

Susan Mastine on ageism

Page 6

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Wales Home: First class all the way

Nick Fonda - Page 5

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PM#0040007682

TUESDAY, APRIL 10, 2012

Street cleaning back on track today

After being briefly put on hold due to light snow and cooler temperatures, the City of Sherbrooke's street cleaning operation started in mid-March will resume this morning.

The city reiterated last week that citizens should immediately begin to rake their property and push all the pebbles to the side of the road to be collected by city trucks.

Resident should avoid making piles of gravel, avoid pushing grass onto the street with the pebbles, and should only place their garbage cans out on the day of collection, all to make the street cleaning operation easier for the blue collar workers to complete.

Main roads and intersections in the city have already been cleaned and the city estimated that the entire cleaning operation for residential streets is expected to last between two and three weeks.

In light of the seasonal changes, the city has also announced the summer schedule for Sherbrooke's ecocentres.

Until May 19, the centres will be open from Monday to Saturday between 7:30 a.m. and 5 p.m. Then, from May 20 to Aug. 11, the centres will be open from Monday to Sunday between 7:30 a.m. and 5 p.m.

The ecocentres are free for residents of Sherbrooke though proof of address is required. The only restriction on materials is for grass, which is accepted a maximum of three times per year.

More information can be found at sherbrooke.ca/ecocentres.

Additionally, garbage collection will now occur every three weeks and compost collection will occur weekly, the city announced last week.

For more information on what can be composted or recycled, and for the collection schedule, residents are invited to consult sherbrooke.ca/environment.

Bishop's students shave heads for cancer



CORRINNA POLE

Leucan Shaved Head Challenge and only female participant Josée Perreault, honorary president Caroline Gregoire, Bishop's University campus challenge organizer Julie Cassar and highest fundraising participant Vincent Gagnon, boosted the children's cancer group Leucan Estrie annual fundraiser by \$6,000 last Thursday.

By Corrinna Pole

There was music, hot dogs and several newly baldheads at Bishop's University last Thursday, as the head shaving challenge for children's cancer group Leucan Estrie came to campus.

While most students were preparing for the holiday weekend, Bishop's stu-

dent Jennifer Cassar had spent the last three-weeks recruiting students, raising funds and organizing the main event, which took place in front of the Gait university pub.

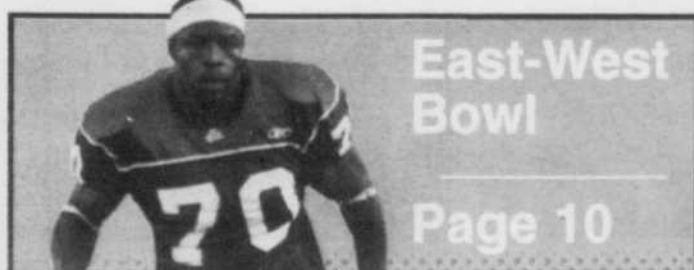
On the big day, six students - five men and one woman - shaved their heads in support of kids battling cancer and raised a total of \$6,000 collected online on the website shavedheadchal-

lenge.com and the sale of hot dogs.

The 25-year-old accounting major has braved her own first hand battle with cancer when she was diagnosed with acute Leukemia, which required a bone marrow transplant in December 2009.

"The experience was life changing

CONT'D ON PAGE 3



East-West Bowl

Page 10

The LINK

Tina Annesley - Page 7

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HIGH OF 8
LOW OF 0



FRIDAY:
SUNNY
HIGH OF 11
LOW OF -3



SATURDAY:
SUNNY
HIGH OF 14
LOW OF -3

Eastern Townships Passover Seder

You are invited to join Isaac Romano of the Jewish Community Centre of the Eastern Townships, Father Patrick Musumba of the Catholic Mariannhill Congregation and Reverend Carole Martignacco, Unitarian Universalists de Estrie as we come together with our communities throughout the Eastern Townships this year over our Passover and Easter holiday season... Our combined Seders will speak to our shared desire and our work for a world in which love, kindness, generosity, ethical and ecological sanity, awe and wonder at the grandeur of the universe, and commitment to a higher meaning for our lives are valued.

We will share our Tikkun Olam (Hebrew for: Heal, Repair, Transformation of our world). We will do this together and we are inviting Christians, Jews, Muslims, Buddhists, Atheists, Agnostics and anyone else who has suffered from the oppression the globalization of selfishness and materialism.

The event will be held Thursday, April 12 at 6:30 p.m. at Missionaries of Mariannhill, 2075 Chemin Sainte Catherine

(Less than one kilometre, along Chemin Ste. Catherine from Université de Sherbrooke, almost opposite Monte Ste. Anne College.)

The catered menu includes a salmon main-dish, vegetarian matzo ball soup, salad, and Passover deserts. And traditional ritual foods eaten during the reading of the Liberation Haggadah ("Haggadah" means, "Telling.")

The cost is a requested donation of \$2 to \$5 to cover the costs.

RSVP to: romano_program@unisherve.com Or call: 819-566-5139 or visit www.jccet.org

We will go through a set of rituals and readings together that recall the liberatory message of our traditions and to apply them to the contemporary world.

"That we ourselves can become mobilized to tikkun of our world. Just as the Israelites, who were emancipated from slavery in Egypt (celebrated on Passover), and just as the early Christians, who encountered Jesus' liberatory preferential option for the poor, began to live as witnesses to the possibility of a different world." (Rabbi Michael Lerner,

Director,

Network of Spiritual Progressives)

The Jewish Community Centre of the Eastern Townships is affiliated with the Network of Spiritual Progressives and the Hall JCCET often seats 100 people.

There are complete kitchen facilities, children's activity rooms and a stage for our speaker series, and music and theatre presentations. We are pleased to provide for Jewish communal needs, to include, weddings, Bar and Bat Mitzvahs, memorial services and periodic speakers at our Community Shabbat Potlucks and Jewish Educational Workshops.

The Jewish Community Centre of the Eastern Townships is committed to building cultural and religious bridges, honouring the multiculturalism of our community here in Sherbrooke and throughout the Eastern Townships. JCCET has a commitment to social, economic, gender, and racial justice. JCCET has a commitment to peace in the Middle East that includes the co-existence of an Israeli State and a Palestinian State.

Newport Vt.

The MAC Center for the Arts

The MAC Center for the Arts, 158 Main Street, Newport, offers two artists of the month for April. Gallery hours are Mon., and Wed. through Sat., 10 - 5 p.m..

Nicole Warner - "My love of painting came early in life and I have spent a lifetime developing my unique style. I use soft colours, tones and textures in a way that creates 'light' and 'air' and a certain depth that draws the eye, tells a story and invokes a memory.

My fascination with colours and the movement throughout my paintings has also influenced my style. The Vermont landscape is at the heart of my inspiration as Vermont is full of those quiet little places, winding creeks, lakes, fields,

small towns and those special places that residents and visitors hold dear. I have done many commissioned pieces from the painting of an old homestead to the painting of that special place."

MaryLiz Riddle - "I believe a book ought to lie in your hands comfortably, easily occupying its own space. A book should open naturally, the pages falling freely, one after another, and finally a book should close with the satisfying sound of coming home to rest.

The books I create have this intention about them. I strive for this quality, keeping in mind the varied capabilities of the materials I have chosen. As I perform the common tasks of my craft - measuring, folding, cutting, sewing, pasting, pressing - I work in harmony with the

unique nature of the building blocks of the book - the boards, the leaves, the cords, all ancient terms of the bookbinders' craft.

The tools I use have not changed since those early times... A ruler and



COURTESY

The work of MaryLiz Riddle.

scribe, knife or board shear, bone folder, needle and awl, nipping press. At times it almost seems the paper, the Davey board, even the linen thread come alive under my gentle manipulations. It's as if they too share my goals for this book-to-be.

I believe a book should above all enhance the contents. "How," you ask, "can this be? Many of the books you make are blank books." Ah, but to my mind, no book is a blank book; rather it is open to potential."

Ben by Daniel Shelton



LOCAL NEWS

The changes would result in the loss of 12 full-time positions and three part-time positions in the boroughs

CSAM public consultation to be held Apr. 24

Citizens of Lennoxville wishing to make their voice heard on the City of Sherbrooke's proposed changes to borough powers and responsibilities are invited to bring their comments and concerns to a public consultation on Tuesday, Apr. 24.

The consultation, to be held at the Amédée-Beaudoin Community Hall in Lennoxville at 7:30 p.m., specifically concerns proposed changes to the power of the boroughs in terms of parks and leisure which were approved in a split

vote during a city council meeting on Apr. 2.

As reported in The Record, 13 of 19 city councillors and mayor Bernard Sévigny voted in favour of a resolution proposed by the Serge Paquin-led Sherbrooke Commission on Municipal Activities (CSAM).

The resolution, which only just met the two-thirds majority required for it to pass in city council, included 13 propositions that would, among other things, bring borough powers over parks and

leisure under municipal control and create a 311 phone service for citizen complaints.

