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MONDAY, APRIL 7, 2008

Bishop's U sports awards

Football's
Jamall Lee honoured

By Mike Hickey

SPECIAL TO THE RECORD

Jamall Lee and Chelsea-Lyn Aboud were named the Bishop's University Athletes of the Year at the annual awards gala held last night while Josh Crone and Jessy Roy were named Freshmen of the Year. And Eddie Pomykala, the Gaiters' outgoing men's basketball coach, was awarded the prestigious Ray Almond Award for his contributions to Bishop's athletics.

Jamall Lee, a third-year running back, becomes the first repeat winner of the Male Athlete of the Year award since current Gaiters head football coach Leroy Blugh took the honours in 1988 and '89. This year, Lee led the Gaiters to their best season in a decade, while setting several school

PLEASE SEE ATHLETES ON PAGE 10

Money for Magog

\$1.05 million

By Sarah Rogers

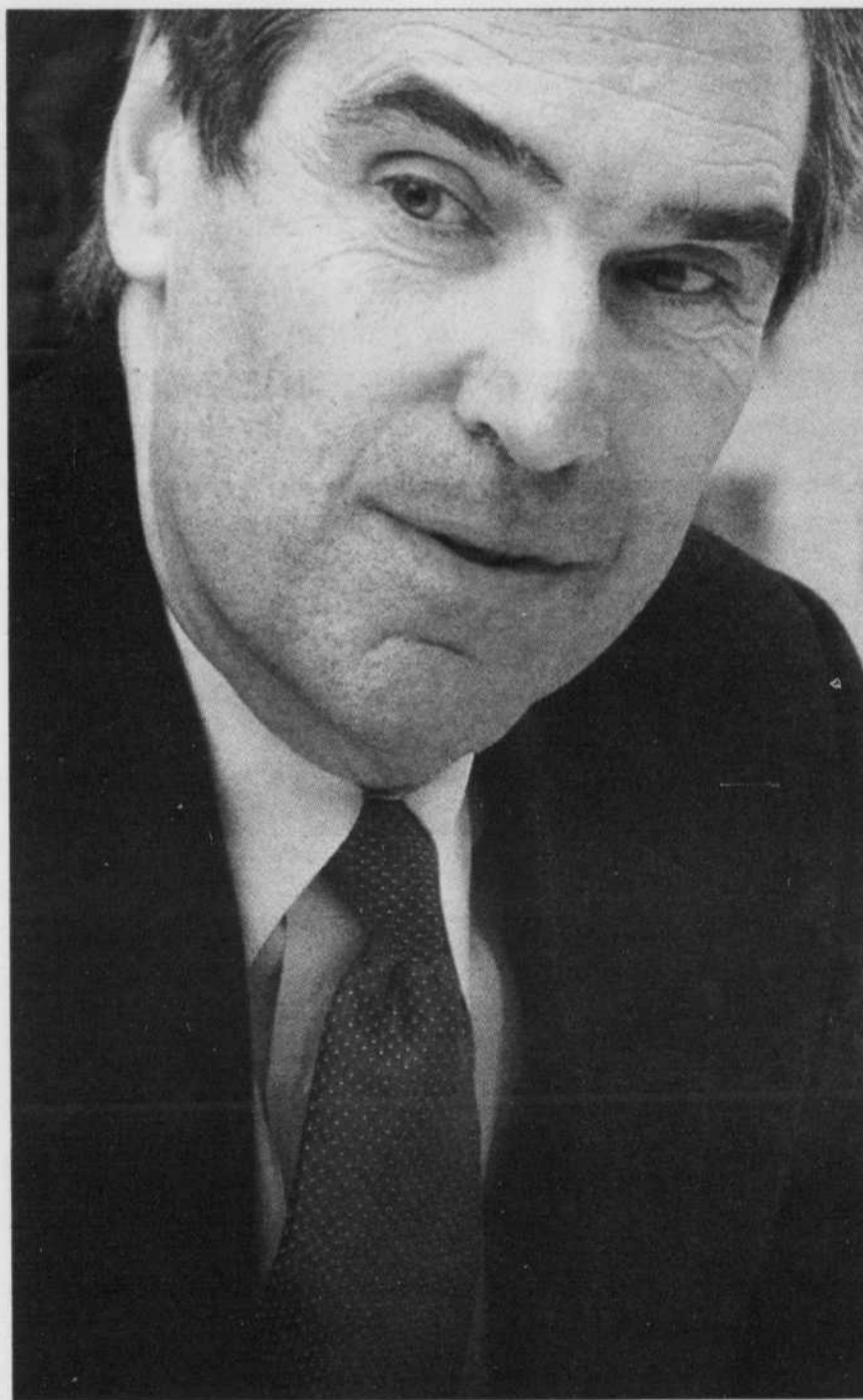
SHERBROOKE

The province offered a million-dollar boost to the Memphrémagog MRC Friday to help diversify and develop its struggling labour market.

A lump sum of \$1.05 million will be doled out over three years, focused primarily at Magog's ailing manufacturing sector, after the permanent

PLEASE SEE MAGOG ON PAGE 4

Pasta Party



PERRY BEATON

Star Toronto Liberal MP Michael Ignatieff popped into the Townships Saturday night for a spaghetti dinner fundraiser for the party's Sherbrooke candidate, Nathalie Goguen.



Warm winds
Our columnist takes you along on her rejuvenative trip
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The can can
The safe way to can citrus
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Building the foundation

Lennoxville lunch

The Townshippers' Research & Cultural Foundation hosted its two annual grant-giving luncheons last week. About 40 people attended the second lunch on Thursday at St. Andrew's Church Hall in Lennoxville.

This is the second half of the list of this year's grant receivers that began in Friday's paper.

- Eastern Townships Research Centre in support of the AV material preservation and digitization
- Council for Seniors - Memphremagog in support of the May 7th Senior's Day
- The Piggery in support of the Technical Improvement project
- The Lennoxville Library in support of the English-language specialized book expansion (a portion of this grant was made possible by the Betty York Bequest)
- Community Table in support of the Hands-On workshops in Magog
- Townships Troubadours in support of the teen storytelling program
- Orford Arts Centre: two Music Academy scholarships for Eastern Townships' musicians
- Knowlton Academy in support of the PeaceFuLL conflict resolution pro-

- gram
- Ruitter Valley Land Trust in support of environmental and conservation education programs
- Patrimoine Potton in support of the interpretive historic wall panels
- Avante Women's Centre in support of cultural excursions for rural families and the new Mother/Daughter program
- Maison de la Famille des Frontières in support of the Community Kitchen and parenting classes for English parents of 0 to 12 year olds
- Connections for Mental Health in support of educational and information workshops
- Arts Sutton in support of the Spotlight on the Eastern Townships collaborative exhibit with Stewart Hall Gallery
- Sunshine Theatre in support of the We Can Act community health performances.

For more information about the foundation, check out www.townshipsfoundation.ca or call 819-822-3314.

The foundation's annual general meeting will be held at 6 p.m. on June 12, 2008 at 257 Queen Street, Sherbrooke (Lennoxville).



COURTESY

A group picture: Hugh MacDonald (The Piggery), Matthew Farfan (Canada USA border book), Irene Humphrey (Memphremagog Seniors Council), Kathy Teasdale (Quebec Anglophone Heritage Network), Dorothy Gillick (Memphremagog Seniors Council), Bev Loomis and Milt Loomis (Ascot Heritage), Sheila MacLean (Lennoxville Library). Below left, Melanie Cutting, Uplands Cultural Centre and Kathy Richan, Literacy in Action. At right, Sheila MacLean, Lennoxville Library.



Shannon Keenan, Townshippers' Association and Martha Crombie, Community Table. At right, Victoria Moulton.

| | | | | | | | |
|---|--|---|--|--|--|--|--|
| LOTO QUÉBEC 649 | | Draw results: 2008-04-05 16 18 21 44 27 36 43 Bonus | | Quebec | | 22 26 27 18 28 37 47 Bonus | |
| WINNERS 6/6 0 \$4,133,890.00 5/6+B 0 \$295,277.80 5/6 133 \$1,834.00 4/6 7,009 \$65.90 3/6 127,104 \$10.00 2/6+B 78,596 \$5.00 | | PRIZES 6/6 0 \$2,000,000.00 5/6+B 0 \$75,000.00 5/6 10 \$750.00 4/6 582 \$75.00 3/6 11,917 \$10.00 2/6+B 9,148 \$5.00 Total sales: \$766,570.00 | | Extra 2631360 Total sales: \$14,466,568 Next grand prize (approx.) \$9,000,000 | | Total sales: \$17,600,658 Next grand prize (approx.) \$12,000,000 | |
| LOTO SUPER 7 | | Draw results: 2008-04-04 08 15 25 19 27 31 37 43 Bonus | | WINNERS 7/7 0 \$10,000,000.00 6/7+B 3 \$67,026.90 6/7 104 \$1,933.40 5/7 6,933 \$98.60 4/7 145,652 \$10.00 3/7+B 135,425 \$10.00 3/7 1,208,787 Free play | | Extra 1131209 Total Sales: \$17,600,658 Next grand prize (approx.) \$12,000,000 | |
| Jour Payé! | | IT'S PAYDAY WITH JOUR DE PAYER! \$2,000 EVERY 2 WEEKS FOR LIFE! DRAW EVERY THURSDAY. | | In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail. | | | |

Weather

- Today:** Sunny. Low of minus 3. High 12.
- Tuesday:** Sunny. Low minus 4. High 14.
- Wednesday:** Sunny. Low minus 3. High 16.
- Thursday:** Cloudy with 40 per cent chance of showers. Low plus 3. High 7.

Ben by Daniel Shelton



Craft and business classes to continue

CEDEC's Hands-On Learning gets low turnout

By Jen Young
SHERBROOKE

They held a networking event, but few came. Last Thursday saw the first night of five weekly Hands-On Learning workshops in Magog and according to the Eastern Townships CEDEC, the economic development group which organized the skills teaching and networking gatherings, few turned out.

"We had coffee, name tags, and everything except lots of people," said CEDEC assistant director Marie-helene Boucher. "We may have seen a lower attendance than we anticipated, but we did succeed in bringing around a dozen (anglophones) together and offered them a venue where they can network and share skills and knowledge."

