgt. at Arms Cmdr. Wendy Ridley doing double duty followed by the opening ceremonies.

Roll Call was taken, minutes read by Cmdr. Lucie and accepted. Treasurer's Report was given by Cmdr. Dawn and also accepted. President Cmdr. Anne welcomed everyone and thanked everyone that helped with our events in any way.

At this point we welcomed our new member, transferred from Danville, Cmdr. Peggy Dwyer.

Correspondence - We received "thanks" for donations made to various places.

Report of Committees:

Health and welfare - Cmdr. Anne has sent out 2 cards.

Kitchen - Cmdr. Linda Badger had nothing to report.

Membership - Cmdr. Elsie reported on the transfer of Cmdr. Peggy.

Publicity - Cmdr. Mildred reported all was well and thanked Cmdr. Donna for taking over for her last month when she was in Seattle, Washington.

Ways and Means - Cmdr. Donna reported on different events and thanked all the helpers. They have evidently been

very busy.

Cmdr. Ann has visited the schools, filling in for Cmdr. Ann Nixon. A report was given from the last card party that our grocery box was not up to par, hopefully we can do better in the future.

Plans were finalized for our Flea Market-Bake Sale to be held on April 1 from 9 a.m. to noon.

Being no further business, meeting was adjourned in the usual manner, followed by a light snack. Half and half was won by Cmdr. Mildred.

In Comradeship
Cmdr. Mildred E. Holliday

Single Mother

Single mother,
Raise your head high
You were mine and you were there -
In your arms I felt love's smother;
You soothed me when I had to cry,
I know not why, may be it was because,
I longed for more care!

Single mother,
Time took with it your health:
We had to part, and the Lord took you away;
I had no sister, no brother,
I was left with loneliness, no wealth -
But I still cherish those early days with you like it was yesterday!

God be with you
Til we meet anew!

G.L. Brown

Choose Among The Best

God bless good humour,
The imaginative kind
Covering everyday events -
Laugh not at one with a tumor,
Omit someone with diseased mind,
But use acts of good, clean nonsense!

God bless the story tellers,
Who see jokes in the ordinary stuff,
Keeping the audience listening;
Hail to the funniest stellar
Who need not much, just enough,
To keep people in awe, just guessing!

If anyone wants that inner fuzzy feeling,
Choose among the best, they'll keep you happily reeling!

G.L. Brown

SUDOKU

DIFFICULTY RATING: ★★★★★

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

3/31

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

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Datebook

FRIDAY, MARCH 31, 2017

Today is the 90th day of 2017 and the 12th day of spring.

TODAY'S HISTORY: In 1889, the Eiffel Tower was dedicated in a ceremony in Paris.

In 1930, the Motion Pictures Production Code was adopted to regulate mature content in movies.

In 1968, President Lyndon Johnson announced a halt to bombing missions over North Vietnam and closed the televised speech with the announcement that he would not run for re-election.

In 1995, singer-songwriter Selena was murdered by the former president of her fan club.

TODAY'S BIRTHDAYS: Rene Descartes (1596-1650), philosopher/mathematician; Joseph Haydn (1732-1809), composer; Jack Johnson (1878-1946), boxer; Cesar Chavez (1927-1993), labor leader; Gordie Howe (1928-2016), hockey player; Liz Claiborne (1929-2007), fashion designer; Herb Alpert (1935-), musician; Christopher Walken (1943-), actor; Al Gore (1948-), former U.S. vice president/senator; Rhea Perlman (1948-), actress; Angus Young (1955-), guitarist/songwriter; Ewan McGregor (1971-), actor; Jessica Szohr (1985-), actress.

TODAY'S FACT: Gustave Eiffel designed the interior structure of New York's Statue of Liberty.

TODAY'S SPORTS: In 1975, Hall of Fame coach John Wooden announced his retirement during the postgame press conference after leading his UCLA Bruins to a 92-85 win over the Kentucky Wildcats and earning his NCAA-record 10th national title.

TODAY'S QUOTE: "If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things." — Rene Descartes, "Principles of Philosophy"

TODAY'S NUMBER: 2,212 — Broadway performances in the 15-year run of "Oklahoma!" The Rodgers and Hammerstein hit debuted on this day in 1943.

TODAY'S MOON: Between new moon (March 27) and first quarter moon (April 3).