The changes would result in the loss of 12 full-time positions and three part-time positions in the boroughs and would consequently result in approximately \$1 million in annual savings, though the cost of the 311 service would likely exceed those savings according to councillor David Price.

Consultations in all of the city's other boroughs will also be held the same

week as Lennoxville's.

On Apr. 23 at 7:30 p.m., public consultations will be held in the boroughs of Mont-Bellevue, Rock Forest-Saint-Élie-Deauville, and Fleurimont.

The following evening, the consultations in the Jacques-Cartier and Brompton boroughs will be held, in addition to Lennoxville's, at 7:30 p.m. as well.

All of the documents presented by the CSAM committee can be found online at sherbrooke.ca/csam.

UdeS prof awarded Killam prize

After being inducted into the Order of Canada last September, Université de Sherbrooke professor Louis Taillefer was honored once again last week with a 2012 Killam prize in natural sciences.

The Killam prizes are awarded to five Canadians every year in recognition of their exceptional careers in health science, natural sciences, humanities, social sciences and engineering and come with a \$100,000 sum.

Taillefer, who holds a Canada Research Chair in quantum materials, is the first physicist from Quebec and the first UdeS professor to be awarded a Killam prize, in recognition of his work with superconductors.

Superconductors are materials with the property of being able to carry electricity without any energy loss.

"Professor Taillefer has made several discoveries, notably the slowest electrons found in a metal, the first instance of multiple phase superconductivity, and a new quantum critical point where superconductivity and magnetism meet," according to a press release. "In 2007, his team observed quantum oscillations - the purest voice of electrons - in an oxide superconductor. This discovery opened a new avenue in the quest for room temperature superconductors."

In September, Taillefer told the Record that he was at the height of his career and would be working in the years to come to try and better understand how superconductors work, and what is needed to make them work better, specifically at room temperature.

If he succeeds, Taillefer said the implications could be extremely significant.

"The current practical applications of superconductivity are to produce large magnetic fields (by passing large currents in superconducting coils)," Taillefer explained at the time. "A room-temperature superconductor would cause a major technological revolution. It would enable electricity generated by solar energy in the Sahara to be transported under the Mediterranean Sea without loss to Europe, for example. Or wind energy generated in the centre of the US to be carried over to New York or California very effectively."

Taillefer will officially be awarded his Killam prize at a ceremony at Rideau Hall on May 15.

Small fire at BCS

Bishop's College School building was evacuated Friday afternoon after an electric radiator briefly caught fire.

Firefighters located the radiator at the root of the smoke and quickly extinguished the fire.

The few students and staff on site at the time of the incident were evacuated as a precaution.

A representative from the fire department could not be reached for comment Monday.

Art auction

Sixty-six works from regional artists and beyond will go on the block this Wednesday when the Eastern Townships chapter of the Alzheimer Society holds its annual art auction at the Delta Sherbrooke.

The event has been a major fundraiser for the society for the last 21 years and will help the non-profit chapter to continue to inform and support some of the 5,000 Townships residents, and their families, who suffer from the disease.

Tickets for the 5:30 p.m. event, which includes wine and cheese, can be purchased for \$85 from Banque Nationale branches, or directly from the Estrie Alzheimer Society at 819-821-5127 or info@alzheimerestrie.com

Bishop's students

CONT'D FROM PAGE 1

and I discovered strengths I never knew and went through it because of the love of my family," Cassar said. "I am in remission, feeling great and have many things to do."

It was while she was in the hospital that Cassar learned what a "great cause" Leucan was as it offered all levels of physical, medical, emotional and financial support to cancer stricken children and their families from the point of diagnosis onward.

"I became aware of the cost parents with young children must incur, especially if they have to go outside their hometown for care or leave their jobs temporarily," said Cassar. "So the first thing I asked my family while in the hospital was to participate in the 12 hour Ski Challenge in Bromont [in 2010]. They raised more than \$25,000 with their friends."

Her family continued their support in 2011 when her brothers Peter and Matthew first brought the head shaving challenge to their company SherWeb and raised \$6,196.55.

With her brothers bringing the challenge back for a second time and her sister-in-law Caroline Gregoire serving as regional spokesperson for the event, Cas-

sar decided bringing the challenge to campus would be her contribution.

Between a busy school schedule, Cassar spread the word and found a supportive school community ready to help and campus businesses willing to contribute prizes.

"Since Leucan was not really known at BU, I think I was very lucky to have the participation and the support of the students," said Cassar. "For a first experience it is a success and maybe someone will be able to improve on this first challenge. It is worth supporting the kids

and the families who have to face cancer."

Thursday's buzz at Bishop's was a precursor to several other head shaving events scheduled to take place throughout the Townships starting late next month.

In addition to individual business sites, shaving events have been planned for May 26 at Magog's Ski Velo Vincent Renaud, in Sherbrooke on May 27 at Carrefour de l'Estrie and June 16 in Asbestos at Club Social Escadron C and at the Parc des Veterans in Lac-Mégantic.

Those who want to show their support can sponsor participants by making a credit card donation online at shaved-headchallenge.com

DART TOURNAMENT

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THE SCOOP

MABLE HASTINGS

"The practice of medicine will be very much as you make it - to one a worry, a care, a perpetual annoyance; to another, a daily job and a life of as much happiness and usefulness as can well fall to the lot of man, because it is a life of self-sacrifice and of countless opportunities to comfort and help the weak-hearted, and to raise up those that fall."

(Sir William Osler)

The notable work of Dr. H. E. Gillanders will long be remembered in Mansonville and the surrounding towns of Potton. This article salutes a man who made the health care of Pottoners his passion and lifelong calling, so many years ago.

Henry Edwin Gillanders (born in 1892) died at the age of 73 at his home in Mansonville on December 23, 1965. Taik to any senior living in the area and mention Dr. Gillanders and most are immediately transformed to another time, when the life of a country doctor and his patients was very different from today. In researching this article, I was overwhelmed in the realization that this man must have been a vital part of

Dr. H.E. Gillanders A tribute to a Potton legend

existence in our Community, touching the lives of so many of our ancestors. Responsible for the survival of many people following accidents, illnesses and he likely brought many of Potton's children into this world. It saddened me that, someone so devoted, instrumental and a true part of our history may not even be a name known by my generation, those younger than me or any newcomer making their home in Potton.

His death notice tells us the following vital information about this well educated, community minded professional... "Born at Leeds, Megantic County, he received his high school education at Danville Academy, where he won the Eastern Townships Medal. He graduated in arts from McGill University in 1915 and, in 1920, was awarded the Sutherland Gold Medal in Medicine when he graduated with the degree of M.D., CM.

In 1921 he took up his life's work as a general practitioner in Mansonville where he practiced until the day of his death, with the exception of the year 1942. At that time he and Mrs. Gillanders lived in Bermuda, where he served as assistant to the chief medical officer. He was a Past Master of St. John's Lodge 27 A.F. and A.M., and a Past First Principal of the Mount Sutton Chapter of the Royal Arch Masons.

In 1964 he was honored by the presentation of a plaque by the Imperial Council of Shriners for North America in recognition of his contributions to humanity and Masonry in his area. He was a former mayor of Potton Township (1939-1942) and for a number of years



COURTESY

Henry Edwin Gillanders.

was president of the Red Cross. He was on the staff of the Orleans County Hospital in Newport, Vt and the Brome-Missisquoi Perkins Hospital, Sweetsburg and on the honorary staff of the Sherbrooke General Hospital."

Dr. Gillanders lived with his wife Ethel McIntosh in their home at 286 Main Street in Mansonville (demolished in 2007) where his office was located for many years.

Dr. Gillanders, with the assistance of Dr. A. C. Paintin, of Knowlton; (whom Dr. Gillanders credited with much appreciation and gratitude for his unfailing co-operation, courtesy and support), as well as assistance of two district nurses, many private nurses, and Mr. M. R. Stalker, medical student at McGill University, were instrumental during the Typhoid fever outbreak that devastated the village of Mansonville in 1922.

There were 205 cases in all with sixteen deaths, making a death rate of 7.8 per cent. It is believed that the cause of the epidemic was a contaminated water supply, although it must be acknowledged that repeated tests of the water failed to discover any typhoid bacilli.

Dr. Gillanders and his team attempted to treat the people in their homes but it soon became apparent that this was impossible as whole families were suffering from lack of care so they

organized an emergency hospital in the schoolhouse on April 17 of that year.

There are still many in Potton who fondly remember the doctor in his years of practice in the community. Stories of his house calls made by horse and buggy, sleigh, skidoo and car are numerous. Mavis Aiken, a long-time patient of Dr. Gillanders said that he delivered three of her four children.

"Mrs. Arthur Sargent was a mid-wife living in Highwater where the Carrefours des Campeurs campground is now located," she explained. "Women from the area would go to Mrs. Sargent's home to give birth and Dr. Gillanders would come there to deliver our babies," she said.

Mavis also recalls that Dr. Gillanders purchased the first snowmobile made by the Bombardier Company; he found this far more efficient than using a horse and sleigh to get to country homes during the winter months. The roads were rolled back then and not plowed so road conditions often presented a challenge.