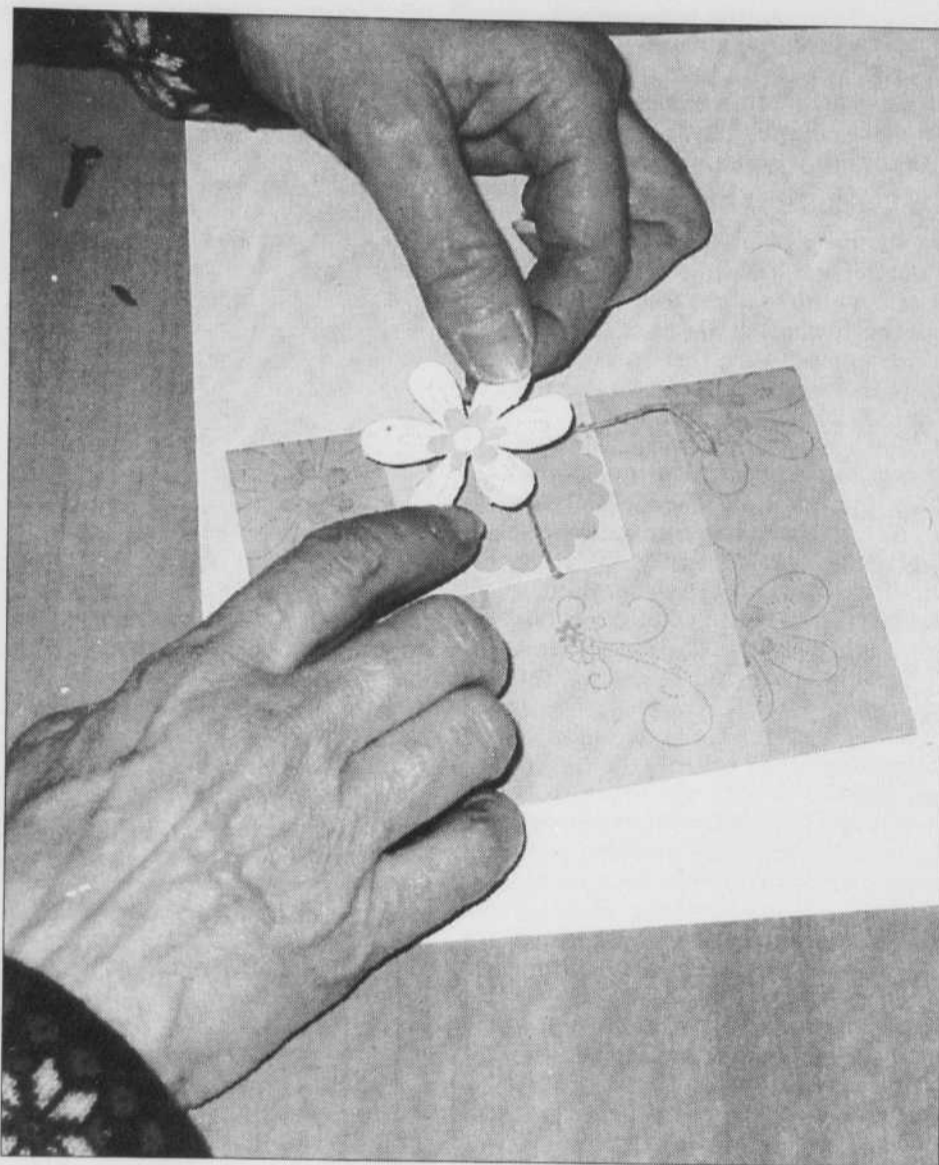
The workshops for English speakers are delivered by volunteer local instructors. Last week saw a class on crafting, taught by Princess Elizabeth daycare educator Pervana Ladenof, and retired businessman Mike Davis taught the small business development workshop.

"The workshop was well organized; we made a beautiful card and chatted with each other. It was a nice way to spend an evening," said one participant of the craft event.

Boucher says this sentiment is exactly what was hoped for.

"The idea is to link people together to share ideas and learn from each other. People that came said they would be coming back and they were going to bring a friend. We had to shift things around according to demand, and we received different suggestions for the future, like chess and a game night."

Boucher said the series, which will last until May 1st every Thursday at the local school, was originally expected to run six different workshops. Only the two, the craft and small business gath-



COURTESY

Craffy folk can turn out on Thursdays.

erings, will continue.

The objective is to get local residents together and sharing ideas, which could lead to community networking and possible job creation.

New participants are welcome; in order to cover project expenses the group charges a \$10 fee per course. Some courses may have additional ma-

terial costs. There is no need to register in advance, interested participants can simply attend the 7 to 8 p.m. Princess Elizabeth Elementary School gatherings on Thursdays.

For more information visit www.magog-hands-on.org or call 819-566-7228.

Sutton bridge is restricted

As of last Friday, Transport Quebec is limiting the weight of traffic using the Missisquoi Valley Road bridge in Sutton to five tonnes.

The bridge is located at the Vermont

border spanning the Missisquoi River.

Drivers of vehicles exceeding that limit can use Route 139 or 143 as a detour to reach the border as long as the restriction applies.

For more information on weight limits and driving conditions across the province, visit www.inforoutiere.qc.ca.
Route 161 in Weedon

A bridge on Route 161 in Weedon shuts down today for the next 10 weeks.

Transport Quebec is working on the bridge which goes over the Saint-François.

The suggested detour involves Route 161, Stratford Road and routes 263 and 112.

The \$1.1 million contract for the work was awarded to Alta Limitée. Cyclists and pedestrians should be able to continue to use the bridge for the duration.

Deadly crash

East Hereford

A 22-year-old East Hereford man died when he lost control of his vehicle and smashed into a railing around 2:40 on Sunday morning.

The accident happened on Gregoire Road in East Hereford.

"He was alone in the car," said Sûreté du Québec spokeswoman Joyce Kemp.

Michael Beloin was declared dead upon his arrival in hospital.

Alcohol may have played a factor, said Kemp; the investigation is ongoing.

BRIEFS

Stanstead dance to raise funds and say thanks

The Rock Forest MS Branch 2000 is alive and well. "The MS Branch is alive and people are recognizing us more and more," said branch founder Lee Aulis. "Thanks to (recent fundraising help from the community) we got the chance to land on our feet."

Before the Christmas holidays Aulis was faced with closing shop. But after hearing of the branch's state Sherbrooke dart player Steve Luce helped organize a dart tournament that raised hundreds, followed by a similar event organized by Cedric Cormier.

Aulis has now organized a dance to thank those who have helped.

"The is a dance and a home made baked dessert auction, which we wanted to make the Cedric Cormier Homemade Baked Desserts Auction as Cedric started it," said Aulis. "We want to honour him.... Such a wonderful man he is."

Aulis hopes to see many familiar faces at this Saturday's dance at the Stanstead Legion. It will also raise funds for local MSers awaiting treatment or sitting in hospital.

The event, with music by Bobbi-Dee & Band, begins at 8 p.m. and there will be a late buffet served at 11 p.m. Tickets will be sold at the door for \$15, or \$25 for couples. To reserve tickets call 819-823-7167.

-Jen Young

Learning Center tickets go on sale

Don't be surprised, if there comes a knock on the door, to find a teen selling tickets to help Lennoxville's Eastern Townships Learning Center students attend extra-curricular activities.

Five-dollar tickets are on sale this week and according to event organizer and language arts teacher Robyn Monty, this first event will help students get out and experience the world.

"This is a benefit dance to help raise money for extra curricular activities for the students. It is to help reduce the cost, or even pay for different activities," said Monty, who began teaching at the centre last year. "We feel that this dance is important in order to help raise money for those students who might have difficulty with fundraising. For example, those who live in rural areas and have less access to campaigning than those in larger populated areas."

The Army Navy (the Hut) dance will be held April 26 at 9 p.m. with Six Shooter Band (and you must be 18 years or older to get in). Tickets can be purchased in advanced at Paradis, Clarke and Son's, the Hut, and at the Eastern Townships Learning Centre - all in Lennoxville.

-Jen Young

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BRIEFS

Girls more likely to be bilingual: study

Canadian girls are more likely to be bilingual than Canadian boys according to a new study by a Montreal researcher.

The analysis of 2006 census results by Jack Jedwab, executive director of McGill University's Association for Canadian Studies, found girls were significantly more likely to report knowledge of a second language than were their male counterparts.

Moreover, in most cases the gap widened as they got older, only closing again in much older age groups.

The analysis of census returns found across Canada, girls began to outpace boys as early as age 5 to 9 with 10 per cent of girls reporting knowledge of English and French compared to 8.1 per cent of boys.

By 10 to 14 years old, the gap had widened with 16.2 per cent of girls reporting a knowledge of both languages compared to 12 per cent of boys.

By 15 to 19 years old, there was a 6.6 point gap between the sexes with 18.6 per cent for girls compared to 12 per cent for boys and a slightly smaller gap among 20 to 24 year olds with 17.3 per cent for girls and 11.7 per cent for boys.

"Young girls are more likely than boys to report knowledge of French and the gap is particularly important in those parts of Canada where French language is more of a priority," writes Jedwab.

It was only among respondents over 55 years old that the bilingualism rate for men across Canada was

higher than that for women.

In Quebec, the picture was slightly different but again, school-age girls beat school-age boys when it came to bilingualism.

Fire devours cornerstone of Canadian history

Members of the country's oldest French-Canadian infantry regiment vowed Saturday to rise from the ashes of the landmark Quebec City armoury overlooking the Plains of Abraham that was destroyed by a massive fire.

The historic drill hall, built in 1887, has been burnt to the ground, with only the brick wall facade and two towers still standing and facing the Quebec National Assembly.

"Right now we are down on one knee, but we will get back on our feet," said Brig.-Gen. Christian Barabe, commander of land forces for the Quebec area.

The building was famous for its suspended wood ceiling, the largest in Canada.

The armoury is home to the country's oldest French-Canadian regiment, les Voltigeurs de Quebec Riflemen. Formed in 1862, the regiment fought against Louis Riel's Northwest Rebellion in 1885, as well as in both the battles of the Somme and Ypres in the First World War.

Dozens of Voltigeurs watched the destruction helplessly, but said they were determined to rebuild their home.

"It's a masterpiece of Canadian military history and we have to preserve it," Brig.-Gen. Barabe said.

- all items Canwest News Service

Changing Over

PERRY BEATON

The Sherbrooke Hussars held a special ceremony Sunday to transfer command from Lt. Col. A. Martineau to Lt. Col. L. Tremblay, with soldiers at their best for the occasion.

MAGOG:

CONT'D FROM PAGE 1

closure of GDX Automotive and more recently, Quebecor World.

"The government of Quebec is launching a clear message to the people and the economy in Memphrémagog and the Estrie: we will not spare any effort to replace the workers impacted by these recent closures, to consolidate current employment and to kick-start the labour market in the MRC," said Monique Gagnon-Tremblay, the minister responsible for the region. "We do it in a spirit of solidarity."

Part of the funding comes from a provincial fund, set up to support economic development in targeted communities.

In November 2005, Magog received \$3 million in government money towards economic revival, following the closing of Olymel's meat processing plant and initial job cuts at GDX Automotive. Friday's announcement is essentially a continuation of those funds following the most recent plant closures in the region, which bring the job losses in the manufacturing sector to more than 2,000 locally over the last three years. Early last week, Quebecor announced the closure of its Magog

presses, eliminating 300 full-time jobs.

Orford Liberal MNA Pierre Reid said he already sees that funding making a difference.

"That economic revival plan in 2005 bore fruit," he said. "Among others, the composite material manufacturer Gufit invested massively in Magog, increasing its manpower from 100 employees to more than 500."

"The government initiative has also supported the establishment of Camoplast Magog's new industrial park. With investments of \$9 million, the company built a modern research centre, creating 35 jobs in the area."

With those funds at work, Reid pointed out, the second round of funding should have an impact.

Tourism deal signed

Friday's press conference was followed by the announcement of a tourism agreement between Eastern Townships Tourism and local partners.

As concluded by the agreement, the provincial ministry of tourism, the Eastern Townships Tourism Association, the Conférence régionale des élus — both in the Montérégie-Est and the Estrie — as well as the Memphrémagog MRC will collectively inject \$1.6 million from now until 2011 into structured tourism initiatives, with an emphasis on sustainable development projects.

Péladeau talks back**Blames union for closure**Staff
SHERBROOKE

Quebecor CEO Pierre Karl Péladeau responded fast and furiously to what he called an attack on him by Magog Mayor Marc Poulin, following last week's closure of Quebecor World's printing plant in Magog.

In a letter sent to the mayor on April 3, Péladeau takes aim at Poulin and the Quebecor World employees union.

Both parties were highly critical of the announcement of the plant closure, saying it came as a shock.

"You would have rendered a much greater service to the community if you had used your prestige and influence to denounce the organizations which deny the investments essential with the survival of our companies," Péladeau charges. "The manufacturing crisis felt in your community and several others across Quebec is not a chance occurrence."