DO JUST ONE THING

By Danny Seo

Like any electronic product with a rechargeable battery, your laptop could use an update with a simple battery swap. Your laptop battery can be fully recharged about 1,000 times; that means when your battery is drained, it can be recharged back to full power. Sometimes that can be every few days or every few weeks. Look in your computer preferences to see your "cycle count" of how many times your computer has charged. If it's over 1,000, take it to a service center and have your battery replaced. It'll improve functionality of your computer, and the store will be sure to recycle your old battery.

In Memoriam

KING, Sylvia - In loving memory of Sylvia Hayes King who passed away on April 2, 2014.

*Our thoughts are ever with you
Though you have passed away,
And those who loved you dearly
Are thinking of you today.*

Lovingly remembered by
her husband
ROLAND
her children
DIANE, DEBBIE, PETER
AND THEIR FAMILIES



See your gift grow

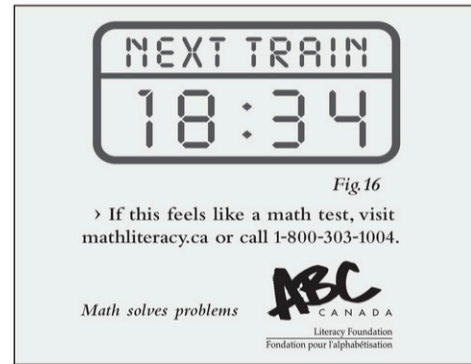
Development and Peace
1 888 234-8533
www.dev.p.org

In Memoriam



HUDSON, Herbert Joseph - In loving memory of Herbert Joseph Hudson who died March 31, 2011.

Dearly loved and always remembered,
NELLIE & FAMILY



ABC CANADA
Literacy Foundation
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Math solves problems

Death



Austin RUCK
1930 - 2017

It is with great sadness that we learned of the death of Austin Ruck of Patterson

Lakes, Australia.

Austin was the youngest son of Arthur S. Ruck and Ethel G. Forty. He was born on August 18, 1930.

He leaves to mourn his wife Wendy M. Coupe, his children Karen B. Balcolme (Matt) and Kevin B. Ruck (Lyrissa), and grandchildren Geordyn, Riley, Cooper and Meagan Balcolme and Spencer Ruck.

Austin was a longtime member of St. Paul's United Church, Magog and of the Lake Magog Masonic Lodge.

Austin, Wendy and family left Canada thirty years ago. There are many nieces, nephews, friends and a sister-in-law who will miss all the photographs he sent to us.

Austin died on March 20, 2017 and was laid to rest on March 23, 2017.



Whether with or without meds, blood pressure must be controlled



ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: I know that high blood pressure increases the risk of heart disease, stroke and more. However, is it still considered a risk factor if it's controlled with medicine?

Dear Reader: High blood pressure is a significant risk factor for heart attacks and strokes because it damages the arteries that supply the heart and the brain, causing them to narrow. Additionally, the heart has to work harder to deal with the resulting elevated blood pressure, increasing the risk of eventual heart failure. There is no disputing these facts.

As for whether someone with high blood pressure controlled by medication has a risk equivalent to somebody without high blood pressure, that's a good

question — and no studies have specifically tried to answer it. But researchers have studied patients with high blood pressure and the attempts to bring the blood pressure to different levels.

A 2015 breakthrough study in the New England Journal of Medicine took 9,361 patients with systolic blood pressure greater than 130 and randomly assigned them to either treatment to keep the blood pressure between 130 and 140 or more aggressive treatment to bring the blood pressure down to 120. The aggressively treated group got their blood pressure down to 121 on average, while the less aggressively treated group had an average systolic blood pressure of 136. The study was stopped after three years because of a 27 percent decrease in the overall death rate in the aggressively treated group.

A 2016 study in The Lancet combined data from 123 studies of hypertension treatment with a total of 613,815 patients. This analysis showed that for every 10-point decrease in blood pressure, the death rate decreased by 13 percent, the stroke rate decreased by 27 percent and the heart failure rate decreased by 28 percent. Like the former study, the benefits were greater with blood pressure below 130.

Lastly, an analysis of 16 studies published in 2016 in the Journal of Hypertension looked at the benefits of more aggressive treatment versus less aggressive treatment of blood pressure. The authors found a 16 percent decrease in

death rate with blood pressure below 130 versus blood pressure greater than 130.

Although these studies don't directly answer your question, consider the incremental benefits of lowering your blood pressure. If, on medication, your systolic blood pressure is in the 130s, I would say that you're at greater risk than someone who is not taking medication and who has a blood pressure of 120. If you're on medication and your blood pressure is 120, it's hard to say how that compares to somebody who has a blood pressure of 120 and is not on medication.