Clarissa Davis said that she recalls seeing Dr. Gillanders arriving at their Leadville home with horse and sleigh when she was a child in the 1930's.

"In the 'old' days, when you needed a doctor, one of the family members had to run to the nearest house with a telephone to call Dr. Gillanders in Mansonville," she said. "We then waited and before long, depending on the time of year, we would see him coming to help whoever needed it either by horse and sleigh or buggy. People didn't always have the money to pay him and the doctor would take note of the house call but never refused to help someone in need even if they could not pay," she explained.

Dr. H.E. Gillanders is a Potton legend well worth informing our children about. He and his wife Ethel are buried in Mansonville's Cemetery in the town they called home, resting alongside many of the people he served for so many years.

Calling young entrepreneurs for \$100,000 Award

Innovative young business owners looking to take their company to the next level, could net a big \$100,000 payoff with the 2012 BDC Young Entrepreneur Award contest.

For the 24th year, the Business Development Bank of Canada (BDC) is challenging Canadian entrepreneurs aged 18 to 35 who have a business that is in good financial health, to share an innovative idea for a new project designed to drive new business growth.

Entrepreneurs have until May 6 to submit their four-step application and short video online.

Provincial Finalist, selected by a panel of judges, will be announced on May 30, and then Canadians can cast a vote for their favourite innovation idea until June 19 at the bdc.ca microsite,

www.bdcyoungentrepreneuraward.ca, and Facebook page, BDC Entrepreneur.

On June 25, the winner of the BDC Grand Prize for Innovation, which includes a prize of \$100,000 to implement a new innovation project aimed at driving business growth, will be announced.

The runner-up will receive a \$25,000 customized Internet strategy from BDC Consulting, designed to help the recipient increase sales and stand out in a competitive world.

Contest updates will be posted at the microsite, on Facebook and Twitter at @BDC_News.

Full contest information, rules and regulations, is available at www.bdcyoungentrepreneuraward.ca.

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Successful fundraising campaign for Wales Home

By Nick Fonda
Special to The Record
RICHMOND

Some 70 people gathered for a celebratory reception at the Wales Home on Tuesday evening, April 3 to mark the end of a very successful fundraising campaign.

Ralph Farley, who sits as president of the Board of Governors of the Wales Home, as well as chairman of the Executive Committee, was president of this year's annual Wales Home Foundation campaign and had good reasons to be pleased.

"The 2011-12 campaign was the most successful we have ever had," he says, pointing out that the Foundation raised \$400,000 in 2009-10, \$417,000 in 2010-11, and \$462,000 this year.

"I didn't perform any miracles," the campaign president quickly points out. "This kind of success doesn't happen overnight. This was my first year as president of the campaign and I was riding on the coat tails of Nils Bodtker who served in this post for the last four years. He was personally very generous and led by example. We want to keep building on his success."

"Just five years ago," he notes, "the Wales Home was down and out. Operating expenses were burning through the Home's capital fund at a rate of \$1 million a year. We've managed to turn that around. The money raised by the Foundation makes a real difference. Last year the Wales Home invested over \$860,000



Left to Right: Ralph Farley, Brendalee Piironen, Marc-André Martel.

on improvements which included electric beds, new windows, renovated whirlpool bathrooms, renovated kitchens in the apartments, medical equipment and much more. The Home recently installed a new Wi-Fi monitoring system which provides the residents with a safe environment using least restrictive alternatives within the building and exterior grounds. With the new system, response time to someone who

calls for help is 30 seconds."

"As well," he adds, "over the last few years we have increased staff at the home, in particular extra caregivers and nurses. At the present time the Home has about 176 residents and 145 employees which means there are about five staff members for every six residents, an enviable ratio."

The Wales Home is less than a decade from its hundredth anniversary and has

a history of attracting residents from near and far. About one third of the people served by the Home come from the immediate area, another third come from other parts of the province like Montreal or Quebec City, while the remaining third come from other parts of Canada or even the United States.

Ralph Farley's involvement with the Wales Home is not without a family precedent. His mother, Lucille Farley, worked at the Home from 1969 to 1986, the last 17 of those years as Matron, a position which today would carry the title of Director of Health Care and carries with it the responsibility of 100 employees.

"Looking ahead," Ralph Farley says, "it's up to us to continue to work to ensure that the Wales Home remains a first class institution. Raising money is one thing but the Home also depends on people and we're fortunate to have the inspirational leadership of Brendalee Piironen. Her enthusiasm rubs off on both employees and the Board. We see what she's doing and that moves us to want to do our share as well. In addition to everything else, she raised some \$375,000 for three new elevators."

"We have an ageing population," he continues, "and we will continue to need quality care for our seniors. I personally would like to see the Wales Home expanded."

The Wales Home is located just outside of Richmond and can be contacted at 819 826-3266.

Many Townshippers, Canadians still without access to basic TV

The Sherbrooke-based Association coopérative d'économie familiale de l'Estrie (ACEF Estrie) is calling on local elected officials to pressure the federal government to come to the aid of the many residents who lost access to channels following the switch from analog to digital television last fall.

According to ACEF-Estrie and the Union of Consumers many problems still exist following the transition and even those who purchased digital converters are being deprived of channels.

ACEF Estrie spokesperson Sylvie

Bonin said in a statement that despite earlier affirmations that viewers should not be deprived of their right to access to traditional television services, the CRTC has responded to complaints by saying that problems were infrequent and that people need only subscribe to a cable provider.

"They even said that people have had free TV long enough" Bonin stated, noting that the majority of people who contacted her organization could not afford cable. "The situation is even more scandalous since many of those affected are

among the most vulnerable in our society. Television is often one of their only means of entertainment and access to information and culture."

In light of these difficulties, the two organizations are calling on the federal government to provide citizens with digital access equivalent to the analog television access they received before the transition.

"It's important to demand permanent solutions that will allow

everyone to have access to traditional television," Bonin stated.

The organizations are also inviting citizens to pressure the federal government themselves via email. This can be accomplished by filling out a form at <http://uniondesconsommateurs.ca/>.

Health alert: Hepatitis A frozen berries and tainted Tahina

A possible national distribution of frozen berries thought to be contaminated with the Hepatitis A virus, which may have sickened a number of individuals in British Columbia, has led to a nationwide recall, announced the Canadian Food Inspection Agency (CFIA).

Overwaitea Food Group is voluntarily recalling Western Family brand Pomeberry Blend berries which are sold frozen in 600 gram packages bearing UPC 0 62639 31347 0. All lot codes are affected.

Consumption could cause hepatitis, a usually mild illness

that appears 15 to 50 days after exposure.

Symptoms, which generally clear in a week or two but may last up to six months, can cause liver inflammation and include fever, low appetite, nausea, vomiting, diarrhea, muscle aches, and yellowing in the whites of the eyes and the skin.

Meanwhile restaurants across the country are being warned not to use Ayyam Zaman brand Extra Fine Tahina due to a possible Salmonella contamination bacteria.

The affected Tahina is sold in 400 g packages bearing UPC 6

217000 429807 and a code starting with "EXP 10/08".

The CFIA hasn't received any reports of illness, but is recalling the product to prevent salmonellosis illness, which can cause serious and sometimes deadly infections in young children, the elderly and people with weakened immune systems.

For healthy individuals, the illness may cause short-term symptoms such as high fever, severe headache, vomiting, nausea, abdominal pain and diarrhoea.

For more information on either alert call the CFIA at 1-800-442-2342.

Road alert

More than a one month long project to install overhead direction signs on highway 10, between exits 106 and 128, and highway 55, between exits 29 and 33, will begin today, announced Transport Quebec.

The regional transportation ministry will be closing down the right lane in the

work zones from 6 p.m. until 6 a.m., Saturday to Sunday, April 10 to May 4 and then from 6 a.m. to 9 p.m., Monday to Friday, May 7 to 18. During the closures, traffic will be reduced to the left lane.

Signage will be posted advising motorists of occasional traffic reductions.



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EDITORIAL

Ageism can occur when people in authority do not believe older adults, or do not consider the harms as serious.

A need to stop discrimination on the basis of age



SUSAN MASTINE

Imagine falling from a ladder, severely tearing a shoulder tendon, following the medical specialist's orders, and then weeks after the accident being told that the restricted movement and remaining pain are "as good as it will get." No doubt, you would sadly and agonizingly shrug your shoulders and resign yourself to your new limitations.

Imagine your shock sometime later when your insurance company calls and sends you to its medical specialist, a surgeon in the private system who, after analyzing your file and examining you, informs you that he can fix you up good as new with surgery, once the insurance company gives its authorization, stressing that you're only 60, and you could live to be 90 – and that's 30 years during which you could benefit from the pro-

cedure. Appalling, isn't it? And very, very wrong.

He with the injured shoulder, who lives in the Eastern Townships, has decided to have the operation and pay the \$3,000-\$4,000 it will cost out of his own pocket, should the insurance company refuse to pay for the operation.