"As long as honest workers remain the cynical hostages of the organizations which handle them and hide the truth, the manufacturing crisis will continue to worsen and Quebec will continue to suffer for it," Péladeau added.

Péladeau asserted that in 2005, as CEO of Quebecor World, he advocated for changes to employment contracts at the Magog print works that he believed could have saved the plant's fate. His goal was to reduce staff working on a rotary press from six to four, but, Péladeau wrote, "the union wanted nothing to do with it."

Péladeau also shot back against accusations that he refused to participate in talks with Poulin, also head of Memphrémagog's centre local de développement (CLD) following a November letter Poulin sent to Péladeau.

In the letter, the CLD invited Quebecor to discuss ways it can help keep the plant's operations ongoing, noting that the closure of Quebecor Magog "would be catastrophic for our livelihood."

Getting around

B-M's New Democrat wants regional transit

By Sarah Rogers
SHERBROOKE

Christelle Bogosta was elected as the federal New Democratic Party candidate in Brome-Missisquoi March 30. It is the first run in politics for the Montreal-born and raised mother of two, who now calls Bedford home.

The former organic Frelighsburg farm owner just completed a graduate degree in community health from the Université de Montréal and now works in Longueuil on provincial substance abuse initiatives.

It was the unveiling of the Harper government's national anti-drug strategy last year that spurred Bogosta's political interest, she says, seeing a strategy she felt lacked any mention of harm reduction and treatment.

"Instead of worrying about what will happen (to people struggling with substance abuse)," Bogosta said, "I thought about what I could be doing, to better access to treatment through harm reduction prac-

tices.

"The current Conservative government is very allergic to funding community organizations," she added, "and I really believe they could be addressing people's needs and be complimentary to community initiatives."

In the time Bogosta has called Brome-Missisquoi home, she said she has also been drawn to the plight of local residents trying to access education, health care and each other in a network of sometimes isolated communities. As a representative of the area, Bogosta would like to see more efforts made to develop inter-urban transit throughout the region's communities, allowing people to access whatever their family needs are.

Brome-Missisquoi and its population of over 92,000 (approximately 17 per cent of them anglophone) spans an area of more than 3,000 square kilometres.

"There's a lot of money available — especially federally — for regional transit and I think there are projects we can work towards," Bogosta said.

"It can be very isolated; the issue of transportation is an extra burden on people who live here, especially those without a car."

Bogosta has become an advocate for Communauto, a car-sharing service she used while living in Montreal. While it has yet to be set up in a larger rural area, Bogosta thinks there is potential for it to take off in the region if residents are given the option.

She has similarly become a supporter of the movement to re-establish a train link between Sherbrooke and Montreal, one that could include stops in Farnham, Cowansville, Bromont and Magog.

Current Brome-Missisquoi MP Christian Ouellet made a public appeal last fall for a look into the train's viability, one that has led to an ongoing study by VIA Rail.

Since Thomas Mulcair's defection from provincial politics and the Liberal party last year



COURTESY

Christelle Bogosta wants rural transit and supports a Montreal to Sherbrooke train.

Tattered And Torn



GORDON ALEXANDER

A torn and tattered Quebec flag flaps over the tourist information office on Route 55 near Ulverton. While the province's official language police measure the size of lettering on stores and restaurants to assure that the French version is larger and more prominent than the English, this emblem of the province flies in a rag-tag state.

to win the NDP's only Quebec seat in the House of Commons, a buzz generated from the party seems to have spurred interest at least in Brome-Missisquoi, where three candidates ran for the local candidacy.

Bogosta sees that movement continuing to evolve, and although still an underdog in a riding that is currently held by the Bloc Québécois and historically either Liberal or Conservative candidates, she sees a healthy, more balanced dialogue emerging.

And unlike the Bloc, she points out, the NDP could actually form a government.

While the NDP may get lost in Quebec's politics, Bogosta hopes to clarify the party's position with regards to Quebec nationalism. A good basis for this, she said, is explained in the declaration of Sherbrooke, drafted in 2005 and adopted a year later, which outlines recognition of Quebec's national character and how the party should work together respecting cooperative federalism. She hopes to make that document more public.

"People often question whether the NDP understand Quebec, but is it just that Quebec needs to better understand the NDP?" she poses.

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Community Forum

Pick a lane

Road to Quebec 'nation' is paved with intentions of some sort

One thing every beginning driver needs to learn, and learn fast, is that if someone trailing is acting as if he can't wait to pass, let him. (Or her, but that's rare.) Better to have the reckless ahead, where they're visible — and avoidable.

That's exactly where I want Bishop's University professor William Hogg. Let him lead the pack, where the rest of us can keep an unblinking eye on him. Give him all the road he demands and drop back. When he collides with the unwary, make sure you can steer clear or stop in time.

It is all very well for the professor to say now that talk of recognizing Quebec as a nation (in the Constitution) is premature, but who lit the fuse? When you're an author — even a co-author — of a resolution to do exactly what you now claim is premature, professor, you admit that your motion was even more premature. And for that, Mr. Hogg, you owe us all an apology. But that isn't all you owe us.

As a Liberal candidate (for the federal riding of Compton-Stanstead), you owe us as well a solemn oath to do everything you can to get the Liberal Party of Canada to withdraw its support of that ridiculous motion Prime Minister Stephen Harper borrowed from you to hood-wink a sleeping House of Commons into recognizing "the Québécois" as a nation.

You may have meant well, sir. It may have looked like a good idea to you at the time, but it wouldn't have had you given it a sober second thought, for you most certainly dropped a match into a barrel of explosives.

Anyone who dared dream that this

"Quebec is a nation" idea, obviously lifted from the Parti Québécois and its federal arm, the Bloc Québécois, wouldn't come back to haunt a party that would like to govern all of Canada again had to be quite a few eggs short of a dozen. One has to wonder how any party members who pretend to be Canadian in their national interests can act instead as Quebec nationalists and expect voters to forgive them for it. It's the sort of behaviour one might have expected in a tavern, late in the evening, before the smoking ban, but in Parliament?

And then they wonder why voters stay away in greater and greater numbers at election time!

VIEWPOINT

DON HEALY

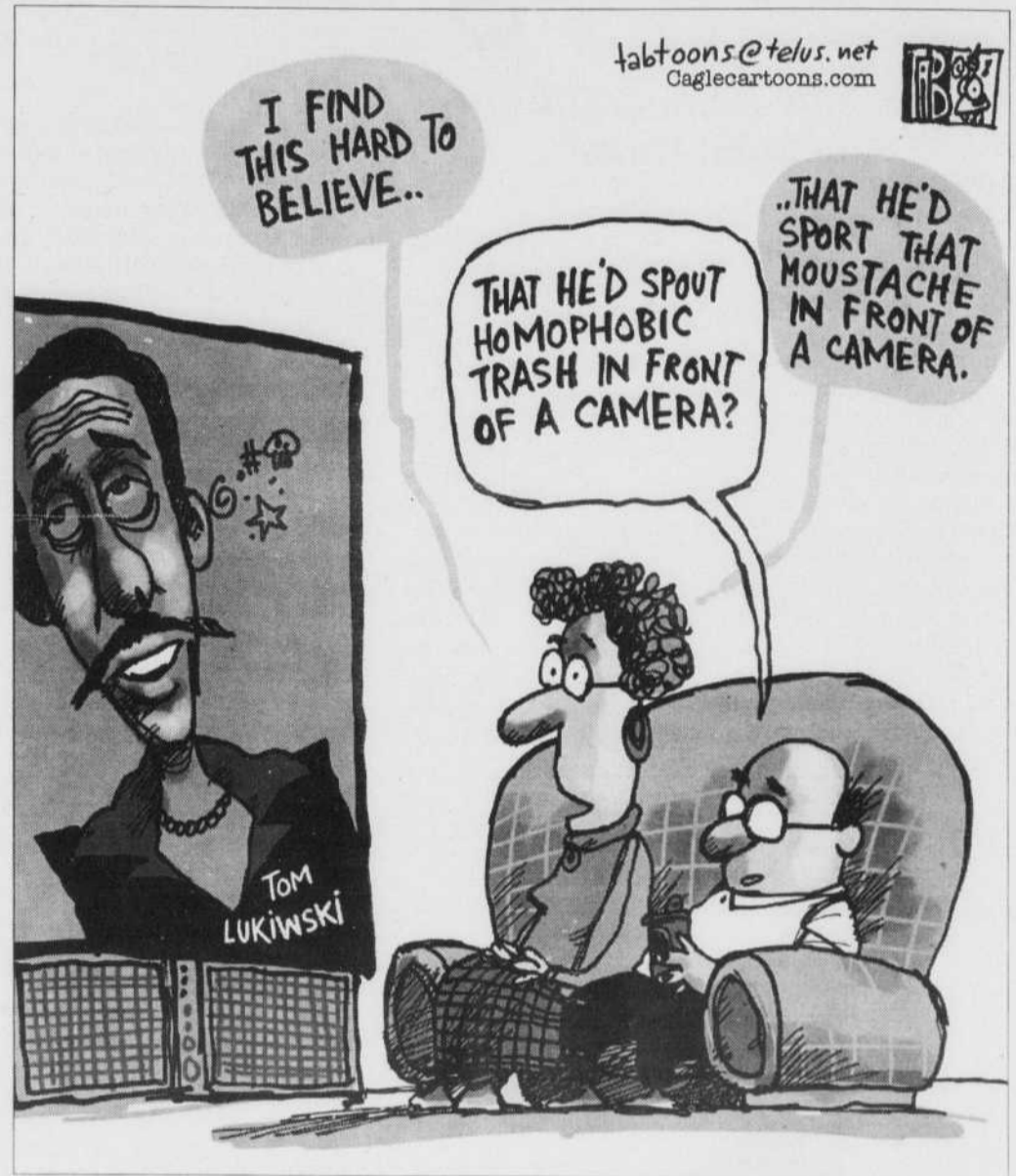
It is not helpful that certain people, like professor Hogg, are so foggy in their political thinking that they act as provincial nationalists

and still beg voters to elect them to the country's parliament instead of the province's legislature. It is also unhelpful that the leader of the party Mr. Hogg wants to represent doesn't deny him his candidacy when he is so obviously disoriented politically.

The Conservatives' integration with the Quebec nationalist movement is long established, dating back to Brian Mulroney's day, so suggestions like the one federal Labour Minister Jean-Pierre Blackburn — that the Constitution be re-opened to accommodate the "Quebec nation" — coming from a Conservative should come as no surprise. However, when all a would-be Liberal MP can do is ask that Blackburn wait a bit, voters are understandably uncertain which way to turn.

Which lane do you want, Mr. Hogg? If Quebec nationalism is your choice, and it apparently is, go provincial, not federal. The PQ would no doubt welcome you and you would at least be on the route intended for what you are seeking. But whatever you do, don't stop on the shoulder. Stay out front, where we can see what you're up to.

DON HEALY LIVES IN MELBOURNE.



Joking your way to civil society

Zimbabwe's funny bone

For days after Zimbabwe's elections, and while many sources suggest the opposition MDC (Movement for Democratic Change) party has defeated the ruling ZANU-PF party, official results were not available.

You want to know why? Because current ZANU-PF supporters "are trying to make time to get all the documents shredded."

That comment, which was made by an MDC supporter to PBS television, was meant as a joke. But like many jokes, there's probably a kernel of truth in it, as President Robert Mugabe and his ZANU-PF party have for years been accused of all manner of dirty tricks in their efforts to rig elections. True to form, on Thursday Zimbabwe police loyal to Mugabe were reported to have raided MDC offices.

Whether these damning reports are fact or fiction, one has to wonder how Zimbabweans can make jokes at all. The southern African country, which was once described as the bread basket of Africa, is now increasingly described as a basket case.