The most important lesson is that if you have high blood pressure, you should treat it.

Also, a message for my readers: A recent column on whether to give aspirin for a heart attack in progress referred to two studies in which users received aspirin at various times. In referring to one study, the article stated that earlier users received aspirin an average of 1.6 hours before the onset of symptoms. Obviously, this should have said "after the onset of symptoms."

In referring to the other study, the article stated that patients received aspirin at least 24 hours after the beginning of symptoms. This should have said "up to 24 hours after the beginning of symptoms."

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

New Hope!!

Sun, sun –
Melt down those mounds of snow –
Warm the earth, warm the homeless,
That they may, once again come and
go;
Give them new hope to renew, to
redress!

Rain, rain –
Wash away the black snow of roads
That covered winter's pure-white
splendour;
May the promise that renewal holds
Pave the path for those who want a
new fervour.

Try, try –
Like the changing of the seasons,
To raise yourself above your stale-
mate;
Think no longer of negative reasons
–
It is the time to believe in a change of
fate!

Pray, pray –
Within the depths of your good
heart,
That the future will be fulfilling;
Prayers are to ask God to help you
start,
As long as you truly are willing!!

G. L. Brown

The Call of the Horizon

When aspirations stir one from
within,
And beyond one is taunted by a new
horizon;
It is time to take a deep breath, and
decide,
“Am I stuck to stay in mud, or go with
the next tide?”

The courage of one to change,
challenge,
May start with a rock, to end in a
Stonehenge,
Perhaps that is why God created the
rainbow
Step ahead, where your pursuits go,
you will know.

Many choices live for the adventur-
ous human:
Some want a stationary stand, some
another region;
The world becomes a pursuit full of
conquests,
As one's mind becomes a vista and
never rests.

Whether one intends to improve the
human condition
Or merely to see the good sights of
civilization,
The world is there to test all abilities
–
To help one discover his or her capa-
bilities!

G. L. Brown

Dear Lady

Dear Lady with the golden heart
Without you my life is torn apart
As I miss all the wonderful kind-
nesses
Things you did for me, for our happi-
ness

Inside me, I must live on with my
mistake
What was meant to be is no longer
there to take
For I did not see who really cared for
me
Taking me away from you and a
happy destiny

Such is life when a selfish lover leaves
Not sure what he wants, what he be-
lieves –
Spoiled by the Lady with the golden
heart –
He must live on in a life he must
restart.

Time will likely teach that with
another
She must count first, not to smother
But to give her goodness to please
him
And not to be left on her own to his
whim.

G. L. Brown

A Ghost Story: Heartfelt Appreciation

Don't forget to reward
The servant who works for you
With care, dedication and detail;
Also, do not forget the Lord
Who makes sure you get through,
Every difficult day, come hell or hail!

To go along, thinking the world owes
you all,
To lose yourself in loftiness and not
see below,
Makes you not any better than the
real devil:
Come down from your tower before
you fall.
For the higher you are, the stronger
the winds will blow;
A time will come when your world
will stop still.

He or she who makes all kinds of
exceptions
To serve your caprices, to give your
comforts
To humble self, to put you first and
foremost
Deserves an admiration, no decep-
tions;
Assured that you recognize them,
you and all cohorts;
Rest in peace, when you are no more
than a venerated ghost.

G. L. Brown

50th Wedding Anniversary



April 1, 1967, Mary Lodge & Merlin Gunter
from South Durham united their destiny.
Families and friends extend their
congratulations and wish them many
more years of happiness and health.

Abusive mom with joint custody

FRIDAY, MARCH 31, 2017

Dear Annie

Dear Annie: My son shares custody with the mother of one of his boys but lives hundreds of miles away. He is great with this 9-year-old, and the boy is very happy when they are together. The boy's 18-year-old half brother is the perfect big brother, and they are very close.

The boy's mother has difficulties. Just before I saw him recently, she had slapped him hard in the face. I believe she has choked the boy. His voice was pretty hoarse when I saw him. Her daughter, the boy's half sister, was hospitalized after a drug overdose that was apparently a suicide attempt.

My son says the boy's mother would make life difficult and possibly contest custody if he were to try to get full custody. His lawyer only tells him to document everything. My son's mother and sister think the same way and advise him against taking action. Those three people are not good at listening to anything that contradicts their way of thinking. Suggestions, please. – Worried About Grandson

Dear Worried: Your concerns are absolutely valid, and this situation demands action. Though your son's lawyer is right – he should be sure to document all evidence of abuse – your son needs to go beyond that to protect his son right now. Your grandson's mom seems to have intimidated everyone into being afraid. Don't play into the roles she's written. The stakes are very real. Call the police if and when you suspect abuse, and call the Child-help National Child Abuse Hotline at 800-422-4453 for general guidance about how you can support your grandson and son.

