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THE RECORD

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TUESDAY, JUNE 18, 2013

Fracking causes friction for Melbourne group

By Nick Fonda
Special to The Record
MELBOURNE

The Regroupement de gaz de schiste du Canton de Melbourne, a group which has been active since April of 2012, along with representatives from the le Regroupement interrégional gaz de schiste de la Vallée du Saint-Laurent, took to the streets of Acton Vale and Drummondville on Thursday (June 13) to protest proposed amendments to the laws that protect our water.

These amendments would permit fracking within 300 metres of water sources rather than the two kilometres that are current in at least 65 municipalities that have followed the lead of St-Bonaventure. They would also permit fracking only 400 metres below the aquifer when the industry itself used 1,000 metres as a precaution. These distances would permit exploration and extraction almost everywhere in rural Quebec.

Fracking involves injecting large amounts of water (usually mixed with sand and chemicals) deep underground at high pressure so as to cause fractures in the rock to release petroleum or natural gas. Fracking has been used commercially since 1949 and today 60 per cent of new oil and gas wells worldwide are the result of fracking.

There is, however, much opposition to fracking which has the potential of contaminating ground water, depleting reserves of fresh water, affecting air quality, releasing chemicals, and even contaminating the ground. In a number of countries, fracking has been either suspended or banned.

CONT'D ON PAGE 5

What's that smell?

New research suggests a way to cut cow methane, increase milk output



GORDON LAMBIE

Dr. Chaouki Benchaar at the Lennoxville Dairy and Swine Research & Development Centre.

Gordon Lambie
Special to The Record

Dr. Chaouki Benchaar, a specialist on nutrition and metabolism of ruminant animals at Agriculture and Agri-Food Canada's Dairy and Swine Research and Development Centre on the outskirts of Lennoxville, has produced research to suggest that with the right feed, farmers could be simultaneously increasing the milk production of dairy cattle while decreasing the amount of harmful greenhouse gasses

they produce. The method, which relies on feed derived from the byproducts of ethanol production, stands to improve milk outputs by increasing a cow's overall energy by as much as five per cent.

"I'm addressing quantifying and reducing methane emissions from dairy cows," Benchaar said, "methane is a potent greenhouse gas, and its production is directly linked to the agriculture sector, in particular to livestock production, more particularly to ruminant production systems.

The term ruminant literally means,

"to chew the cud," and refers to animals like cattle, sheep, and goats that regurgitate partially digested plant matter to chew it again and further stimulate digestion. According to Benchaar, the length and bacterial nature of this digestion process leads to a fermentation of the plant matter, causing a build-up of methane gas.

"Most of the methane emitted by these animals is produced in the stomach of the cow, that's why we call them

CONT'D ON PAGE 4

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Sherbrooke beaches, pools open this week

SHERBROOKE

Sherbrooke's beaches and outdoor swimming pools will be open a couple of days earlier this summer thanks to an additional \$40,000 in to the city's water sports budget. The two beaches and 12 pools will be open for business this Wednesday, June 19. Now, if we can only get the weather to cooperate.

At the Lucien-Blanchard beach, the swimming season will continue until Labour Day, Monday, September 2. At the Plage-Municipale in Deauville, however, the season will be cut short on Aug. 1 to allow for the Canada Summer Games.

The city's 12 outdoor pools will be available for free bathing from 12:30 to 7:30 p.m. from Wednesday, June 19 to Sunday August 18. Between August 19 and 25, one swimming pool per borough will remain open.

Citizens are invited to consult sherbrooke.ca/piscines for individual pool schedules.

Weather



TODAY:
MIX OF SUN
AND CLOUD
HIGH OF 17
LOW OF 9



WEDNESDAY:
SUNNY
HIGH OF 21
LOW OF 5



THURSDAY:
MIX OF SUN
AND CLOUD
HIGH OF 23
LOW OF 6



FRIDAY:
MIX OF SUN
AND CLOUD
HIGH OF 25
LOW OF 9



SATURDAY:
SHOWERS
HIGH OF 25
LOW OF 13

Major fundraising campaign to provide Orford Arts Centre students with means to shine

ORFORD

The Orford Arts Centre (OAC) is initiating the second phase of its major fundraising campaign, the goal of which is that of consolidating the Academy's scholarship funding. We are pleased to announce the nomination of Jules Paquette, co-founder and president of the company Boréal, as chair of this major fundraising campaign.

"Because I have several musicians in my environment, both in my family and within my company, I care about the Orford Arts Centre cause. Moreover, I feel that Boréal and the Orford Arts Centre are two institutions that allow the area to shine throughout the world. By coming together, we can bring out the best of both organizations, said Paquette. He will be joining Claire and Laurent Beaudoin, chairman of the board of directors at Bombardier, who will act as honorary campaign co-presidents.