Unemployment stands at 80 per

cent — which doesn't include the estimated millions of Zimbabweans who have fled the country — and inflation is an astonishing 100,000 per cent. To put it simply and starkly, Zimbabwe is unlivable. Mugabe, once hailed as a war hero who led his country to independence, has been blamed for destroying Zimbabwe, largely through his land "reforms," which involved sending thugs to seize land from white farmers and then "redistributing" the land to Mugabe cronies who let it lie fallow.

This hardly seems a humorous matter. So why the jokes about Zimbabwe's crisis? Well, according to Nigerian Ebenezer Obadare, a visiting fellow at the London School of Economics, jokes happen to be one of the most powerful ways for disempowered people to challenge oppressive authority.

Indeed, Obadare argues that humour has been one of the key tactics in the arsenal possessed by civil society organizations in their fight against despotic regimes. Or as Obadare puts it, "Jokes are serious things; they constitute a powerful metaphor for understanding the distribution of power and the nature and dynamics of social relationships."

So here's to Zimbabweans who use humour to advance the cause of civil society in the face of Mugabe's tyranny. For while Mugabe is a joke, he's not the least bit funny.

THE RECORD

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Tired of the long winter?

Spice up your mind

Throughout the ages, people from all over the world have commented on the beneficial effects of travelling. As Daniel Drake sums it up in *The Western Medical and Physical Journal* of 1827: "Among the therapeutic agents not to be found bottled up and labelled on our shelves is travelling; a means of prevention, of cure, and of restoration which has been famous in all ages."

You may not have been able to escape this long winter to recharge your batteries, however. So what if I then take you virtually by the hand and lift your spirits through a mental mini-vacation, live from spice island Zanzibar? The technique of guided imagery — consciously directing people's way of thinking through powerful images and use of the senses — has, after all, already been practiced for a long time by many different cultural groups, including the Navajo, the ancient Greeks, Egyptians and Chinese, especially during difficult periods in people's lives. So, lean back, take a deep breath, and picture yourself in...

• Your own thatched roofed Robinson Crusoe treehouse, on a lush green island, set in a ring of white sand, in the middle of the Indian Ocean. You have just woken up from a very restful sleep in your comfortable four-poster bed, and watch the first sunrays slowly appear at the pink horizon in front of you.

There is suddenly a glowing orange ball, climbing higher and higher in the blue sky, and casting its reflection on the glittering turquoise water below. A soft morning breeze slightly touches your cheek, and all you can hear are the sounds of crickets, birds, and the gently rolling waves of the ocean, beckoning you to enter the luminescent water. It is only a few steps to the ocean through the fine, cool sand, so white it nearly blinds you, and soon you are surrounded by the tepid, crystal-clear water, like in a jacuzzi...

In the meantime, your breakfast is served on the beach, and a rich platter of tropical fruits, picked minutes ago from nearby trees, is awaiting you. Taste that perfectly ripe passion fruit, that juicy mango, that snow-white lychee... Afterwards, you may walk through a leafy spice plantation where nutmeg, vanilla, cacao, and cloves are growing, or you wander along the vast, deserted beach searching for rare shells. Or maybe you take that small wooden boat to reach the reefs and lagoons where you can snorkel with the most spectacular tropical fish.



LIES OUWERKERK

In the warm afternoon, you lazily rest with a cool drink in your hammock, in the shade of the swaying coconut trees that fringe the coastline, and you watch the tides change, the traditional dhows with their shark-fin sails skim the waves, or the fishermen return home with their catch of the day. Or do you prefer to simply dream away on the daybed of your breezy verandah? Ah, the luxury of not having to think of anything in particular, and let all your stress and worries evaporate! At night, under a sky of a million stars, your host will grill fresh fish for you, caught in the ocean that same day, at his little beach banda romantically lit by the flickering light of a few kerosene lamps...

I know, imagination does not equal reality, and chances are you now envy me ferociously. Let me therefore, as slight consolation, reveal the other side of the coin: the path of an adventurer is definitely not only strewn with roses, but rather leads through valleys and over mountain tops where one is invariably met by the trials and tribulations that come with each territory.

But why dwell on misfortunes once in paradise? Besides, even when in dire straits, it always helps to bring to mind inspiring words of those in far worse circumstances, like those of Anne Frank who wrote in her famous diary, "Think of all the beauty that's still left in and around you, and be happy." And the tormented protagonist Elijah in *The Fifth Mountain* by Paulo Coelho exclaims convincingly: "All life's battles teach us something, even those we lose... tragedies do happen, and so be it. From there onward, we must put aside the fear that they awoke in us and begin to rebuild."

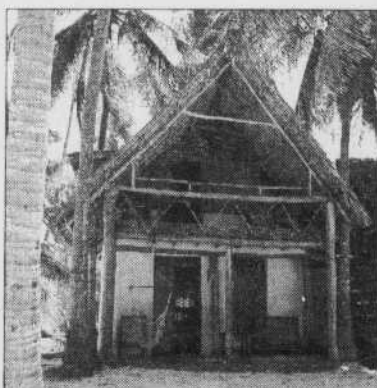
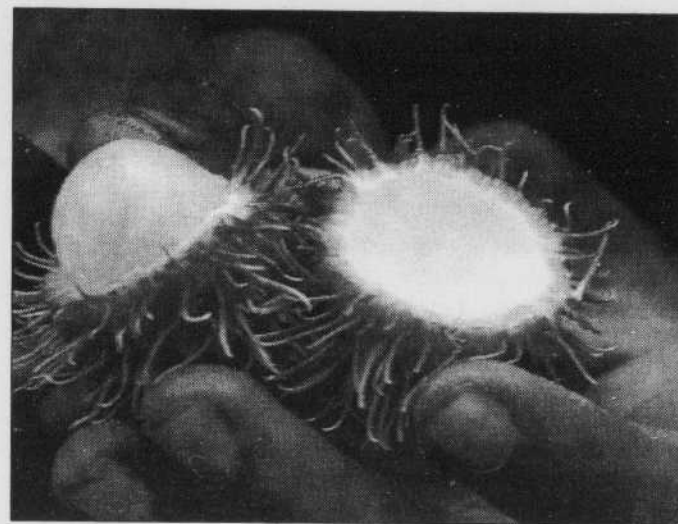
So, at the end of a long odyssey full of hurdles, bliss, and

lessons learned, rebuilding it will be. By the time today's paper reaches your mailbox, I will happily go about my daily business in the Townships again, and most likely shuffle through snow, just like you. But knowing all too well that I was fortunate enough to leave most of this winter's white stuff and frozen pipes in the hands of helpful others, and that spring is just around the corner, my mind will simply hold on a little bit longer to these magic moments on exotic Zanzibar. It all comes down to putting things into proper perspective. For in the valley, the mountains seem insurmountable, but once on high, you can see everything else as small. If anything, that's the beauty of travelling: upon return being able to see life as you thought you knew it — that very point of departure you tried to escape for a while — in a fresh light and from a different, often more advantageous angle.

The Dutch, already for centuries a travel-mad nation like no other, used to say, "You may travel East or West, but home is best." And a Chinese proverb claims that "the person who returns from a journey is never the same person who left." May all that old wisdom also be true for your brief, virtual journey.

All photos by Lies Ouwerkerk.

LIES OUWERKERK, MED, MFT IS A LICENSED INDIVIDUAL, COUPLE, AND FAMILY THERAPIST WITH A PRIVATE PRACTICE IN NORTH HATLEY.



Education Page

BISHOP'S UNIVERSITY



STUDENT ELECTIONS

Students held elections for the 2008-2009 academic year. In total, 9 students were elected to student government, on platforms focusing on environmental sustainability and fiscal responsibility. President for 2008-2009 will be Mark Lawson, a 3rd-year Political Studies student from Orangeville, ON. Vice-Presidents for Student Affairs, Social Events, and Academic Affairs went to Paige Marlow (3rd year, Political Studies), Ryan French-MacDougall (3rd year, History), and Duncan Horne (3rd Year, Political Studies).

SAMANTHA NUTT

On Wednesday, March 19, Bishop's University welcomed Dr. Samantha Nutt, founder and executive director of War Child Canada, as the inaugural speaker in the Donald Speakers Series. This series is made possible as a result of a generous gift from John Donald '60. The Donald Speakers Series will be Canada's premier student run speaker series, bringing interesting, relevant, and influential speakers to campus.

Dr. Nutt spoke to an overflowing Banded Hall, sharing with the audience many of the life changing experiences she has had in some of the world's most dangerous countries while working for War Child. Dr. Nutt emphasized the deplorable conditions so many of the world's children are forced to deal with, and how devastating it is that they are exposed to war at such a young age; in fact for many war is the norm and they grow up with no idea of what is right or wrong.

While many may believe there is nothing "we" can do here to help stop the wars and human devastation that takes place daily in countries around the world, Dr. Nutt provided four concrete, attainable ways we can all affect change on a global level:

- 1) Become informed about interna-



tional issues. Read at least one piece of international news each week.

- 2) Canada, as a country and as individuals, must provide support for international aid. Canada is falling well short of the standard Lester B. Pearson set in 1969 for Overseas Development Assistance.

- 3) Make incremental changes to your consumer and investment practices to improve their ethicality. Know where your money is going!

- 4) All that we do, or don't do, here affects the rest of the world and the conflicts that are taking place. We are all connected; it is up to each of us to do our part to acknowledge and change that.

Dr. Nutt concluded that "we need to invest in peace at the expense of war, not in war at the expense of peace. These are our choices. Our decisions. Our legacies."

A reception followed the presentation which allowed students and com-



munity members a chance to speak one on one with Dr. Nutt.

BISHOP'S UNIVERSITY WAS NAMED DISTINGUISHED DELEGATION AT THE NATIONAL MODEL UNITED NATIONS IN NEW YORK CITY

Representing the United Republic of Tanzania, Bishop's University's delegation of 20 spent the week of March 17th to 23rd at the National Model United Nations in New York City. The delegation won Distinguished Delegation, placing the university among the top 25 delegations in attendance.

The NMUN is the largest model UN in the world, with the March NMUN hosting 160 delegations, and 2200 students, from over 40 countries around the world.

Members from Bishop's delegation sat on 10 different UN and International Organization committees. Three of Bishop's delegates were chosen to act as Rapporteurs and Chairs for three different committees – Karolyn Kirby for the Commission on the Status of Women, Jessie-Lynn Mace for ECOSOC Plenary, and Mark Lawson was chosen for the

At top, the model United Nations participants; below far left, Samantha Nutt. Near left, the ALS run (courtesy Grant Simeon).

prestigious position of Vice President of the Special Court for Sierra Leone. Ashley Grant, representing Tanzania on the Commission on the Status of Women, was named outstanding delegate.

Spearheaded by professor and Liberal candidate for the Compton-Stanstead riding William Hogg, our delegates conducted in-depth research on Tanzania, learning the rules of procedure, and exploring negotiation strategies. These were put into practice during five joint simulations with the NMUN delegation from the Université de Sherbrooke. The Bishop's team also took part in the Quebec Model UN in February, which was jointly hosted by Bishop's and Sherbrooke.

The closing negotiations took place in the General Assembly and ECOSOC plenary rooms. This gave the students the opportunity to actually work in the UN, sitting at their country's chair, and vote using the famous coloured buttons that so many official delegates have used.

BU RUN FOR ALS RAISED \$2000

"Last Saturday's run was a success," says student coordinator of the event Lisa Wagner. "Although the weather was extremely cold (minus 15 C), over 130 runners participated and \$2,000 was raised for ALS (Lou Gehrig's disease)."