Dear Annie: This is in reference to “What's in a Name?” – who was frustrated that a relative had chosen the name she wished to use for her future child.

This woman can always use the name she wanted to be for her future son as his middle name. It's a simple solution. Plus, if she ever does have a son, his cousin will feel good about the child's having part of his name.

I had friends who gave their first-born the name “Cody.” When the second son came along, they named him “Dakota.” They could not nickname Dakota “Cody,” which in this area is the nickname for Dakota. So they nicknamed Dakota “Dak.” Unfortunately, my friends lost both sons within less than a month of each other – between Thanksgiving and Christmas – a few years ago.

So what really is in a name?

I hope “What's in a Name?” gets her wish to have a son. My friends were past the age of having another son when they lost both Cody and Dakota. I am now a grandmother. My daughter and son-in-law made my grandson's middle name Cody, in memory of our friends' sons. – Proud Grandmother in PA

Dear Proud: Thank you for sharing this incredibly moving story. You've put things into perspective. I've found that looking at the big picture has the power to remove all the tiny flaws and remind us what a gift it is to simply be here beholding it.

Send your questions for Annie Lane to dearannie@creators.com.

E-mail your social news to classad@sherbrookerecord.com

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.

“ VT DCW HRCB WZ VG O.P. BVMR
 DCWL HRVLM VGHVXS CWM CL HCJNH
 IVHIPMJRSX, ZSCZOS HMLPM ZWMMVGA
 JRPGAS VG DCWL JWZ.” — JPHSD
 PTTOSJN

Previous Solution: “Devastated by the sudden loss of my close friend and one of the finest actors in the business, Bill Paxton.” — Rob Lowe
 TODAY'S CLUE: A sjanbe d

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.

“ OXWF OW CKW SLKF, OW GKA
 EXCE OW CKW GLIW EL EXBP ZKWCE
 PECZW LR RLLDP.” — OBDDBCI
 PXCWVPMWCKW

TODAY'S CLUE: V equals K

Previous Solution: “If you show up in L.A. with your shirt inside out or socks mismatched, people start putting change in your cup.” — Casey Affleck