What happened in the public system? The most logical explanation is that the initial specialist assumed that, given the patient's age, the surgery was not worth the effort and expense. This would unfortunately not be the first or last case of "ageism" in professional circles.

The Gage Canadian Dictionary defines "ageism" as "discrimination on the basis of age, especially against the elderly." Real-life examples of ageism abound in this young-and-beautiful-oriented society. This is particularly true in the case of older adults who appear confused. Who hasn't gotten confused at times, whatever his or her age? When an older person appears mixed up, his or her loved ones may panic and jump to the conclusion that age is to blame, with dementia perhaps setting in. But, there could be a completely different explanation for the confusion – fatigue, certain combinations of medication, or stress, for example – which would be treatable.

The Canadian Network for the Prevention of Elder Abuse links ageism with abuse: "It is very common to see the individual and broader social problems that older people face, being rationalized or discounted out of hand. Serious social and legal problems affecting older adults such as abuse and victimization by family, staff, or people in position of authority may be characterized as 'rare events.' Ageism can occur when people in authority do not believe older adults, or do not consider the harms as serious. Older adults may have their credibility questioned because of assumptions about how reliable older adults' memories are."

The Quebec government has adopted the World Health Organization's definition of abuse: "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person," including situations of psychological and physical violence, exploitation, violation of rights, and neglect. Its Web site http://maltraitanceaines.gouv.qc.ca/en/what_is_elder_abuse provides several examples: humiliation, infantilizing, bullying, deliberately omitting to provide essential care, extortion by a loved one, or explicit pressure about an inheri-

tance.

Quebec's recently launched elder abuse awareness campaign seeks to bring the vulnerability of those who have cared for us, nurtured us, and strived to make our lives and society better into the limelight – and provide us with tools to counter both flagrant and often-hidden neglect and abuse of those in our midst with the most experience and at times declining capacities. The province's Elder Abuse Help Line can be reached at 1-888-489-ABUS (2287).

Too many people in contexts of all kinds view individuals in the older generations as frail, weak, less capable, and less valuable. We need to shine a light on older adults we would all like to emulate, highlighting their abilities, contributions, experience, expertise, knowledge, and wisdom.

People like Sheila Parenteau who, at the age of almost 79, is frequently found in the Law Courts library in Kamloops, BC, studying for her law degree, actor Gordon Pinsent, humanitarian Stephen Lewis, Townships community activists Marjorie Goodfellow and Aline Visser, CBC Radio Farm Panel member Bob Laberge....

RE-S-P-E-C-T – every human needs it, and deserves it.

Devilish details: The origins of the Caregiver Tax Credit

By Rachel Garber

Dear readers, I offer you a cautionary tale that came into my hands recently. Across the cover page in quaint handwriting were two words: "Taxpayer, beware!" I was intrigued.

My reading of the manuscript brought some disturbance of mind. It is with trepidation that I impart the story to you, with the disclaimer that any resemblance to existing persons is purely coincidental. Here is the tale, as it came to me.

The devil and his nephew were perched in their preferred corner in officialdom, hovering over the shoulders of the bureaucrats who each year further complexify the income tax system.

From their perspective, the work had been going particularly well this year. The nephew gleefully surveyed the 362 forms and the 80-page guide. The moneychangers in the many towers of the tax establishment would be busy and bewildered. Money would be wasted. Trees would be consumed. People would be hassled.

Notwithstanding, he was just a trifle uneasy about the guide's title, "Fair. For all." Then he looked into the seductive eyes of the siren with a Mona Lisa smile just above the words, and he relaxed. The road to hell, he knew, is paved with good intentions.

But suddenly he straightened up. The bureaucrats were discussing the new caregiver tax credit. They wanted to en-

courage people who were saving money for the health system by giving unpaid care to their aged parents, permitting them to continue living at home. They would give \$1075 to such caregivers, in exchange for their saving the system maybe ten or twenty times that amount.

This would not be just for caregivers who took their parents into their home. This year, for the first time, caregivers who moved into their parents' home would be eligible, too – for example, English-speaking caregivers in the Eastern Townships who had returned from away to help care for their elderly parents. Thus, many more caregivers would get a bit of relief. This could be more truly fair. For all.

The nephew's tail twitched. He turned to the devil. "We can't let that happen! We have to stop them! What are we going to do?"

"Oh, don't worry." The devil had a sly smile. "We'll help them organize the credit."

And thus it happened. First they conceived of a schedule named H, where the caregiver had to fill 53 boxes with various numbers. If the aged parent had an income of \$21,505 or more, the caregiver's tax credit would be reduced by up to \$484. But this reduction occurred so cunningly among the little boxes, as numbers were added, subtracted and multiplied! The nephew doubted the caregivers would even notice.

Then they designed a spiffy six-page form TP-752.0.14-V (2012-01) about phys-

ical symptoms. The devil's nephew was proud of that one. It would occupy the caregiver's time in filling out a one-page questionnaire. It would require the caregiver to take it to a health care professional to fill out four more of the pages, and for a doctor to certify the senior's impairment.

And, the nephew noted with delight, it would spread the paperwork over to a whole new branch of officialdom. It would cut down on the time doctors had to give patient care. And it would create a whole new order of difficulty for caregivers who didn't have a family doctor.

During the organizing of the credit, there had been just one close call. A bureaucrat had suggested that all caregivers of parents over 70 could automatically receive the credit, without having a doctor fill out the six pager. But a deft slip of the pen changed an "or" to an "and." So that proviso remained in place only when the senior lives in the home of the caregiver, and not vice versa. Envisaging a couple aged 90 and 99, whose 65-year-old caregiver has to chase after a doctor to fill out the TP-752.0.14-V (2012-01) twice, the devil's nephew rubbed his hands with glee.

And thus it was that the tax credit for caregivers came to be so well organized that many caregivers simply relinquished it.

Dear readers, please recall that this is a cautionary tale. Taxpayer, beware. The devil is in the details.

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Page 8

The Tim Annesley Hockey Tournament

By Tina Annesley

The Tim Annesley Hockey Tournament (T.A.H.T.) will be starting up for its 17th year Friday night. Several local teams and a few away teams will be competing throughout the weekend to raise money for a local organization and families in need.

The Tournament began in 1995 after Tim Annesley, a local hockey player and good friend of the organizers, passed away suddenly in January of that year, leaving behind a wife and daughter. Four teams played in 1995 raising money for Tim's five year old daughter, Tina. The following year eight teams played in the T.A.H.T. By 1997 seventeen teams both with away and local teams were playing for the cause. In 1998, it was decided by the Annesley family that the money raised from the tournament should go to other local families in need or local organizations.

Annesley's old team, the Red and Blues, play every year in the tournament. "It's too bad we didn't have a big tournament when Tim was alive, he was always up to play in one," says Les Beaulieu, one of the organizers and Annesley's old teammate.

"Tim was as compassionate and



COURTESY

The Red-Blue team, Annesley's former teams combined present last year's profits of \$3000 to the director of Maison Aube Lumiere.

fierce competitor that I knew... on the ice but once the game was over all was forgotten and he mingled and talked and laughed with everyone, teammates and opponents. He simply was a generous, happy, and genuine friend. We were all blessed to have spent time with Tim and had him touch our lives in so many ways. And his legacy will always

be with us through hockey, the Annesley Tournament, Tina and his entire family whom we all love and cherish. Thank-you Tim," says Larry Paradis, organizer of the T.A.H.T and fellow hockey player.

This year fifteen teams are playing in the T.A.H.T. with three divisions: open, men's and women's. Five years ago the

first women's team entered the tournament. This year there are four women's teams playing. Two teams will be traveling from Maine and one team will be coming from the North Shore of Quebec.

Last year's tournament raised \$3,000 for the Maison Aube Lumiere, a hospice for cancer patients in Sherbrooke. A specific organization hasn't yet been confirmed for this year's profits.

"Tim would have enjoyed playing in this tournament and would be happy that it was put together and still going strong after so many years. Not just for his memory but for the good causes locally that the money is going to," commented Dufferin Annesley, Annesley's father.

"It's the 17th year, every year is different but it's always a fun weekend, and hopefully it will still be going strong in years to come. It's for a good cause and a nice way to remember the fun times with Tim," says Beaulieu.

The 17th annual Tim Annesley Hockey Tournament will begin Friday night, April 13 at 6 p.m. at the W.B Scott Arena at Bishop's University. It's free admission and open to all ages. A canteen will be held at the arena. T-shirts with a logo will be sold as well.

Food Festival Fundraiser at the Lennoxville Library

The next event in the Lennoxville Library's Centennial is the Food Festival Fundraiser, which is quickly coming up on Saturday, April 21. This event is for food connoisseurs and people who love to cook.

There will be cooking demonstrations by representatives of the Pampered Chef, Epicure Selections, and Tupperware. A recipe from each of the companies' recipe books will be made. Samples will be given. Three baskets of each company's top products will be up for raffle. Cook books that were published by the Parents Auxiliary at Bishop's College School will also be for sale. Additionally, there will be a display of cookbooks.