Last Saturday March 29th, students organized an event to raise funds for ALS, the disease Tony Proudfoot, former football player for the Montreal Alouettes was diagnosed with. Proudfoot is Bishop's University soccer athlete Lauren Proudfoot's father.

Citrus fruit can be preserved

In water, in syrup or... rum

It has always excited me when people share their experiences with putting up fruits and vegetables, especially first timers who get really excited when they find out how easy it is to buy produce on sale and enjoy it months later when the prices have gone through the roof. And over the years, many people have asked if there's a way to put up citrus fruit?

Right now it costs \$3 for either 3 lbs of oranges or 5 lbs of grapefruits, making it a great time to buy up a few extra bags and put them up. (With gas prices continuing to climb, almost anything that has to be shipped long distances by either plane or truck will also be climbing in price.)

Once processed, canned and kept in a cool dark place, these fruits will keep well for a couple of years. I've kept high-acid canned fruits as long as five years.

While many fruits and vegetables can be dehydrated for later use, citrus fruit has an extreme high water content and cannot be dehydrated. This only leaves either freezing or canning.

Freezing citrus is really fast and easy. You start by peeling the fruit and remov-

ing as much of the white skin as possible; the white stuff does get a little bitter after freezing or canning, but do remember that it is loaded with nutrients.

As I do not like any sugar in my fruit, I just freeze segments in a plastic bag, seal, date and place in the freezer. This works well for tangerines, all kinds of oranges, grapefruits and lemons.

But we all don't have a deep freezer or want to use what space we have for storing fruit. For those people, let's look at other methods to can citrus.

CANNING FRUIT

If this is your first canning experience just take your time.

I prefer the hot water bath method for high-acid fruit like citrus. I have a friend who tried pressure canning and it really altered the taste, so she is now using the hot water bath method.

If you are on the Internet, you can find lots of information about canning

and how to do it safely. Canadian Tire sells a big assortment of different-style canning pots for the hot water bath method, and you might also like to look into a pressure canner for low-acid foods.

Start by buying either new or second-hand mason jars, lids and NEW seals. Wash out only four 500ml jars. Sterilize them in the oven at 150F or 60 C for about an hour. Pick out a large pot with rack that all four jars will sit in comfortably and be covered with water; fill the pot to the proper place and keep it warm. You don't want to use a pot where your jars sit on the bottom of the pot, directly on the heat source; this will cause them to break. Also wash your lids and seals; keep them submerged in a small pot on your electric stove while you prepare your fruit.

Now you will have to decide if you want your citrus fruit canned in only water, in a medium-syrup or in a heavy-syrup. If you choose plain water, put 1/4-cup of lemon juice in the water to

increase the percentage of acid. Take a stainless steel pot and use it to mix sugar and water for your syrup or lemon juice and water. While you will be guessing how much water or syrup you will need to cover each jar of fruit, you should always make more than is needed; better to be stuck with leftovers than to not have enough to cover the fruit.

After they are sterilized take your jars out of the oven to cool, and put the pot of lids and seals on low heat. Once the fruit is peeled, cut into segments and cleaned up, start filling the jars as the lids and syrup mix are slowly brought to the boiling point.

Next fill each jar with your chosen liquid, place a hot lid and seal on top and put on without totally tightening. (Air needs to escape while it boils in the hot water bath.) Now taking tongs, lower each jar into the hot water. When the water starts to boil, time it for 20 minutes. Then remove the pot from the

PLEASE SEE CANNING ON PAGE 12



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THE RECORD Sports

page 10 MONDAY, APRIL 7, 2008

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ATHLETES:

CONT'D FROM PAGE 1

and league rushing records. He was selected the Quebec University Football League's most valuable player, a unanimous league All-Star and a First-Team All-Canadian. This season he ran for 1,464 yards, the fifth-highest total in Canadian Interuniversity Sport history, smashing the former league record of 1,050 yards, held by former Gaiter Larry Smith. Lee also set league records with 181 carries and 1,533 all-purpose yards, and he led the QUFL with 12 touchdowns. After only three seasons, Lee is already the Gaiters' all-time leader in rushing yards and touchdowns.

Chelsea-Lyn Aboud has been a pillar of strength for the women's soccer team since she arrived on the Lennoxville campus four years ago. She was originally recruited to Bishop's as a midfielder, but immediately stepped into the goalkeeper position and never looked back. She is the leader of the soccer team, and was recognized this year as the Quebec conference's Most Sportsmanlike Player. Aboud led the Gaiters to a historic shutout of McGill, at the time ranked No. 5 in Canada, as she made 12 saves in a 0-0 tie. She also made seven saves in the Gaiters' win over Université du Québec à Trois-Rivières. Throughout the season Aboud, who was the team's captain for three years, was responsible for keeping the Gaiters in many games, whether by making spectacular saves, directing the young Gaiters' defenders, or jumpstarting the counterattack.

Jessy Roy walked away with Freshman of the Year honours after a season that saw her named to the QUBL First All-Star Team and All-Rookie team. The 5'8" point guard finished the year with an average of 3.75 assists per game, the highest of any CIS rookie, and led the team with 2.0 steals per game. She took on the challenge of moving to an unfamiliar position, and quickly developed into an elite point guard.

Josh Crone becomes the first lacrosse player ever to be named Male Freshman of the Year. Crone was a starter on the lacrosse team's first midfield line, and played on the power play from the beginning of the season. His 25 points in seven regular season games was 15th overall in league scoring, a list usually dominated by attackmen. Once the lacrosse season was over, Josh changed into a different pair of shorts, as he joined the men's basketball team. On the hardwood, he played seven games after Christ-



Jamall Lee (at left) and Leroy Blugh.

mas, showing the potential to become a true two-sport star.

The Pomykala era with the Bishop's Athletics Department officially came to an end when he received the Ray Almond Award, given annually to a dedicated member of the Bishop's athletic community who rises above the expected to deliver an invaluable service for Gaiters Athletics. Pomykala has done that and more in his 24 years with the Gaiters men's basketball team. He built the basketball team from obscurity in 1984 to the pride of the community that it is today. Under his watch, men's basketball made 18 playoff appearances. He is a four-time Quebec Champion and a six-time league Coach of the Year. In 1997-'98, the Gaiters went 30-and-6 on their way to the 1998 National Championship, and Pomykala was named CIAU Coach of the Year.

But his commitment to the Gaiters and to Bishop's goes beyond the wins and losses that each winter brings. Pomykala felt that it was important to contribute to the department, the uni-

versity and the community. He has served on numerous committees, both inside and outside of athletics, and has always been an ambassador for Bishop's, going beyond the call of duty to promote Bishop's and the Gaiters.

BASKETBALL

Roy and Mélanie Ouellet-Godcharles were named Most Valuable Players for the women's basketball team while Roy took home the trophy for Rookie of the Year and Felicia Craig-Thompson was selected as the Most Improved Player.

The Nancy Knowlton Team Award for leadership and dedication was presented to Magog native Christelle Côté.

Junior Nicolas was named the men's basketball MVP while the Bradley L. Jones Newcomer of the Year Award was given to Kevin Selman. Jordan Winnett received the Michel Fontaine Memorial Award (Most Improved Player) and Andy Wright captured the Garth Smith Award for Leadership and Dedication.

FOOTBALL

Andrew Wright Lee was selected as the football MVP and Offensive Player of the Year while Dan McCullough received the Brian Morley Defensive Player of the Year Award and Josh Maveety was named Newcomer of the Year. The Best Lineman of the Year was given to Steve Mabee while Steven Turner was named the Special Teams Player of the Year and Wesley Rundle was the winner of the Marcel Lebrun Award for Dedic-

tion, Perseverance and Courage.

GOLF

The MVP for the golf team was Alex Aubry.

Sara Owens was selected as the MVP Sara Owens while Rookie of the Year honours went to Emilee Walker. The team's Most Improved Player was Chantal Richard and the Charles Chapman Award for Leadership was awarded to Lisa Kennedy.

LACROSSE, RUGBY AND SOCCER

Jimmy Southall was named the lacrosse MVP while Crone was selected as the team's Rookie of the Year and Audi Glass was Defensive Player of the Year.

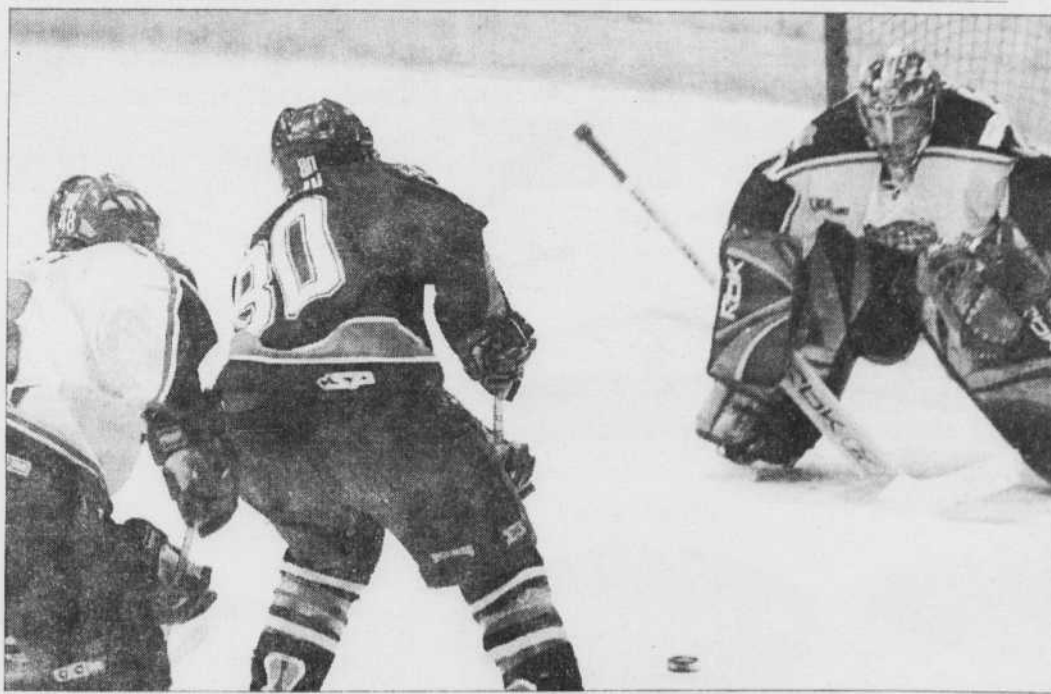
Lennoxville native Susan Magwood received the MVP and Rookie of the Year awards for the women's rugby team while Heather Paul was named the Most Valuable Forward and Katrina McClary was selected as the Most Valuable Back. The Most Improved Player award was given to Katie Allen while the Women's Rugby Team Award was shared by Paula Moore and Marie Jacques-Bilodeau. The Miriam Cozen-McNally Memorial Award for Dedication, Perseverance and Courage was presented to Nadiya Plevako. The Most Valuable Player awards for the men's rugby were presented to Sam Campbell (A team) and Scott McLean (B team) while the Rookie of the Year selection was given to Charlie Campbell. The Best Forward award was

received by Chris Caza-Pugh while Eric Sanderson was named Best Back. The Cody Triggs Leadership Award was presented to Patrick Whelan and Mark Gandy was given the Coach's Award.

Aboud and Lauren Proudfoot were co-recipients of the women's soccer MVP award while Rookie of the Year award was won by Erin Pollon and Christine Vidal was named Most Improved Player.

Certificates were also presented to Academic All-Canadiens including Anouk Boulanger, Charles Burke, Emilie Crofton, Bentley Cross, Ingrid Gilbert, Marie Jacques-Bilodeau, Tarrah MacDonald, John Mitton, Paula Moore, Mélanie Ouellet-Godcharles, Laure Pitfield, Chelsea Smith, Emily St-Cyr, Jérémie Sturtevant and Robyn Wilson.