REALITY CHECK



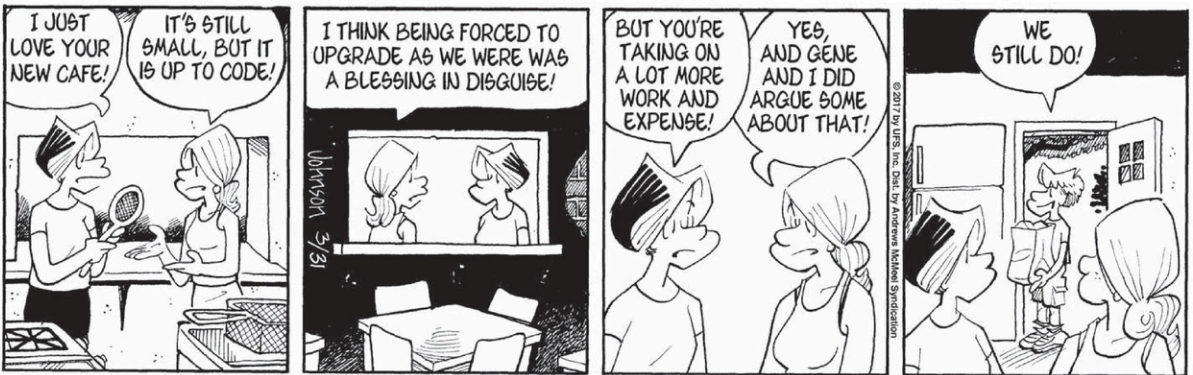
HERMAN



ALLEY OOP



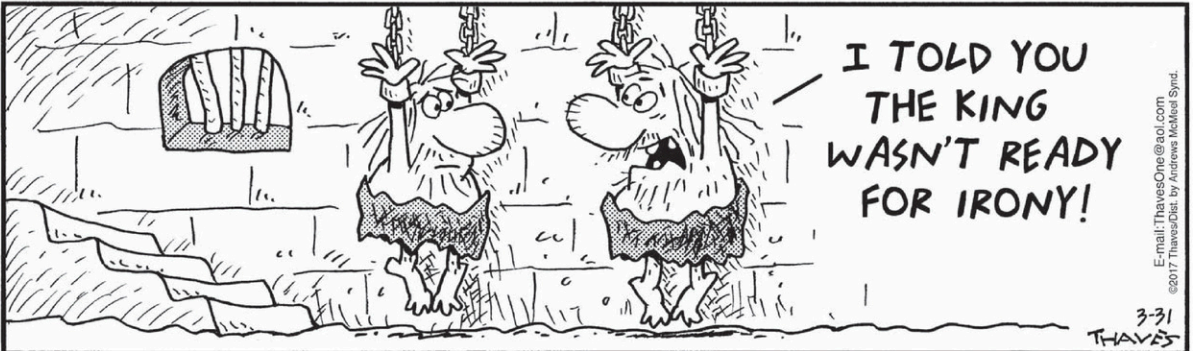
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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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POSTPONED TO APRIL 9

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SUTTON Groupe Sutton - Immobilier Estrie
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035 For Rent

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100 Job Opportunities

SEEKING IN-HOME CAREGIVER, assist senior woman in Bromont in private home. Keep records of daily activities, provide personal care; plan, prepare and serve meals; housekeeping and maintain. Room and board, vacation 1 day/month, first year 4% wages. English speaking. Completion of secondary school, first aid and CPR training. Min. one year experience as full time care giving home support, and related occupation. Temp employment contract of 2-4 years, 40 hrs/week, \$13.15 per hour. Please send cv to sdionp3@gmail.com

145 Miscellaneous Services

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

150 Computers



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275 Antiques

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7900 boul. Laframboise, St. Hyacinthe, QC (exit 130, autoroute 20)

TO BE SOLD: Beautiful Canadian paintings: Richard, Tanobé, Claude A. Simard, Coburn, Harrison, Hudon, Der, Lafrance, Gaudreau, Bellefleur, Roberts, Bronze Vaillancourt, Lecor, Rousseau, Riopelle, Villeneuve, Iacurto, Horik, etc. Also nice furniture of all styles, marble, gold jewelry, hockey cards 1910, stained glass, from an estate.

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

275 Antiques

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294 Events

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ENCAN SAWYERVILLE inc. AUCTION

SATURDAY, APRIL 8, 2017 AT 9:30 A.M.

at Encan Coaticook
7726 Route Louis S. St-Laurent (between Coaticook & Compton)


TRACTORS: J.D. Compact #4600 with cab and #460 bucket, 4X4, 4877 hours, 2 oil outlets, 44.18-20 tires, hydro 40 hp transmission; 2011 Mahindra #3616, 550 hours, 1 rear oil outlet, 8X8 transmission with 2 ranges, farm tires and loader with bucket; 2007 MF #S0256 7.5' backhoe; 1985 MF #250, 50 hp, 2 wheels, 1 oil outlet; 2001 Dodge Ram 2500 Quad Cab 4X4, V10, 5 speed manual transmission, 230,000 km, mechanics in good condition, hitch in box.

MACHINERY: From one producer, Ferme Lumar: Case #5220 tractor with cab, 4X4, 8000 hours, 2 oil outlets, with Alo #660 bucket, 3rd function; Acro Hitch round bale claws; Taarup #7517 wrapper, 7 years, fully automatic; Pottinger Eurotop #421A rake; N.H. #570 baler with bale carrier; Case RBX453 round bale baler, silage; 6' plough, 3 points; 9' dirt roller with road wheels; Katolight generator, 40,000 watts on 1000 turns; Trans Guard wood winch. **From one producer, Suzanne Tremblay: (complete strawberry and vineyard production equipment):** Landini #6530 winegrower tractor with cab, 4X4, 2 oil outlets in front and rear, 4 crawling speeds, 62 hp; J.D. #8250 grain seeder, 15 disks; 3 flail mowers, 5', 4' and 4' 3 points on unloading wheels; 2-seater strawberry seeder and weeder, one row, 3 points with fertilizer spreader; straw spreader for strawberries; wood splitter, 3 points with pump; lateral straw shredder for large square bales with conveyor; metal construction scaffolding with platform; Normand #N72 snow blower; 3 pt fertilizer spreader; 2 trailers, 3X4, 3X5; 4X8 dumping trailer, tandem; 6X10 metal trailer; 5' bucket with 3 cylinders; Tifone #532 sprayer, 3 pts; 2 Suzuki Hunk Quad 4-wheelers, baskets, 300 cc; David Brown 3 pt backhoe; M.S. electric sprayer, 30L on rear wheels; 2 8' harrows, 3 points, one disk and one spring; 4' brush hog, 3 pts; 500 metal posts, 6X10.