Pampered Chef has multiple gadgets and bake ware for all the needs of an amateur or proficient chef. Epicure Selections has bake ware and select food items, such as

spices and sauces. Tupperware is the most common company for food storage containers. Catalogues from each company will be available to enable visitors to order all items on site.

Lightly used cookbooks will be accepted at the Lennoxville Library this week for re-sale at the Food Festival. Various cook books will be available before and after the event at the library for loan.

The Food Festival Fundraiser will be held on Saturday April 21 at the Amédée Beaudoin Community Centre, 10, Samuel-Gratham St., Lennoxville, from 10 a.m. to 2 p.m. This event is open for all ages. Admission is free.

For further information on Library events and services, please consult the Library website at <http://www.bibliolennoxvillelibrary.ca/>.

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Bishop's and Sherbrooke sending players to East-West Bowl

By Jesse Feith

Canadian Interuniversity Sport has announced the rosters for the 2012 East-West Bowl, to take place on Saturday May 12, and among the many players selected are six players that Eastern Townships football enthusiasts should be familiar with as three Gaiters and three Sherbrooke Vert et Or are now set to take part in the contest.

The Gaiters will be represented by offensive lineman Adam Hughes, defensive lineman Elie Ngoyi and defensive back Ryland Smith while Sherbrooke will send halfback Patrick Chénard, receiver Gabriel Goulet and defensive lineman Emmanuel Thériault.

The game, now in its tenth season, showcases CIS players who will be eligible for the CFL draft after the following season as a way to give CFL scouts a clear glimpse into the future of the CIS. The East team is made up of players from the Quebec and Atlantic conferences along with Toronto, Ottawa and Queen's, while the West squad is comprised of

players from Canada West and the remaining Ontario teams.

The game will take place at Western University's TD Waterhouse Stadium for the fourth straight year after being previously held at other universities such as McMaster, Laval and Wilfrid Laurier for the last nine years.

During its ten years of existence, the weekend has developed into more than just the actual game as the players invited now have a chance to improve their talents as well as flaunt their skills to scouts through a variety of events during their stay in London, Ontario.

During the week the players will undergo daily practices, take part in the Under Armour Combine for participating players (May 8), the CFL Free Agent Combine for players eligible to attend 2012 CFL training camps and not participating in the East West Bowl (May 9), as well as a variety of coaching clinics given by eight CFL coaches.

The West team will be coached by reigning Vanier Cup champion McMaster Marauders' head coach Stefan

Ptaszek while the East will be led by Glen Constantin, the head coach of the Laval Rouge et Or, winners of five of the past 11 national championships.

"On an annual basis, the biggest showcase of Canadian university football talent - players and coaches - occurs at the CIS East West Bowl," said Ptaszek. "To work with the brightest minds and most gifted student athletes in our nation is a privilege and an honour. I look forward to the week of festivities and a great football game on May 12 in London."

Bishop's and Sherbrooke will also be represented on the coaching staff as the Gaiters' new head coach Kevin Mackey will serve as an assistant for the East squad, as will Sherbrooke's head coach David Lessard.

The players representing the two Sherbrooke-based universities should be able to handle the pressure of the big game and capitalize on their opportunity to showcase their talents. The Gaiters' Hughes is a 6-foot-5, 305-pound offensive lineman who has started for Bishop's for two consecutive years, including all nine games last season at the left tackle spot.

"He's been a pillar for us since he came here. His size, speed and smarts make him one of the best offensive linemen in our conference," said Mackey. Defensive lineman Ngoyi, a former Champlain Cougar, made 25.5 tackles and had one sack last year, compelling Mackey to call him the "leader of our front seven."

The third Gaiter going to the game, Smith, became a starter as a defensive halfback in 2011 and tied for the most passes knocked down in the CIS with nine throughout the season. He also made three interceptions along with 27 tackles. Coach Mackey believes he should be able to impress CIS scouts with his play.

"He has the size and versatility to play at the next level," said the Gaiters' coach. Bishop's is sending one player less to the game than last year when the school sent David Haddrall, Kyle Handy, John Jean-Baptiste and Harrison Maloney.



COURTESY

Elie Ngoyi one of three Gaiters who were selected to participate in this year's CIS East-West Bowl on May 12.

For Sherbrooke, halfback Chénard will enter the game having put together the most impressive season of all three Vert et Or players going, collecting four interceptions (good for fourth in the CIS) and 42 solo tackles (eighth overall in the CIS) in his nine games played. Defensive lineman Thériault ranked 12th in two categories among the CIS last year, both in sacks and sack yards, collecting 40 yards in 5.5 sacks.

The game's tipoff is set for 1 p.m. on Saturday May 12, as the East team will be looking to keep their winning streak going, having won the previous two games. Overall, the West team has won six of previous nine games, including the first four editions.



COURTESY

Sherbrooke's Patrick Chénard, seen here collecting one of his four interceptions last season, will represent the Vert et Or along with receiver Gabriel Goulet and defensive lineman Emmanuel Thériault at the 2012 CIS East-West Bowl.

Goodell upholds penalties for Payton, Loomis, Vitt and Saints in bounty case

By Barry Wilner
THE ASSOCIATED PRESS

Sean Payton now knows for certain he won't be coaching in 2012. And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over a team seeking its fourth straight trip to the playoffs.

NFL Commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the league's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked targeted opponents out of games or hurt them enough that they required help getting to the sideline.

In addition to upholding Payton's suspension, which begins next Monday and

runs through the Super Bowl — in New Orleans next season — Goodell also upheld suspensions of eight games for general manager Mickey Loomis and six games for assistant head coach Joe Vitt, along with a \$500,000 fine for the franchise and the loss of second-round draft picks this year and next.

Loomis, who declined comment Monday, and Vitt begin their suspensions after the preseason ends.

The Saints case represents perhaps the starkest example yet of the sea change that the NFL has undergone since medical research and media reports on the long-term damage suffered by football players through concussions began to gain attention a few years ago.

While former players say off-the-books incentives have been around for years, and current players say the tough

talk about getting after specific opponents happens in locker rooms throughout the NFL, Goodell responded to the Saints case by handing out stern penalties.

Former defensive coordinator Gregg Williams, who left the Saints after last season to join the St. Louis Rams, ran the bounty program and has been suspended indefinitely. He did not appeal.

The NFL has said Williams' bounty system, which ran from 2009 through 2011, offered cash payments of \$1,500 for "knockouts," in which an opposing player was knocked out of a game, or \$1,000 for "cart-offs," in which an opponent needed help off the field. The league has said the bounty pool grew as large as \$50,000, reaching its height in the 2009 season, when New Orleans won its only Super Bowl.

The investigation also found that Payton initially lied to league investigators about the existence of a bounty program and instructed his defensive assistants to do the same. It also found that Loomis did not do enough to put a stop to the enterprise after he was informed the league was looking into it in early 2010.

Payton twice apologized for his role in the bounty program, saying he takes "full responsibility" for allowing it to flourish.

The NFL has said as many as 27 players also could be sanctioned in the scandal, but it is not yet clear when that might happen, creating additional uncertainty for New Orleans and some teams that have signed former Saints defensive regulars as they tried to build their 2012 rosters.

ASK DOCTOR K

Both genetics and stress play role in going gray

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I am a 43-year-old woman whose hair has gone quite gray in the past year. I've had a fairly stressful year, and since the change in my hair felt quite sudden, I'm wondering if stress could have caused it. If not, what else might be the culprit?

DEAR READER: It's easy to assume that stress causes gray hair, because there appears to be evidence all around us. Take President Barack Obama as an example.

Compare photos of Obama taken before he ran for president to more recent pictures. You'll notice a distinct difference. His hair used to be consistently dark brown. Now, there are areas of gray dotting the landscape. Is the stress of running a country to blame?

Each hair in your head keeps the color it has. If a single strand of hair starts out brown (or red or black or blond), it is never going to turn gray. If a hair is not gray, no amount of stress can turn that hair gray. If you have a head of brown hair, and then experience the greatest possible stress, your brown hair won't turn gray just like that.

But stress definitely can affect your hair color. It does so by influencing the color of new hairs. Each hair is produced by a single hair follicle. Hairs on the scalp typically live two to five years. When a person's old brown hair dies, the hair follicle that produced the old hair now starts producing a new hair. After we reach age 35, the new hairs produced by a hair follicle tend to lose color, in comparison to the last hair produced by that follicle.

How does stress affect hair color? First, by causing hairs to fall out — to die young. Stress can cause hair to shed at about three times the rate it normally does. The hair grows back, so the condition doesn't cause balding. But if you're middle-aged and your hair is falling out and regenerating more quickly because of stress, it's possible that the hair that grows in will be gray instead of its original color.

For example, it seems to me that our last two presidents have turned gray pretty fast, maybe faster than they would have if they had not shouldered the burdens of the presidency.

Genetics also influences whether and when you turn gray. In fact, it's probably a stronger cause of graying hair than stress. Look at past generations of your family. This will give you a better indication of when or if you'll go gray than your current stress levels.