Saint-François Down



Trois-Rivières won Friday's game 5-2 against the Sherbrooke Saint-François, leading the best-of-seven series 2 games to 1.

COURTESY

Lennoxville Golden Age

April 1, members met at the usual meeting place. A few hands of 500 were played 3 games - Violet Thorneloe, highest, 2400. 2 games - Wayne Nutbrown, 1820.

Eighteen birthdays were read for April. Kanetha Reeves received her 90th year plaque. She is now an Honourary member. Happy birthday each and everyone.

Door prizes: Eva Hunt, Ross Patrick, Elsie Moore and Emily Damon.

A tasty roast pork supper with mashed potatoes, veggies, yellow beans in mustard sauce, hot cross buns, cake, tea and coffee to 85 members. Donna said grace and thanked Peggy and helpers for a great meal.

Our afternoon was filled with great music and dancing. Time flies when you're having a good time.

Donna and Eddie were introduced by Angus. These musicians are from Richmond, Quebec. They were childhood friends; grew up as close neighbours and in their teenage years played several instruments together. Years went by, Donna got married and moved to Labrador City and Eddie went to Montreal. They are now back in Richmond and have been playing at the Wales Home to entertain the elders and several other places. The music was great, dancing too. Thank you for a great afternoon.

March 25, forty-four members and guests enjoyed a sugar camp dinner and sugaring off at Saunders Sugar Camp in Ascot Corner, Quebec. Everyone enjoyed the sweet treat.

Next meeting April 15, executive and directors meeting, April 14, 10 a.m.

God Bless, hope Spring comes soon!

Submitted by Margaret Vintinner

April Is Coming

April is coming
I can feel it in the air
What happened to winter
I don't really care

In April the birds
Start coming back
To the places they were last year
And food I hope
They will not lack

There was the bobolink
And the whippoorwill
Also the swallow
That need to sing
Their beautiful songs
Down in the hollow

They might come back
In due time
I remember the swallows
Sitting on the power lines

By William Gauvin

Death



FOURNIER, Jean-Denis - Passed away peacefully in his sleep on Friday, April 4, 2008 at the age of 30. Beloved only child of Denis Fournier and Sylvia Émond, cherished grandson of Béatha Barrière. Jean-Denis leaves to mourn his godparents Pauline Émond (Guy Chagnon), his aunts and uncles Alain Fournier (Carole Brousseau), Gaétan Fournier (Jacqueline Parenteau) and Diane Fournier (Yvan Poulin); also many cousins and friends. Resting at the Cass Funeral Home, 3006 College St., Sherbrooke, QC (Lennoxville). Tel.: 819-564-1750 / www.casshomes.ca where friends may visit on Saturday, April 12, 2008 from 8:30 to 11:30 a.m., followed by a memorial service at 11:30 a.m. with Father Charles Eugene Hamel officiating. Interment of ashes in St-Antoine Cemetery to follow, Sherbrooke, QC (Lennoxville). As memorial tributes, donations to the Canadian Cancer Society, 3330 King St. West, Office #130, Sherbrooke, QC J1L 1C9, would greatly be appreciated by the family.

In Memoriams

ROLFE, June (nee Langlois) - In memory of June Langlois Rolfe, April 7, 2001. A loving wife, mother, grandmother, sister and aunt.

*You have been gone for 7 years
But your memory still lives in our hearts,
And you are sadly missed by all who knew you.*

Rest in Peace 'til we meet again.

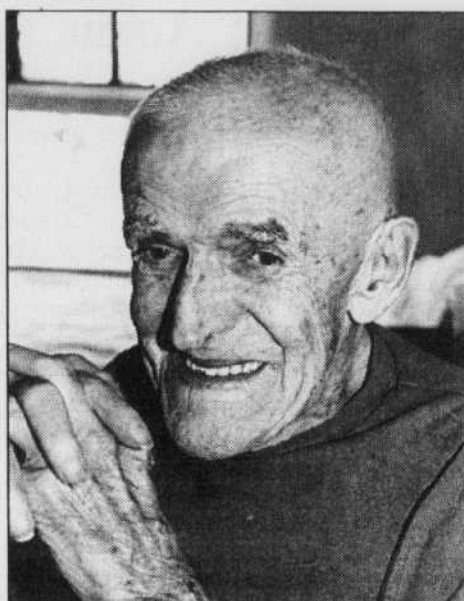
Lovingly
THE LANGLOIS and
ROLFE FAMILY

SMITH - In loving memory of a dear son and brother, Darcy, who died accidentally on April 6, 1986.

*Time helps to hide the sadness
Like a smile that hide the tears,
But loving memories hold you fast
Despite the passing years.*

Always in our hearts,
THE FAMILY

Death



MOFFATT, Milton (1915-2008) - Peacefully, at the Centre d'accueil in Cowansville, on April 4, 2008, in his 94th year, passed away Milton Moffatt, devoted husband of the late Marion Alger. He leaves to mourn his children: Basil (Barbara), Graham (Rita) and Larry (Carol), his grandchildren Michael (Natalie), Cheryl (Mike), Tanya (Wayne), Leigh (Raymond), Kimberly (Andrew) and Larry Jr., his 6 great-grandchildren, numerous other relatives and dear friends. Resting at the Desourdy Wilson Funeral Home, 104 Buzzell St., Cowansville, Quebec J2K 2N5. Tel.: 450-263-1212, Fax: 450-263-9557, info@desourdywilson.com where family and friends may visit on Monday, April 7, 2008 from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m. and on Tuesday, April 8 from 10 a.m. to 11 a.m. followed by the funeral service from the chapel. In lieu of flowers, donations in his memory to the Fondation du Centre d'accueil in Cowansville would be appreciated.

In Memoriam

WRAIGHT, Frank (Ted) - May 20, 1932 - April 7, 2007.

Sadly missed but never forgotten. A great husband, dad, grandpa and great-grandpa and father-in-law.

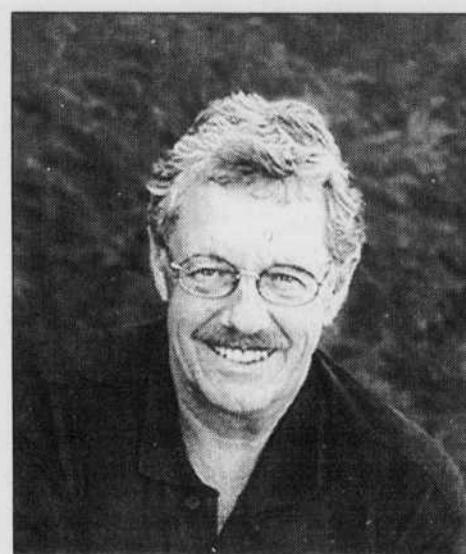
A dove came down and started to sing a beautiful song of angels with wings or thought were turned to someone so dear. To a wonderful dad who is no longer here.

Thanks for the memories.

SHIRLEY (wife)
CATHY, WENDY
MELANIE

and the late KEVIN WRAIGHT
(children)

Death



SKILLEN, Gary - Passed away on Thursday, April 3, 2008 at the Cornwall Community Hospital, Cornwall, Ontario, as the result of the sudden onset of cancer at the age of 64 years. Gary Kenneth Skillen of Apple Hill (Owner of Ecological Agricultural Solutions and Energies, Maxville). Loving father of Martine Skillen (James Curry) of Smiths Falls and Jeffery Skillen (Erin Brown) of Victoria BC and the late Andrea Skillen. Cherished companion of Janet Goodfellow. Dear brother of Bonnie Brown (Bill) of Orillia, Bruce Skillen and Linda Bennett both of Wingham. Heather Leigh (Rod) of Fergus, Lois Kelly (Bill) of Calgary and Tom Skillen (Gisele Bergeron) of Drummondville. Son of the late Kenneth Skillen and the late Irene Lariviere. Relatives and friends may call at the Munro & Morris Funeral Homes Ltd., 20 Main Street, Maxville, Ontario, Tel.: 613-527-2898 on Monday, April 7, 2008 from 7 to 9 p.m. and on Tuesday from 11:00 a.m. until time of the service at 2:00 p.m. A Service of Remembrance will be held in the Chapel of the Funeral Home on Tuesday, April 8, 2008 at 2:00 p.m. followed by cremation. In lieu of flowers, Memorial donations to the Children's Hospital of Eastern Ontario would be appreciated by the family. As a memorial to Gary, a tree will be planted in Memory Woods. A tree grows - memories live. Condolences may be made online at www.munromorris.com.

Card of Thanks

MAHANNAH - I would like to Thank everyone that attended my Birthday Party on March 30 and for all the cards and calls, especially my sisters for the horse.

ELDON

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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\$19.50 (\$22.22 taxes included) WITH PHOTO: \$29.50 (\$33.62 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - 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) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

Why women aren't honest about their weight

Dear Annie: My wife and I have been married for 21 years. We have two sons, "Sam," age 13, and "Brett," age 9.

My wife and Brett get along fine, but she and Sam clash frequently, despite my attempts to keep the peace. As a result, Sam believes she hates him and favors Brett.

When I bring this to her attention, things improve for a day or two, but inevitably there is yet another battle. Since Sam is big for his age, she has an expectation that he should behave beyond his years. When frustrated with him, she often says, "I'm getting out of here!" and jumps in the car and leaves. She acknowledges that her mother did the same when she was a child and that it hurt her, but the realization does nothing to stop her from repeating her mother's behavior.

I fear it is having an adverse effect on my sons, who may wonder whether someday Mom will abandon them. When I tell her that a mother's love should be unconditional, she replies, "I can't right now."

Although I plan on seeking counseling for Sam, I believe my wife needs help, as well. She visits a counselor from time to time, but it hasn't made a difference. She is also depressed, and when I suggest treatment, I become the enemy and am rebuffed.

I know in my heart she loves Sam. What can I do? — Melancholy in Massachusetts

Dear Melancholy: The truth is, not all parents delight in their children's personalities, but loving parents keep that to themselves. Your wife is having trouble controlling her lesser impulses, and occasional counseling is not helping enough. You should intercede with your children, reassuring and reinforcing that Mom loves them but has problems of her own that make expressing it difficult. They are old enough to understand. Encourage

your wife to take the counseling more seriously, for her sake as well as the children's, and then put your focus on helping your sons. They need you.

Dear Annie: I belong to several groups for women age 60 and over. When I attend meetings, there are ladies who constantly talk while the meeting is going on, while the president is speaking or during a guest speaker's presentation.

This is very inconsiderate. These women have been asked to keep quiet, but they ignore the request. What can be done about this rudeness? — Disgusted Member

Dear Member: These chatterboxes have no clue how ill-mannered they are and don't care if they annoy you. The speaker can ask for quiet and then refuse to con-

Annie's Mailbox

tinue until the women stop yakking, or someone can ask the ladies to take their conversation to another room where they will not disturb those who want to hear. It will work if you follow through consistently.

Dear Annie: "Honest in Tennessee" doesn't understand why women aren't honest about their weight.

Most online personal ad sites don't have a category for "fat." Another reason women may not be honest is the nasty remarks from trolls. When I had a personal ad with my picture, I got a lot of comments about how disgusting I was, and that I should just put down the donuts and get off my lazy behind and exercise. I finally told people if they wanted a skinny woman to keep looking because it wasn't

going to be me. However, any man looking for a woman who could talk about cars, guns, fishing and hunting, and could cook, clean, sew and love the heck out of her man, I was that intelligent woman — with a wicked sense of humor, as well.