MOWERS: J.D. Moco #930 disks; J.D. #1460, 10' conditioner. **HARVESTERS:** Dion Heston #7500 with hay attach and Hydro chute; J.D. #3970 with hay and corn attach, 3 rows. **HAY BALERS:** Laverda FB12.12 for square bales; Claas #250 and #66 round; MF 224 with MF 212 bale carrier. **WAGONS:** 18' for hay with wooden rack; Normand 26' with rack, 8 wheels; for wood, tandem 12' (removable box). **NEW INVENTORY SURPLUS:** 3 SpeeCo wood splitters; 2 9" picket drills; round bale pic; Wallenstein BX72R chipper. **OTHER MACHINERY:** 2 Dion #1016se silage boxes with frame and 18' FarmKing with 6-wheel wagon, 2 years; Kuhn #218 6' rototiller; Case Inter #735 plough, 5 furrows; 4' straw cutter; New Idea #244 solid manure spreader, tandem; Inter #720 forage harvester, hay and corn attach; 2 disk harrows, JD 210 #3610 and Int (32); 2 roller harrows, semi-mounted, MF #520, 32 rollers, and JD #637 48 rollers; Pro-Jet 16' manure pump; MS R1915 500 gallon sprayer on wheels; Kuhn #4121 hay rake; dumping trailer 6' X 10'; Int. 80' snow blower with cylinder; MF silage blower. **VARIOUS EQUIPMENT:** 4 sets double wheels: 2X T-rail 18.4R-34 and 20.8R-38, 19.6R-30 with hook, 14.9-24; 3 insulated double troughs, pallets; 30' hay manger, V-form on wheels, metal trailer for ATV; round bale pick for tractor bucket; 2 portable 36" fans; 15 farm fans different sizes; rock fork with 7' grapple; lot of pickets; **many small tools, new and used.**

Many other items will be added to this list; **list subject to change without notice.**
TERMS: cash or cheques from known buyers only.
Canteen on the premises! Everyone welcome!
*The site will be accessible as of Wednesday, April 5.
For information, call us at 819-849-3606
Some photos are available on our website at www.encansawyerville.com

"Watch me, Grandma!"



Is your central vision becoming blurred?

Macular degeneration is the leading cause of blindness in Canada. It can destroy your central vision in a few short months and the ability to see the faces of those you love. If you experience any change in vision, consult your eye-care professional.