We have more information on aging in our Special Health Report, "Living Better, Living Longer: The Secrets of Healthy Aging." You can find out more

Death



Lawrence HARRISON

Passed away peacefully at the CHUS Fleurimont, on Friday, April 6th, 2012, at the age of 63.

Beloved son of the late Gordon Harrison and of the late Leona Bailey. Loving father of Christal (Mathieu Potvin), Holly (Adam Buzzell). Cherished grandfather of Alexandre, Skyler, Dakota and Kordel. He also leaves to mourn his sister and brothers Keith (Gertrude), Jeff and Audrey (Garfield), as well as several nieces and nephews and many friends.

Resting at the Cass Funeral Home, 15 Station St., Sawyerville, on Wednesday, April 11 from 11:00 a.m. to 12:30 p.m. The funeral service will take place at 1:00 p.m., at the St-Paul's church of Bury, with Rev. Wanda Dilabough officiating.

Interment will follow at Eaton Corner Cemetery.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Death



Marjorie ROSS

At the Magog Hospital, on Thursday, April 5, 2012 Marjorie Turner in her 100th year.

Beloved wife of the late Malcolm Ross.

Dear mother of Neville (Judy), Karen and Allison (Antoine Gaudette) and devoted grandmother of Mitchell and Brian Ross, Donald and Robert Beland, Steven, Shawn and Terry Gaudette and their spouses and 8 great-grandchildren. Survived by one niece and two nephews.

Resting at the Cass Funeral Home, 3006 College St. Sherbrooke, where family and friends may call on Wednesday, April 11, 2012 from 1 to 2 p.m. followed by the funeral service at 2 p.m. Rev. Deanne Moffatt officiating.

Interment in Elmwood Cemetery. As memorial tributes, donations to the Elmwood Cemetery, C.P.751 STN Place de la Cité, Sherbrooke, QC J1H 5K7 would be acknowledged by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Death



Martha ENGELMANN

Peacefully at the Pavillon St-Vincent, on Wednesday, April 4, 2012 at the age of 97.

Martha Siebert beloved wife of the late Gerhard Engelmann and loving mother of Frank (Françoise Murphy) and Gerhard (Marlies Hoffmann) and cherished grandmother of Ricky (Hélène Pelletier), Nicole and Peter.

Resting at the St. George's Anglican Church Lennoxville, where friends may call on Saturday, April 14, 2012 from 1 to 2 p.m. followed by the funeral service at 2 p.m. Rev. Wanda Dilabough officiating.

Interment in the Malvern Cemetery. As memorial tributes, donations may be made to Vitae Foundation, 375, rue Argyll, Sherbrooke, QC J1J 3H5 would be appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
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about it at my website.

DEAR DOCTOR K: I've always enjoyed an occasional drink, but often lately I've been reaching for a glass of wine to help me relax. Could I have a problem?

DEAR READER: Just the fact that you're worried raises a red flag for me. If your drinking creates difficulty for you personally, socially or at work, then your drinking may be a problem.

Several screening tests can help determine if you have a drinking problem. For example, answer the following questions:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt guilty or bad about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves, get rid of a hangover or as an eye-opener?

If you responded "yes" to any one of these questions, you may have a drinking problem. If you responded "yes" to more than one question, it's highly likely that you have a problem.

If you can see that your drinking is

not only causing you concern but causing you problems, you may be abusing alcohol. What kind of problems do I mean? For example:

- You've been failing to fulfill major work, school or home responsibilities.
- You've been drinking in situations where it's physically dangerous to do so (like while driving a car).
- You've been drinking despite relationship problems caused or worsened by drinking.

We've all seen people who get moderately drunk: They become loud and argumentative and say inappropriate things. We've seen people who get very drunk: Their speech is slurred, they stagger when they walk, they drink themselves into a stupor. They have withdrawal symptoms such as sweating, shaking or nausea if they don't have a drink.

It's tempting to tell yourself, "Well, I'm not like that, so I don't have a drinking problem." But if you responded "yes" to any of the first four questions, or if you have any of the problems mentioned above, you probably do have a drinking problem, or are well on the way to one.

In Memoriam

FIELDS, Stuart - April 10, 2012. Two years have passed.

God has you in His keeping.

We have you in our heart.

Lovingly remembered,
ELLA & FAMILY

So what you should be telling yourself when you see someone who clearly is drunk is that you're lucky you don't have a serious problem — yet. You also should understand that you could be on the road to a serious problem, and that the sooner you deal with it, the more you will be able to turn it around.

We have a lot more information on problem drinking and what to do about it in our Special Health Report, "Alcohol Use and Abuse." You can find out more about it at my website.

Talk to your doctor about your concerns. If there's a chance you have a problem, work with your doctor to determine the best treatment options for you.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$25.00 (\$28.74 taxes included) **WITH PHOTO:** \$35.00 (\$40.24 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.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-877-790-2526, www.aa.org

LENNOXVILLE

UPLANDS and the Estria Woodwind Quintet invite you to the Chamber Music concert: French Impressions, on April 21 at 8 p.m. (at St. Andrew's Church). With guest pianist Cheryl Stroud, presenting music from Dela, Piern, Ibert, de Ropartz, de Rohozinski & Ravel. Admission charged. For more information or to make a reservation, please call (819) 564-0409.

BULWER

Everyone is welcome to our annual Spring Brunch on Sunday, April 15 from 11 a.m. to 2 p.m. at the Bulwer Community Centre. Treat yourselves to our delicious menu of home made pancakes with maple syrup, eggs, bacon, sausage, baked beans and scalloped potatoes and more - all home made. Music by Jan Graham. Drawing for a grocery box. This "traditional" brunch supports the Eaton Corner Museum. Good food for a good cause! For more information call Serena

Wintle 819-875-5210.

AYER'S CLIFF

Spring Brunch on Sunday, April 15 at Beulah United Church, Ayer's Cliff from 11 a.m. to 1 p.m. Bring your special someone and enjoy a delicious meal of bacon, sausage, ham, scrambled eggs, pancakes, real maple syrup, homemade baked beans, toast, jam, fruit salad, coffee, tea and juice. All are welcome!

LENNOXVILLE

Ladies, you're invited to the April 12 meeting of the Women's Connection at the A.N.A.F. "Hut", 300 St. Francis St., Sherbrooke, 9:30 a.m., for a Fashion Show with the Hatley Outlet. Enjoy pianist/soloist, Donna Forde of Magog, who will also be the guest speaker, her topic: Lifestyle Changes. If you're not on a meeting reminder calling list, make reservations/cancellations by calling Pat Bryant 819-562-8560.

SAWYERVILLE

Spaghetti Supper Fundraiser for the Sawyerville Elementary School on Saturday, April 14 from 4:30 p.m. to 7 p.m. at the Catholic Church. Menu includes spaghetti, salad, rolls, juice and dessert. Everyone welcome.

BULWER

The Bulwer Q.F.A. will meet on Thursday, April 12 at the Bulwer Community Centre at 8:30 p.m. Pot-luck lunch. All welcome.

NORTH HATLEY

Thursday, April 26, 5:30 p.m., Waterville-

North Hatley and Minton United Churches will hold their annual Chowder Supper at 3127 Capelton Road, North Hatley. Fish and Corn Chowder, hot dogs, pie. Reservations: Marg C. 819-842-4661.

WATERVILLE

Wednesday, April 18, 9:30 a.m. to 2:30 p.m., U.C.W. Presbyterian annual meeting at the Waterville-North Hatley United Church, 460 Principale, Waterville. Guest speaker: Normand Levesque of the Green Church. Lunch provided at a reasonable price. Everyone welcome.

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, April 15 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham and much more. All welcome. Info: 819-346-9122.

STANSTEAD/MANSONVILLE/MAGOG

CEDEC Small Business Support Network (SBSN) invites business owners to Planning Your Online Marketing Strategy, a practical workshop facilitated by online marketing expert Kim Nichols. Come find out what SEO, PPC and Content Marketing really mean. And learn how to reach customers through a sound online marketing strategy! Offered in 3 locations: Stanstead (April 17), Mansonville (April 18) and Magog (April 19). Register by April 11. Discount available to CEDEC SBSN members. Cold buffet supper included. Register online at

<http://sbsnonlinemarketing.eventbrite.com/> or for more information: 1 (866) 566-7228, dawn.copping@cedec.ca.

LENNOXVILLE

Lennoxville Curling Club will be holding their annual closing supper on Saturday, April 14, 2012 from 5:30-7:30 p.m. at the club on 6 Speid Street. This dinner will include a delicious pork, beef, and chicken mechoui, with baked potatoes, salads, desserts. Everyone is welcome.

LENNOXVILLE

The Ladies' Auxiliary of the A.N.A.F. Unit 318 will hold a Flea Market on Sunday, April 14 at the Hut, 300 St. Francis, Lennoxville. To rent a table, call Emily at 819-562-8693.

...