Mr. and Mrs. Beaudoin have reiterated their longstanding commitment to the OAC. "We chose to get involved with the Orford Arts Centre so that we could support the next generation. We strongly feel that every young, talented musician must have access to better training, regardless of their socioeconomic situation," emphasized Mr. Beaudoin.



COURTESY

From left to right: Nicole Fontaine, President of the Board of Directors of the CAO; Jules Paquette, campaign chairman and co-founder and president of Boréal, Claire and Laurent Beaudoin, co-chairs of the honorary committee, Jean-François Rivest, artistic director of CAD and François Tétreault, OAC Executive Director.

Goals of the major fundraising campaign

In November 2011, the OAC initiated its major fundraising campaign with the goal of \$3.6M. The first phase was used for capital upgrades that included the renovation of the Gilles-Lefebvre Concert Hall, rehabilitation of student residences and improvements to the Festival and the Academy. The campaign is now entering its final phase, the goal of which is to raise \$1.5M to strengthen the Academy's scholarship funding.

Every year, the Academy welcomes some 500 musicians who come to participate in top-quality training with great masters such as André Laplante, Kent Nagano and

Suzie Leblanc. Of these, over 50 per cent receive a scholarship. The scholarship amount can be as much as \$800 per week, which completely covers the cost of admission to the Academy. The Academy's reputation for excellence stretches beyond the borders of Quebec. It attracts the best musicians from around the world seeking to fine-tune their skills before beginning their professional career (from Quebec: 34 per cent; the rest of Canada: 27 per cent; the United States: 25 per cent and the rest of the world: 14 per cent). Every year, over \$200,000 is disbursed in scholarships. The Orford Academy Orchestra's interns also benefit from various grants, which brings the total

amount of money granted to students to almost \$300 000.

The Orford Arts Centre contributes to the area's cultural offerings through its festival that allows young students to interact on stage with professional musicians and the public to hear exceptional musicians. Students also get a chance to take part in the Beaux Concerts de la Relève series and the Orford Sur la Route series concerts.

A contribution to the OAC's major fundraising campaign is a contribution to the area's development and the emergence of young, promising musicians. For those who would like to make a donation, please visit the OAC's internet site: www.arts-orford.org.

UdeS awards \$1.5 million in full post-grad scholarships

With its new program of fellowships for graduate studies, the Faculty of Medicine and Health Sciences (FMHS) at the University of Sherbrooke is offering forty scholarships totaling \$1.5 million for health research. Based on the excellent academic record of the candidates, each scholarship covers the entire duration of the curriculum at the mas-

ter's or doctorate level. The scholarship program is based on a student sponsorship. "We ask individual donors who have the education of students in higher education and health research, at heart," says Prof. Jean-Pierre Perreault, Vice-Dean of Research and Graduate Studies of the FMHS. The amount received is then doubled by matching financial efforts of

teachers and faculty. Thus, the donor donates 50 per cent of the award, with the rest coming from faculty.

The program is the heart of the internal fundraising campaign launched this fall at the FMHS, a campaign that has exceeded its objectives. The amounts raised will help to sustain the program and award scholarships each year.

"In addition to supporting

our students in training, this unique scholarship program has a positive impact on our concrete research," said Dr. Pierre Cossette, dean of the FMHS.

"To have such a generous and innovative program of scholarships also responds to our society's need for research that is increasingly critical to the health of the population," added Cossette.

Ben by Daniel Shelton



LOCAL NEWS

The exact nature of some of the substances seized will need to be verified through chemical analysis.

Overdose leads to trafficking bust

Record Staff
MAGOG

At Around 10:20 p.m. on Sunday June 16, police were called to assist an ambulance on Ch. de la Montagne in Ste-Catherine-de-Hatley. A man was unconscious following an overdose of drugs. A woman at the scene was arrested for drug trafficking, and possession of cocaine, GHB, methamphetamine, cannabis, and prescription drugs. Various items used for

consumption were seized. The exact nature of some of the substances seized will need to be verified through chemical analysis.

Six people were also arrested over the weekend for drinking and driving in the Memphremagog MRC. A 53 year-old man from St-Hubert was stopped while driving with over twice the legal limit of alcohol in his blood, as was a 48-year old Magog man. Another Magog man was caught above the legal limit, while three young drivers were sanctioned for dri-

ving after having consumed alcohol while under zero-tolerance licence restrictions. One of these, a 22-year old Sherbrooke woman had more than twice the allowable level of alcohol in her blood while her 22-year old passenger was arrested and charged with possession of drugs with the intent to traffic.

Finally, a dozen vehicles whose doors were unlocked were robbed during the night of June 15-16. Money, a DVD player, a GPS, and an iPod were stolen.