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CROSSWORD

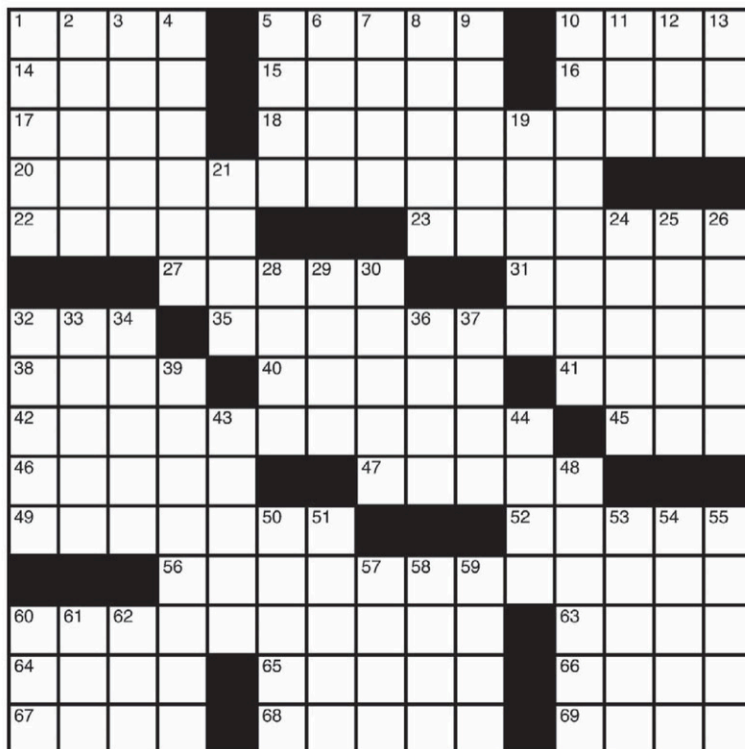
Across

- 1 Serious service
- 5 Toaster opening?
- 10 Moxie
- 14 Settled down
- 15 Treasure
- 16 Crop, say
- 17 Taboo
- 18 Parade instruments
- 20 Unused car using some 56-Across?
- 22 It can be bid
- 23 Coin toss winner's option
- 27 Large Eurasian group
- 31 Very, to Puccini
- 32 DJIA company alphabetically following Home Depot
- 35 Movies using some 56-Across?
- 38 PC alternatives
- 40 Dreamers have big ones
- 41 A scarf can protect it
- 42 Compulsive sort using some 56-Across?
- 45 Yahoo! alternative
- 46 "Silas Marner" author
- 47 Static source
- 49 Doctor's order
- 52 Latin dance
- 56 "Antigone" characters?
- 60 Dawn, for example
- 63 Place for pins and needles
- 64 Amazon ID
- 65 Unlimited free mileage pioneer
- 66 Mapmaking name since 1872

- 67 What much insurance covers
- 68 Family nicknames
- 69 Wild plum

Down

- 1 Heavenly food
- 2 Audibly
- 3 Decalogue delivery site
- 4 Wraps not made in delis
- 5 Jumble
- 6 Poet __ St. Vincent Millay
- 7 2013 Katy Perry chart-topper
- 8 Diamond mishap
- 9 Teacher's note
- 10 Focuses (on)
- 11 Part of an academic address
- 12 Focus
- 13 62-Down protectors
- 19 It may be served from an orange-handled pot
- 21 Orange stuff
- 24 Faith with Five Pillars
- 25 Sirens
- 26 Innsbruck iron
- 28 "... __ sure you know"
- 29 "Livin' la __ Loca": Ricky Martin hit
- 30 Lighten one's wallet
- 32 Press
- 33 Sri Lankan pop music
- 34 Periodic McDonald's pork sandwich
- 36 What alopecia sufferers lose
- 37 "My word!"
- 39 Common football passing formations
- 43 Cheri of "SNL"
- 44 "__ la vie"
- 48 Yelp users
- 50 65-Across choice
- 51 Roadster maker
- 53 Music genre word
- 54 Musical Mars
- 55 Better half?
- 57 Zen riddle
- 58 Buddhist teacher
- 59 "Beowulf," for one
- 60 Adjective for rapper Jon or Kim
- 61 Tonic go-with?
- 62 Snap receivers: Abbr.



2-DAY AUCTION
Antiques, furniture & collectibles from the collection of HELEN F.M. ARMSTRONG
 Sale to be held at the
Richmond Community Center
820 Gouin Street, Richmond Quebec
Saturday & Sunday April 1 & 2, 2017
at 9:30 a.m. each day

To be sold: Walnut buffet w/ burled walnut panels & beveled mirrors; Empire style bird's eye maple & cherry chest of drawers; 19th century marble-top butternut chest of drawers & matching double bed; Victorian 5-tier whatnot; Walnut dining room table; Drop-front secretary; Oak shaving stand; 2 grandfather clocks; Roll-top letter holder; Victorian parlor set; Ile d'Orlean chair; Walnut music stand; Weber upright piano; Great selection of clocks; Boston rocker; China cabinet; 1930's Mickey Mouse doll; Toys; Quebec fiber board license plates; Old money & coins; Advertising thermometers, tins & signs; Horse brass; Automobilia from the 1950's & 60's; Collection of approx. 80 Edwardian hat pins with holder; Nice selection of artwork including: Massicotte prints, oil paintings & lithographs; Cranberry lamp with prisms; Birks sterling & silver plate flatware; Bennington & Portneuf pottery; Limoges set of dishes for 6; Lovely selection of glassware, crystal & porcelain plus many more interesting items.

Note: This will be the complete dispersal of not only Helen Armstrong's personal collection but also the **contents of the Armstrong's family home in Richmond.** Plan to be with us for this exceptional sale!

Preview: Friday, March 31 from 5 p.m. to 7:30 p.m. and starting at 8 a.m. on the morning of the sale each day.

Terms: Cash, credit cards or cheques accepted with proper identification. A 5% buyer's premium and applicable taxes will be charged on all purchases. Canteen, washrooms, chairs and ample parking on site.

For further information and pictures please refer to our website and Facebook page or feel free to contact the auctioneers.



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THE RECORD 819-569-9525
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Separation: Busy Mind, Lazy Heart

It seemed to be the right thing to do at the time,
 My busy mind took over and left me a lazy heart,
 And now, I feel you still dwell in me,
 in ways so sublime,
 I crave for you, deep within, and it is tearing me apart!