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

I'd even love to go to the movies together and hold hands

Annie's Mailbox

Dear Annie: During the past 25 years, Youth Service America has mobilized millions of youth across the globe to do good in their communities - an estimated 16 million! These amazing kids do everything from advocating for more affordable housing to raising awareness about organ donation, from tutoring younger children to fundraising to fight cancer, and all to raise awareness and solve the problems facing the world today.

To celebrate their ingenuity, idealism and passion, please remind your readers that the 24th Annual Global Youth Service Day will take place April 20-22, 2012. More than 1,000 national and global partners in more than 100 countries will bring together millions of young people to strengthen their communities through the power of youth service.

For more information, your readers can visit www.YSA.org and www.GYSD.org. - Sincerely, Steven A. Culbertson, President and CEO, Youth Service America

Dear Steven Culbertson: Thanks so much for letting us once again mention this worthwhile project. We hope all our readers, young and old, will check out the websites you mention and become involved in local volunteer programs. It's also a wonderful educational opportunity for teachers and students.

Dear Annie: I am in my late 40s, mar-

ried for 13 years. I was widowed early in my first marriage, and my husband is divorced with children. I knew from the start that we were from different worlds and had few common interests, but I thought that would change over time.

Now I wish we had dated longer. Over the past seven years, we have had little interaction. I do my thing, he does his. We haven't been intimate or even affectionate for close to a year. We haven't said "I love you" in forever. Our flame has blown out.

I have tried to speak to my husband about this, and he says I am making something out of nothing. We both are still young. I want to be embraced by longing arms, say I love you and know it is reciprocated. I want to cuddle, laugh, share, talk, look into his eyes with excitement and feel wanted. I'd even love to go to the movies together and hold hands. Am I expecting too much? - Roommate

Dear Roommate: You might be expecting more than your husband is capable of giving, but it's not too late to address it and figure out your best course of action. Suggest that your husband see his doctor and check his testosterone levels and other possible medical conditions. Then ask him to go with you for counseling so you can work on your

communication and intimacy issues. If he refuses, go without him and decide what you can live with. But thank you for providing a word of caution to those who rush into marriage and believe the other person will change.

Dear Annie: I'd like to comment on the letter from "Hands Tied in Michigan," whose husband works out of state and sometimes doesn't call when he's back from dinner with the guys.

From my male point of view, I'd say her husband is going out to topless bars with the guys, maybe even having sex with the strippers after hours. Obviously, he can't call home to "The Wife" if he's with a young girl who thinks he's not married, nor can he answer his cellphone in the topless bar, because his wife would hear the loud music in the background.

The wife should hire a private investigator to follow her husband around each evening after he gets off of work. One full week ought to reveal whether he is partying more than he should be. - A Man Who Knows in New York

Dear Male: Your cynical scenario is, of course, one possibility, but we hope there are more benign reasons behind the lack of phone calls.

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

St. George's, Ayer's Cliff card party

April 2 was a little cooler day than two weeks ago, but we had nine tables of keen players for our 500 card party.

The winners were as follows:

Ladies' high - Betty Davis, ladies' second - Marion St. Onge, ladies' low - Elvera Patterson. Men's high - Harris Olsson, men's second - Archie St. Onge, men's low - Bob Nish. Food basket - Isabel Nelson, Marked plates - Bob Nish, George Peasley. Skunk - Elvera Patterson, 9 No Trump - Mac Juby, Trick with the 4 of Hearts - Clarence Rolleston, Jelly Bean Guess - Hugette Morgan.

Each person went home with a door prize and enjoyed a delicious lunch.

We wish everyone a Happy Easter and hope to see you again on April 16, 1:30 p.m., at the Legion Hall, Rosedale St., Ayer's Cliff.

Submitted by
Greta Nish



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CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

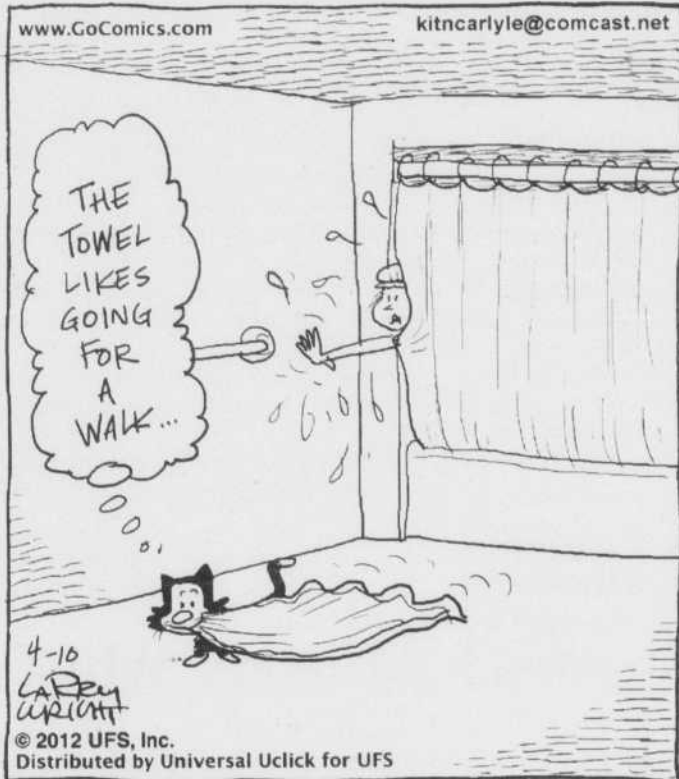
"FAO CAW'L MRZY LA POXW PAAJD
LA CYDLXAF R BOGLOXY. UODL HYL
VYAVGY LA DLAV XYRCEWH LMYK."
— XRF PXRCPQXF

Previous Solution: "Courage is doing what you are afraid to do. There can be no courage unless you are scared." — Eddie Rickenbacker

TODAY'S CLUE: A sjenbe Z

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KIT N' CARLYLE



HERMAN

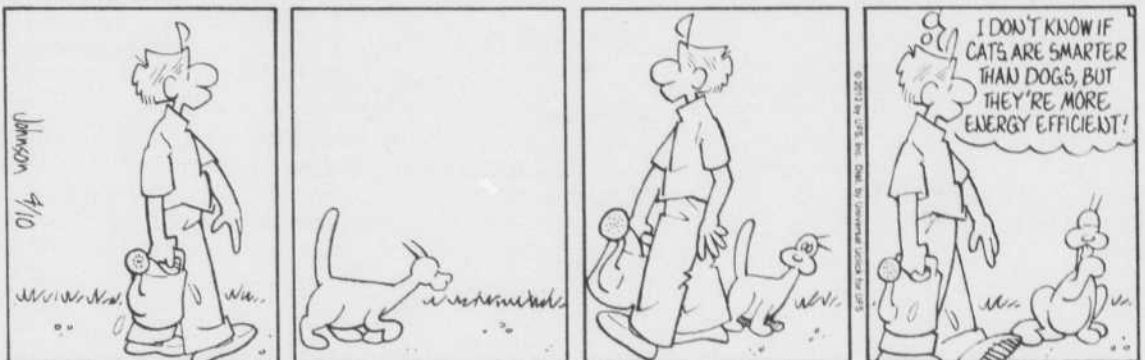


"When are you people going to get that elevator fixed?!"

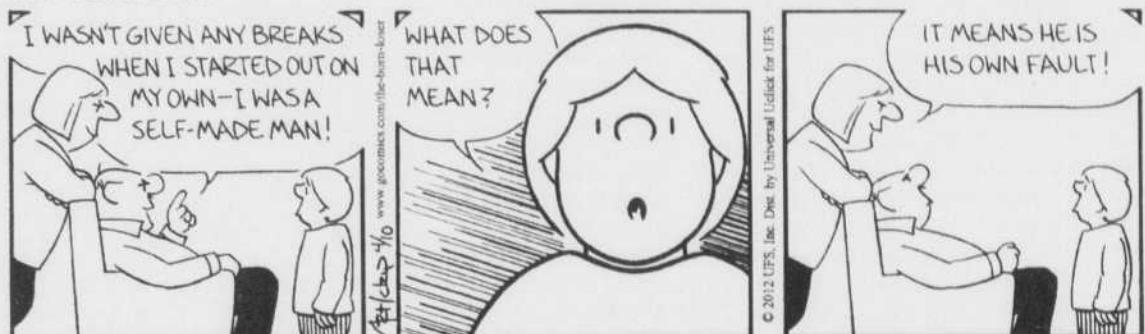
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Information and donations:
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Bulwer Golden Age

March 26 - On a very cold day, old man Winter was back at work. Mr. Sun showed up amongst the flurries.

Bowlers were few, although they played a few games. A request for more bowlers would sure help the faithful bowlers. Four more would be great. Come and see the pleasure you could enjoy and a great meal. There was also 2 Cribbage players and 8 tables of 500 played.

Supper was a Sugar Camp meal consisting of omelet, beans, ham, sausage, camp style potatoes, pancakes and syrup, tea and coffee and finished off with pudding chomeur. Cheers to the cooks. Grace was said by Margaret and 48 members enjoyed the meal.