If "Honest" wants a thin woman, he needs to say so in his ad, but I can tell him he's going to miss out on meeting some fabulous larger women. A person's worth is not determined by the size of her rear end. — Maybelline

Dear Maybelline: We hear you. And anyone who posts cruel comments about an online photo has the personality of a snake and isn't worth the time they take to read.

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

Ascot Women's Institute meeting

Members of Ascot W.I. met at Marion Annesley's apartment on March 13 with Margaret Hall as hostess. Marion read the poem "My Garden". This month's motto "The great pleasure in life is doing what people say you can't do."

The Roll Call was the phantom Food Sale. Four members answered the Roll Call.

The minutes of the last meeting were read and accepted.

Committee Chairs: Margaret Hall for Agriculture said we should appreciate the birds and insects that eat harmful pests. She also told us that polar bears are threatened by global warming. They may be extinct by the end of the century. The sea ice is shrinking 5% every ten years.

For Education: Spring Break was

mentioned and lots of sports events at schools.

For Health and Community Living: Marion Annesley spoke about the CHUS lacking staff and employees. The ones they have are hard. In the future we may have to pay \$25.00 for each visit to a doctor. A great role for private care is being suggested.

There has been mixed reaction.

Marion also mentioned that a sore throat can be a symptom of disease as a cold or the flu. It varies according to the virus, could be an allergy or dryness.

For Publicity - Orma sent report to the Record.

Margaret Hall gave us a full report of the last County Meeting. Ten members attended.

The new programs were received.

The judges for Essay Contest will be Marion, Margaret, Donna and Gwen.

Treasurer Gwen received all the books. The 'Into The North' project will continue. Some of the articles donated were used locally. The school in Messini wants books and supplies. Muffins and coffee for the October meeting.

The Wool Gathering - some of the items went to Alexander Galt, some to the Women's Center.

In new business - The Convention May 24. Marion will be our delegate. Money was voted to her for expenses.

Our next meeting will be May 8. The meeting was adjourned. A delicious lunch was served by our hostess and a social hour enjoyed.

Submitted by Orma Kingsley

CANNING:

CONT'D FROM PAGE 9

heat and take out jars. Place jars on a thick layer of newspaper or dish clothes, as hot jars touching a cold kitchen surface will crack. Tighten lids, let cool, label and store.

CITRUS IN RUM

Now if you only want a little canned fruit for a special occasion and don't want to go through all the work of canning, you can make a few jars of fruit in rum. Do the same process for sterilizing the jars. When cool, fill each jar tight with fruit. (I like mixing my fruit, my last batch had pineapple chunks, orange and grapefruit segments and slices of apple.) You can sprinkle a little sugar in if you want the fruit sweeter, but I just top off each jar with rum. Then you take a clean knife and insert it down and around the sides, slightly pushing inwards to get the trapped air out. Push fruit down again and top off the jar with a bit more rum. Seal, label and store in a cool, dark, dry place. This makes a great holiday gift, wonderful in flu and cold season, or as a special occasion dessert.

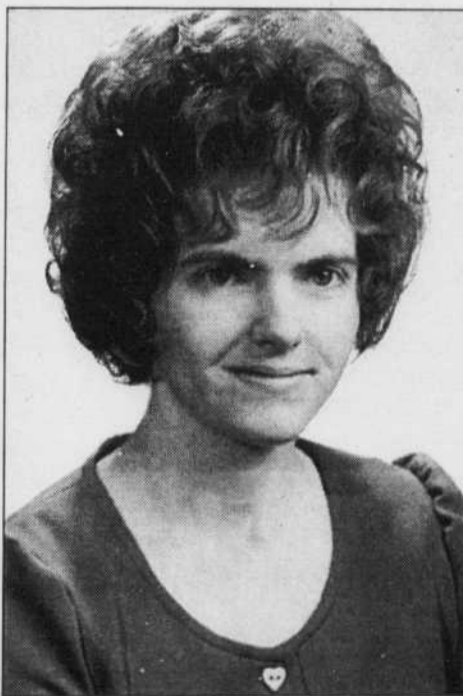
Happy 65th
Birthday
April 7, 2008



- Betty Daigneault -

With love and best wishes
from
Sidney and Margaret
Scott and Sara
Jenny and Allan
(Ashton and Emma)
Kevin and Billie
Enjoy your Day!

64 + 1
Ready to have
some fun!
Happy Birthday!



Love,
Your Family

Happy Birthday
April 7, 1943



If you recognize this lady,
give her a call to wish her a
happy birthday!

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: E equals Z

"KMBO MN IGTLS SMFMRD."
- ZIHK KOVMN
"M CLNS NVMRD PIHU MR ZINO M
PMS MS -- SPIS'N MS."
- UIYMU THSME

PREVIOUS SOLUTION — "Fall is my favorite season in Los Angeles, watching the birds change color and fall from the trees." - David Letterman

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KIT N' CARLYLE

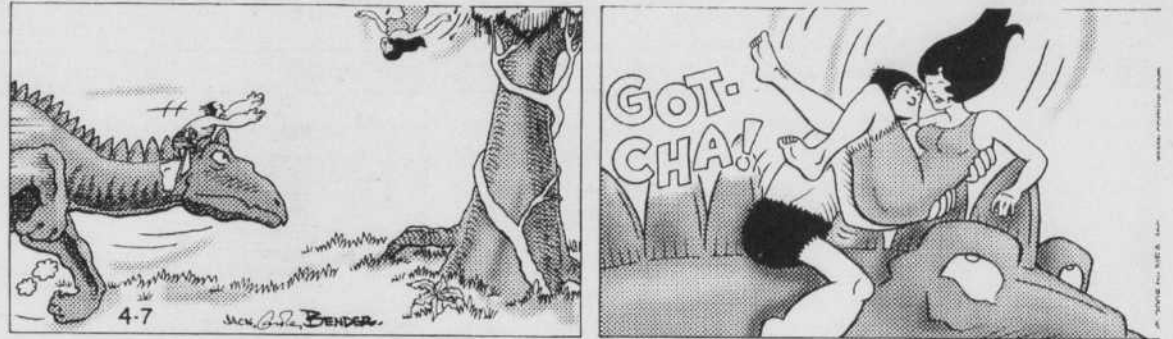


HERMAN

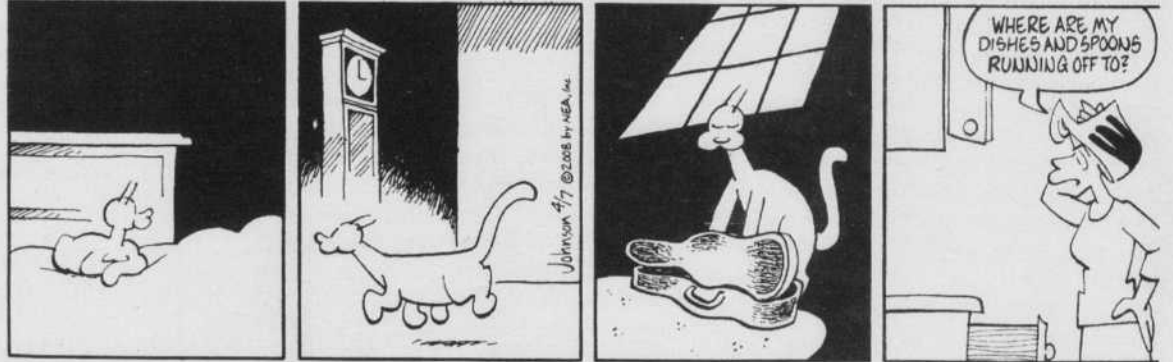


"How much would it cost to send a 185-pound wooden crate to Hawaii for two weeks?"

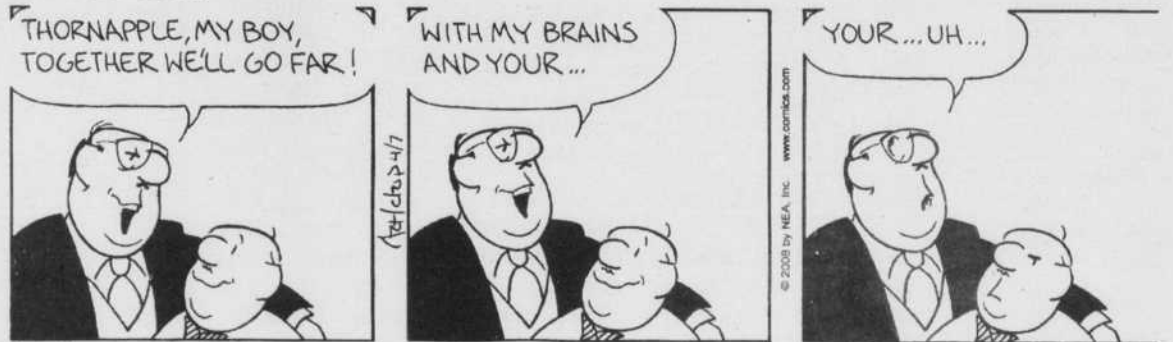
ALLEY OOP



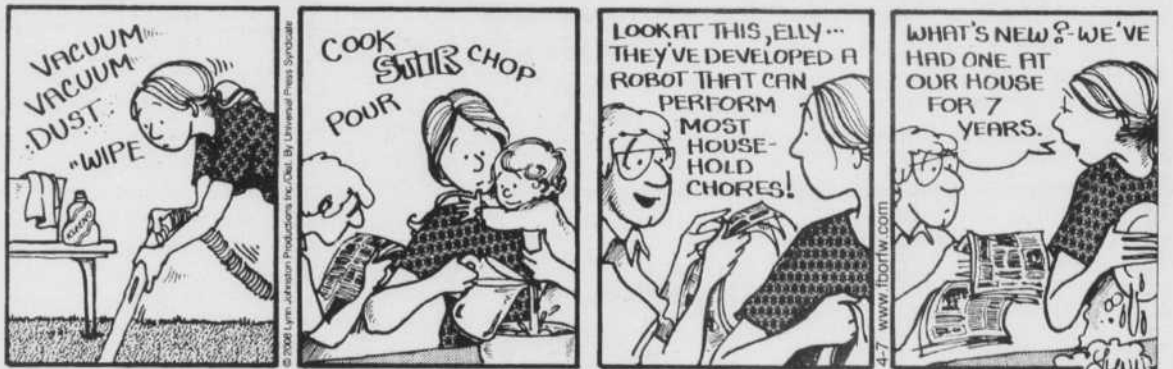
ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check Health Check

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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

035 For Rent



ATWATER MARKET CONDO for rent. Perfect for you! New construction, freshly painted, hardwood floors, jacuzzi bath, open concept, natural light, 2 bedrooms, central a/c, 850 sq.ft. terrace level, safe, quiet. 2 min. walk to Atwater Market, canal, Lionel-Groulx metro, downtown and all autoroutes. Furnished, including washing machine in condo. Available anytime. Call Anna 514-953-6030.

CLASSIFIEDS NOW ONLINE!

www.sherbrookerecord.com

LENOXVILLE - MAY, JUNE, JULY. 3 1/2, 4 1/2, 5 1/2. College Street. Heating, Hydro and hot water included. Call 819-823-0506 after 3 p.m.

050 Rest Homes

FOR SENIORS - Private rooms available in family home. Good home cooking, doctor on call. 5 minutes from Lenoxville. Call 819-563-1388.

LONDON RESIDENCE - Private room available. 24 hour care, call bell, nurse and doctor, family atmosphere. Member of A.R.C.P.Q. 301 London St., Sherbrooke. Call (819) 564-8415.

THE WHITE HOUSE in Stanstead has 1 spacious room available with bathroom, suitable for a couple. Also 1 small room available at a reduced rate. Call 819-876-2013.