I should never have let my mind take possession,
 Thinking this and that, not listening to your love's calling,
 My mind destroying, choking out love's obsession,
 Viewing you wrongly, treating you in ways so appalling!

So my suspicious thoughts having left me with an ailing love,
 A love that is but a memory for my mind, while life stinks,
 As I go on with a heart for you in life's push and shove,
 I work on understanding what my heart feels - not what my mind thinks!

G.L. Brown

Humanity: Write Me A Country Song

Write me a country song,
 Open my heart;
 I've not loved for so long,
 It's tearing me apart.

This world is full of the wrong words
 Calling each other names
 Things like idiots, jerks and nerds
 And it's not in play full games,

The world needs a special song
 To unite hearts for understanding
 So many things can go wrong
 With improper thoughts and handling:

Songwriter, songwriter, use your best rhymes,
 Let the deepest of your heart recite -
 Adapt it to the turmoil of our times,
 Bring sunshine to our heartless plight!

G.L. Brown

800,000
 QUEBECERS ARE ILLITERATE

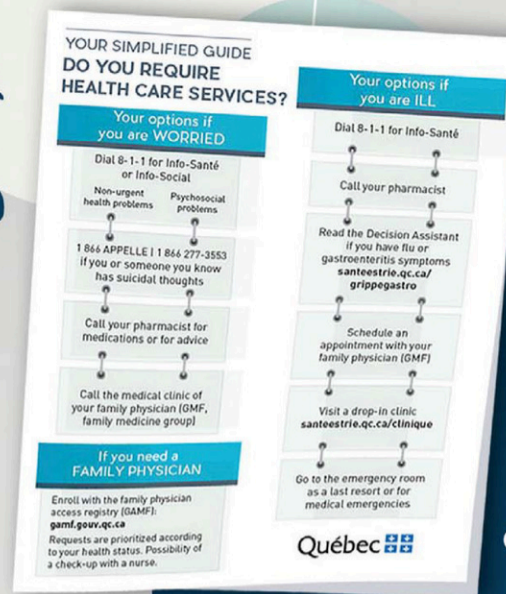
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Online giving:
www.fqa.qc.ca/en/ or 1-800-361-9142

Literacy Foundation
 Words of hope

Are you in need of healthcare services?

A quick guide to help you find your way...



TO IMPROVE the accessibility, safety, efficiency and continuity of health care and services

The CIUSSS de l'Estrie – CHUS wants to inform the public that a quick orientation guide on healthcare services is now available. The objective of this guide is to help people find the appropriate services to meet their needs.

It contains a list of suggestions to avoid the emergency room and consider other options: Info-Santé, Info-Social, consulting your pharmacist, family physician, a walk-in clinic, a youth clinic, etc.

In addition, you will find information about refilling your prescriptions, getting vaccines, getting forms filled for the Société de l'assurance automobile, etc. The locations of service points in your area as well as other important contact information is also provided in this guide.

“We encourage people to consult this guide to be able make better decisions for their health and find the appropriate resource to help them,” explained Lyne Cardinal, Director of General Services with the CIUSSS de l'Estrie – CHUS.

The quick guide is enclosed in this edition of your newspaper. We invite you to keep it and refer to it as needed.

The CIUSSS de l'Estrie – CHUS wants to provide a pleasant experience to users receiving care in its various services. To continually improve the health care and services provided, the institution favours an attentive approach focused on the needs of users.

With this in mind, the CIUSSS de l'Estrie – CHUS invites users to express their dissatisfaction with services or care received and report it to the appropriate staff member. Expressing discontent, frustration, or disappointment with regards to services received or another aspect of the organization (e.g. physical facilities, waiting time at reception, etc.) makes it possible to adjust services and methods accordingly.

The situation may also lead the user to file a complaint. Filing a complaint is a constructive step that ensures that user rights are respected and helps improve the quality of health care and social services.

Do not hesitate to contact the Complaints and Quality-of-Service Commissioner by calling **1-866-917-7903** or sending an e-mail to plaintes.ciusse-chus@ssss.gouv.qc.ca.

HEALTH AND SOCIAL SERVICES NETWORK USER'S RIGHTS

The right:

- to information
- to services
- to participate in making decisions
- to choose your own healthcare professional or institution
- to receive the necessary care for your condition
- to consent to or refuse care
- to be accompanied, assisted and represented
- to housing
- to receive services in English
- to access your user file
- to user file confidentiality
- to lodge a complaint

Centre intégré
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et de services sociaux
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hospitalier universitaire
de Sherbrooke

Québec