Door prizes were won by Jean Naylor, Helena McComb, Reta Mackay and Grace Betts.

April Anniversaries are Mac & Diane Learned, Laura & Leo Fleury, as well as Keith & Margaret.

Harris Olsson told us a story about seniors and then the meeting came to a close.

Drive safely, take care. God bless our sick ones. Wishing them a speedy recovery.

Submitted by
Margaret Vintinner

Military Whist

On March 22, 2012, the Ladies Auxiliary of Branch #15 were happy and honoured to have players at 21 tables for our Military Whist party.

Everyone was given a warm welcome in both languages and after a few announcements were made, the games began.

All the required moves made, the next move was to the lunch table. Francis Saffin was celebrating his birthday and was presented with a cupcake bearing a candle, congratulations, followed by the awarding of the prizes.

First, was a three way tie, with 27 points, group 1 - Ian Smith, Judy and Francis Saffin and Pierrette Fortier, group 2 - Jeannine Gosselin, Henri Bureau, Suzanne and Marcel Tremblay, group 3 - Shirley and Claude Letourneau, Peter and Gail Hill. Second prize was a two way tie, group 1 - Marie-Beth and Gerald Skerry, Diane and Marcel Bergeron, group 2 - Shirley Provis, Willey Leblond, Marc Provis and Mary Verholf. Low score, with 9 points, were Ben Poulin, Lynn Donahue, Vera Hughes and Nicole Clark.

Door prizes were won by Patsy Biggs, Noel Gregoire, Ruth Mountain, Mildred Holliday, Bev Jones, Matty Banbill, Linda Badger, Helen Knowles, Pauline Lamarre, Francis Saffin, Alli VanderWal and Gail Hill. Grocery boxes were won by Alli VanderWal and Pauline Lamarre.

The Ladies Auxiliary would like to thank everyone for their continued support and hope to see you again on April 19, 2012.

Respectfully submitted
Mildred Holliday

SUDOKU

Difficulty: 2 (of 5)

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

4-9-12

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

SUDOKU

Difficulty: 3 (of 5)

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

4-10-12

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Your Birthday

Tuesday, April 10, 2012

In the year ahead, you are apt to become involved with three individuals whose philosophy and politics differ considerably from yours. Nevertheless, in each instance a powerful and strong friendship will develop.

ARIES (March 21-April 19) — Because you will be able to translate your ideas into action much faster than any of your associates, you'll get out in front of the pack long before they're able to figure out what happened.

TAURUS (April 20-May 20) — An arrangement that has been giving you many problems is likely to ultimately work out well. Although you'll contribute to this outcome, outside factors will mostly be responsible for it.

GEMINI (May 21-June 20) — If you're presently unattached romantically and finding it somewhat boring, don't turn down any forthcoming invitation. There's a strong chance that you could meet someone you'd like.

CANCER (June 21-July 22) — A friendship you recently made with someone in your line of work might be able to help you get ahead. Follow his or her lead.

LEO (July 23-Aug. 22) — Something unique might transpire that will show you the value of friendliness. As a result, you could find yourself a bit more popular than others in your peer group.

VIRGO (Aug. 23-Sept. 22) — Just be-

cause something isn't working out as you had anticipated doesn't mean that you can't do anything about it. Make the necessary changes; your fate is in your own hands.

LIBRA (Sept. 23-Oct. 23) — Something that can't be done without the support of others can take a turn for the better. However, it will be up to you to take advantage of this good fortune while things are going your way.

SCORPIO (Oct. 24-Nov. 22) — You could make some serious bank, but only if you work on ways to make the right things happen. Don't think you can leave it up to Lady Luck to do all the work.

SAGITTARIUS (Nov. 23-Dec. 21) — In order to be a good leader, a couple of things must be put in place. First, you need to set a good example for others to follow, and second, you should be willing to take risks.

CAPRICORN (Dec. 22-Jan. 19) — You'll do quite well at whatever you attempt right now. Others aren't likely to be envious of what you accomplish because you'll involve them in the fruits of your gain.

AQUARIUS (Jan. 20-Feb. 19) — Having good friends means a lot to you, and you mean much to your pals. Your fierce sense of loyalty is a major reason why you have so many. Be sure to exercise that trait today.

PISCES (Feb. 20-March 20) — Important things you do are likely to produce ripples. As a result, everything looks good for you both financially and socially.

Tuesday, April 10, 2012

When to sit back and relax on defense

By Phillip Alder

Hermann Ebbinghaus, a German psychologist who pioneered the study of memory, said, "Mental events are not passive happenings but the acts of a subject."

This week we are looking at mental events of subjects — players — on defense: when to be active and positively try to establish and win tricks, and when to be passive — sitting back and waiting for tricks to fall into your lap.

The first indication that you should be passive comes when the opponents have struggled to get to their contract, squeezing every ounce out of their cards — as in this deal.

What should West lead against four spades?

South opened one spade. North raised to two spades. South paused, consulted the cracks on the ceiling and then bid three spades. North also paused, not liking his 4-3-3-3 distribution, then shrugged his shoulders and bid four spades. Yes, South should have rebid two no-trump (and reached a makeable three no-trump), or three clubs, a help-suit game-try (and still got to four spades).

If the trumps were 4-1, it would be a

North				04-10-12
♠ Q 8 5				
♥ 9 6 4				
♦ J 5 4				
♣ K Q 7 2				
West		East		
♠ 9 3 2		♠ J 10		
♥ K J 5		♥ 10 8 7 2		
♦ Q 7 6 2		♦ K 9 8 3		
♣ J 9 4		♣ A 8 6		
South				
♠ A K 7 6 4				
♥ A Q 3				
♦ A 10				
♣ 10 5 3				
Dealer: South				
Vulnerable: Both				
South	West	North	East	
1 ♠	Pass	2 ♠	Pass	
3 ♠	Pass	4 ♠	All pass	
Opening lead: ??				

good moment to make a penalty double, but the distribution looks more docile. East-West should just hope that the contract doesn't make.

The safest lead is surely a trump (as it often is when you wish to defend passively). And after that start, declarer should go down.

Any other lead gives away both a trick in that suit and the contract if South works out what to do. (To stop the mail: Yes, West could lead the diamond queen and still defeat the contract. But who would do that?)

CROSSWORD

Across

- 1 Dark, to a poet
- 5 Tony who played a sitcom 17-Across employee
- 10 Sitters' charges
- 14 Lee with frozen desserts
- 15 Barkley who served under 41-Across
- 16 "... thunder, lightning, __ rain?": "Macbeth"
- 17 It arranges pickups
- 19 Modest dress
- 20 Like a crowd in awe
- 21 End-of-week exclamation
- 22 Vagrants
- 25 Emir
- 28 Mecedades hit whose title means "you are"
- 30 Golf units
- 31 Slippery swimmer
- 32 How Dennis Eckersley pitched
- 36 Simple ... or a hint to the hidden puzzle

zle theme in 17-, 25-, 50- and 59-Across

- 40 Desexes
- 41 FDR's successor
- 44 Outbursts that provoke blessings
- 47 Harley alternative
- 50 Maryland seafood fare
- 54 The Lusitania, e.g.
- 55 Sidewalk border
- 56 Guitarist, slangily
- 58 Carlisle's wife in "Twilight"
- 59 Sit-up relatives
- 63 It may be barred or bolted
- 64 Songs for two
- 65 English aristocrat
- 66 __, meeny ...
- 67 Muslim god
- 68 June 6, 1944

chant

- 33 Believer's suffix
- 34 Gray hair disguiser
- 35 Place for a ring
- 37 Elitism
- 38 Fed. anti-discrimination org.
- 39 Biggers's detective
- 42 54-Across pronoun
- 43 Pit goo
- 44 Acquiesce
- 45 Defoe title surname
- 46 Longtime Tiger Woods coach Butch

- 48 Astronaut Shepard
- 49 Chopped, as garlic
- 51 Afghan capital
- 52 Stand out in a field
- 53 Mattress giant
- 57 Sled dog command
- 59 Drillers' org.
- 60 "I've been __!"
- 61 Important time
- 62 Surreptitious

Down

- 1 Key to the left of F1
- 2 Sheepish reply?
- 3 Heavenly body
- 4 Cheese-topped snacks
- 5 Electricity generators
- 6 __-Bits: cereal
- 7 Pro hoopster
- 8 "The Prisoner of __"
- 9 Vague quantity
- 10 Tiny fairy tale hero
- 11 Starting point
- 12 Cleaned (up)
- 13 Searches like a detection dog
- 18 Give the boot
- 22 Donkey syllable
- 23 Cinnabar or magnetite
- 24 Lugosi of "Dracula"
- 26 Having a lot of nerve
- 27 Chef Cat __
- 29 Patriotic Olympics

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

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
				20							21			
22	23	24				25				26	27			
28						29				30				
31						32	33	34	35					
				36	37	38						39		
						40						41	42	43
44	45	46								47	48	49		
50						51	52	53		54				
55						56				57				
58						59						60	61	62
63						64						65		
66						67						68		

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