100 Job Opportunities

A JOB AT HOME. Mail work, assemble products or computer work. For free details write to CHR Jobs: 372 Rideau Street, #916, A22, Ottawa, ON, K1N 1G7 or visit www.TopJobCanada.com

140 Professional Services

GRAPHIC ARTIST Need help with your advertising? I do brochures, posters, logos, business cards, letterhead, CD/DVD covers. Jade Cimon, Graphic Artist, 819-569-5735, jade.cimon@sympatico.ca

ROOFING

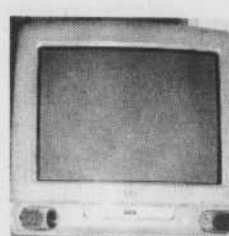
New Roofs, Reroof and Repairs. Also gutter repairs, cleaning & rerouting down pipes. Call Ian Perkins at 819-578-1910.

145 Miscellaneous Services

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

Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds! (819) 569-9525 or (450) 242-1188

150 Computers



Have a computer to sell? 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.

NEW LOADED COMPUTER only .99c a day! Everyone's approved*. Get an MDG computer right to your doorstep from only .99c a day. Includes everything you need: 2 GB Ram, 500 GB HD, 19" LCD flat panel, Windows Vista and loads of software! (*Call for conditions). 1-800-791-1174.

190 Cars For Sale

1996 PLYMOUTH VOYAGEUR, 3 litre, new parts, no rear seats. \$600. Call (450) 242-2051.



2001 VW PASSAT Wagon, V6 2.8, GLX, 4 motion, 4 WD, navy blue, grey leather and wood trim, tinted glass, sunroof, roof rails, 16" mags, fully equipped, excellent condition, all major maintenance done, 140,000 km. Asking \$10,900. negotiable. Call 819-572-1218.



2004 ACCORD COUPE, V6, 6 speed manual, leather, sunroof, 115,000 km., 6 CD, mag wheels, all equipped. Call Erik 514-817-2048.

190 Cars For Sale

CLASSIFIEDS NOW ONLINE!
www.sherbrookerecord.com

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

To sell or buy, consult our Classified ads.

290 Articles For Sale

MAGOG RESIDENT DOWNSIZING offers the following household items for sale: 2 single beds with box springs; bedroom 5 1/2 ft. bureau, Walnut colour; "Bell Vu" TV dish and receivers (No. 2700 and No. 1000); kitchen table with extension leaf and 4 chairs; "Kenmore" clothes dryer; "Lloyds" radio / record player with 2 speakers and numerous albums; radio or TV stand, walnut colour. For details call 819-843-2933 between 8 a.m. and 3:30 p.m.

THOMASVILLE DINING ROOM set, classic Colonial dark pine, 4 chairs, table with 2 leaves (8 ft.), buffet with brass hardware, good condition, very classy. \$1,100. 819-566-0446.

THULE ROOF RACK base adaptor for Wagons/SUVs, with factory roof rails, like new. Half price \$130. Call 819-566-0446.

294 Events

CLASSIFIEDS NOW ONLINE!
www.sherbrookerecord.com

295 Articles Wanted

ABRACADABRA - Turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps and records. 514-501-9072.

315 Horses



BRYONY IS LOOKING for a summer pasture mate on Perkins Road in Sutton. May 15 to October 15, 2008. Call Anna 514-953-6030.

330 Pets

DOG TRAINING with Jean-Guy Lalonde (next course starts April 7), small groups, individual attention. **Dog Day Care and Grooming.** For more information call **Blue Seal**, the animal nutrition centre, 819-348-1888 or 819-821-2152.

HOMELESS: MY OWNER moved away and I am now a homeless 5 year old, affectionate and sterilized, boy tabby cat that loves children and dogs. I am an inside cat and have never been outside. My name is "Chance" and I really need one now in a loving forever home. Temporarily in Bromont with Michelle at 450-539-2041.

425 Bus. Opportunities

COKE/M&M VENDING. Do you earn \$100,000 per year? Great locations in your area! 1-800-367-8409 (24 hrs) ext. #3178.

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MATTRESS CLEANING and sanitizing business. 4,300 European dealers. New to Canada. Removes dust mites and harmful allergens. Big profits, small investment. Hygienitech 1-888-999-9030. www.hygienitech.com

This is creating **MILLIONAIRES!** Earn \$1,000 daily with absolute proof! 97% of this business is automated! "Three Step Success System". 24hr info line: 1-800-887-1897.

440 Miscellaneous

BELIEVE!! EXCEPTIONAL PSYCHICS! "Love * Money * Life * \$3.09/min * 1-900-783-3800 * 18+ * 1-877-478-4410 * for Visa/MC/Amex/Direct Deposit www.mysticalconnections.ca

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Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.

Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE RECORD

Monday, April 7, 2008

| | | | |
|---------------------|------|------------|------|
| North 04-07-08 | | | |
| ♠ 10 7 5 | | | |
| ♥ 6 4 3 | | | |
| ♦ 9 8 2 | | | |
| ♣ Q J 10 9 | | | |
| West | | East | |
| ♠ A Q 8 6 2 | | ♥ 4 3 | |
| ♥ 9 7 5 2 | | ♠ J 10 8 | |
| ♦ 7 5 4 | | ♦ J 10 6 3 | |
| ♣ 2 | | ♣ K 8 7 5 | |
| South | | | |
| ♠ K J 9 | | | |
| ♥ A K Q | | | |
| ♦ A K Q | | | |
| ♣ A 6 4 3 | | | |
| Dealer: South | | | |
| Vulnerable: Neither | | | |
| South | West | North | East |
| 2 ♣ | Pass | 2 ♦ | Pass |
| 3 NT | Pass | Pass | Pass |
| Opening lead: ♠ 6 | | | |

Declarer reads the opening lead

By Phillip Alder

Aldai Stevenson, during a speech at the University of Wisconsin in 1952, said, "If we value the pursuit of knowledge, we must be free to follow wherever that search may lead us."

If a declarer values making his contract, he must search for knowledge from the opening lead. In this week's columns, declarer can make his contract if he draws the right conclusion from the opening lead and acts on it.

South is in three no-trump. How should he play after West leads the spade six?

South opened two clubs, strong and artificial, then rebid three no-trump to show a balanced 25-27 points. North had an easy pass.

South has eight top tricks: one spade (given trick one), three hearts, three diamonds and one club. He will obviously get the extra trick from clubs.

Now read the lead. Assume West has led his fourth-highest spade and apply the Rule of Eleven. Six from 11 is five. So, there are five spades higher than the six in the North, East and South hands combined. And declarer can see five on the board and in his hand. Ergo, East has no high spade.

How does this point South in the right direction?

Since East has no high spade, declarer should call for dummy's 10. When it wins, South takes the club finesse. When that succeeds, declarer cruises home with two overtricks.

Note, though, that if declarer won trick one in his hand, East would get in with his club king and push a spade through, giving West four tricks in the suit and killing the contract.

Your Birthday

Monday, April 7, 2008

In the year ahead, a number of substantial advances can be made in the areas that are most important to you. Your gains aren't likely to come in rapid succession, but they'll be consistent and steadily climb to new heights.

ARIES (March 21-April 19) - It'll be far easier to get others to help you with tough assignments than it normally would be. If you have a job awaiting you that requires more than one person to pull it off, now is the time to do it.

TAURUS (April 20-May 20) - Don't hesitate to talk about a project that has stymied you because the answer might be in the possession of a colleague who doesn't know you need it. He or she will be happy to help.

GEMINI (May 21-June 20) - Someone you don't even know might come through with one of the greatest benefits you'll receive at this time. Actually, you may never learn who made your success possible.

CANCER (June 21-July 22) - Group involvements are likely to offer activities that'll satisfy your active spirit. If you don't have any plans with friends, start putting something together that everyone would enjoy.

LEO (July 23-Aug. 22) - Without even trying, your magnetic personality will get everyone's attention focused on you. You won't have to do anything special, because your genuine concern for people is what will draw them to you.

VIRGO (Aug. 23-Sept. 22) - Your philo-

sophical attitude and outlook makes you a natural student of the world. In your dealings and conversations with others, you'll effectively acquire knowledge that you'll disseminate wisely.

LIBRA (Sept. 23-Oct. 23) - Even your opponents will be impressed by the way you handle challenging developments. What occurs might get others scurrying for cover, but you'll spring into action and quickly bring everything under control.

SCORPIO (Oct. 24-Nov. 22) - A temporary partnership might be momentarily established for the purpose of combining each other's strengths into one dynamite force. Once its purpose is accomplished, each will go his or her separate way.

SAGITTARIUS (Nov. 23-Dec. 21) - Unselfishness will provide the theme for today. The concern you display for your associates will be welcomed and make you the real winner of the day.

CAPRICORN (Dec. 22-Jan. 19) - Cupid is sitting on your shoulder at this time, looking either to revitalize an old romance or to shoot arrows at someone he thinks you'd like. In either case, you must be receptive.

AQUARIUS (Jan. 20-Feb. 19) - Doing something that produces visible, positive results will be extremely gratifying and do a lot for your psyche. You need some kind of evidence to show you that your efforts are productive.

PISCES (Feb. 20-March 20) - Someone who is capable of getting your heart fluttering might show more than a platonic interest at this time. It'll be up to you, however, to be brave enough to let him or her know the overtures are appreciated.

CROSSWORD

ACROSS

- 1 Calls on the carpet
- 7 Charged particles
- 11 Peke's bark
- 14 Repeat from memory
- 15 Business outfit
- 16 Wallet single
- 17 "Chess mate" dancer
- 19 Actress Hagen
- 20 Hanoi holiday
- 21 Play about Capote
- 22 Hindu princess
- 24 Suspension part
- 27 "Chess mate" actor
- 31 Christie's "sparkling" poison
- 33 Waist watching
- 34 Italian three
- 35 Zone for DDE
- 36 No more seats

- 37 "Chess mate" poet
- 43 Wine cask
- 44 Made in the ___
- 45 Two-piecer top
- 46 Feeler
- 49 Scrutinize
- 53 "Chess mate" talk-show host
- 55 Smooth transition
- 56 Australian isl.
- 57 NASA vehicle
- 59 Color TV pioneer
- 60 Soft metal
- 61 "Chess mate" mystery pseudonym
- 66 Solitaire starter
- 67 Level
- 68 Take offense at
- 69 Ballpark fig.
- 70 Hardens
- 71 Augments

- 28 Shakespearean verb
- 29 Like unsightly knees
- 30 Semi-convertible
- 32 Discredit
- 35 Greek letter
- 37 Latin & others
- 38 Crazies
- 39 Corporate web
- 40 Actor Morales
- 41 Incenses
- 42 Kemo ___
- 47 Hosp. areas

- 48 NYC team
- 49 Elbe tributary
- 50 Concurs
- 51 Softly bright
- 52 Shanty
- 54 48D, e.g.
- 58 Gore Vidal's Breckinridge
- 60 ___ kwon do
- 62 Recline
- 63 Countenance
- 64 Math proof letters
- 65 Coyote State sch.

Saturday's Puzzle Solved

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

DOWN

- 1 Picayune nitpicker perhaps
- 2 As a result of this
- 3 Summer cooler, to some
- 4 Clamor
- 5 French summer
- 6 Faction
- 7 Periodical number
- 8 Not at home
- 9 Zero
- 10 Breastbones
- 11 Immature-ish
- 12 Modern protagonist
- 13 Shooter missile
- 18 Uffizi display
- 23 Helping hand
- 25 Bug movie
- 26 Ms. Sorvino

| | | | | | | | | | | | | | | |
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| 53 | | | | | | | | 54 | | | 55 | | | |
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