Speed ends in arrest, accident in Haute-Yamaska

Record Staff

Officers from the SQ highway patrol found themselves tracking a motorist in a considerable hurry early last Friday morning, eventually arresting the driver going over 200 km/h.

At around 1:30 a.m. Friday, the police spotted a vehicle traveling on Highway 10 westbound, near St-Etienne-de-Bolton, at more than 140 km/h. The police positioned themselves behind him, but the vehicle accelerated rapidly to a speed exceeding 200 km/h.

The driver quickly took the Waterloo exit but was intercepted by a vehicle of

the Haute-Yamaska SQ, called in as reinforcement and strategically positioned. The driver immediately received a fine of \$1,701 and 24 demerit points, in addition to having his driving privileges revoked for a period of seven days. The suspect is a 30-year old Stanstead man.

The police were not really involved in a high-speed chase, because they had not turned on their flashing lights.

Then, around 4:45, the same police received a call about an accident on Highway 10 near Waterloo. A car plowed into the rear of a truck traveling in front of it and rolled over after the impact. Upon arrival, the police used the approved

screening device (ADA) to determine the young driver's capacity to drive. The ADA showed the presence of alcohol in his body, so the driver was taken to hospital in Granby for minor injuries, where a blood sample was taken to determine his blood alcohol content. The 25-year-old Granby man could be charged with driving while impaired by alcohol when the analysis of the sample is known. His vehicle is a total loss and he was lucky to be only slightly injured, because it was a high-velocity impact.

Fortunately, the driver was wearing his seatbelt, said SQ spokesperson Aurélie Guindon.

Magog in spat with paving firm

The Town of Magog is continuing negotiations with Maska Paving on remedial work that will soon need to be done on a new stretch of pavement on Merry St. North.

Last year, Pavage Maska undertook work worth over \$219,000 on Merry Street North laying down a new layer of asphalt. Within just a few weeks, however, cracks and bumps appeared in the newly installed pavement. The flaws

were numerous and noticeable at what many perceive as shoddy workmanship.

There remained a total of \$136,000 owed to the paving company, but the town is withholding payment until the situation is remedied.

Magog school gets musical grant

An elementary school will receive a \$10,000 grant from MusiCounts, a nationwide charity promoting music edu-

cation in Canada. St-Jean-Bosco elementary school was one of 86 applications from across the country selected among the 400 submitted for subsidy.

Teacher Stéphane Proulx intends to replace some instruments as well as acquiring new ones like African drums and a xylophone. "New instruments will enhance the impact on the development of concentration, the learning of writing, and the emotional expression," he says.

English-speaking community needs formal presence in provincial government, say QCGN members

The Quebec Community Groups Network (QCGN) ended its annual meeting in Montreal this weekend with a new Board of Directors, a renewed Strategic Plan and a consensus that Quebec's English-speaking community needs formal representation in the provincial government.

"We did not discuss what form that representation should take - perhaps a dedicated minister, a commissioner or an ombudsman - but our members were clear that our community needs a government body that is designated to advise the provincial government on the development of strategies, priorities and programs for English-speaking Quebecers," said QCGN President Dan Lamoureux. His comments followed a presentation on how the federal government and several provinces and territories have ensured such representation for their minority communities.

During a debate that launched the day, on Saturday, social psychologist

Richard Bourhis, remarked that institutions of the English-speaking community were in decline and that, for the sake of social cohesion, the dominant French majority in Quebec needs to find ways to support its minority communities. Later, Bourhis argued that a dedicated bureaucracy would show real support for the English-speaking community.

"A presence in the provincial government could propose policies and programs that support the vitality of Quebec's English-speaking minority," said QCGN Director General Sylvia Martin-Laforge, noting that an inside presence would have the potential to build a better government understanding of the needs and challenges of the English-speaking community and dispel some of the myths that surround it.

On Saturday, the QCGN acclaimed a handful of new Board members Anne McCracken Fitzpatrick, a former Associate Academic Dean at Marianopolis College; Lisa Montgomery, a graduate

student in Public policy and Public Administration; Juan-Carlos Quintana, a Project Development Officer at the ACCESS Adult Education and Career Training Centre of Riverside School Board; Kate Shingler, Managing Editor of Global Montreal's evening newscast; and Richard Tardif, Executive Director of the Quebec Community Newspaper Association.

Returning to the Board with President Dan Lamoureux, who begins his second year at the helm of the organization, is new Vice-President James Shea, Treasurer Joseph Rabinovitch and Secretary Walter Duszara. Also back on board are Brian A. Garneau from Voice of English-speaking Quebec in Quebec City; Cheryl Gosselin from Townshipers' Association; Clara Ann Labadie from Coasters' Association on the Lower North Shore, youth representative Matthew Rosenberg, a commercial real estate agent; Irene Tschernomor, C.E.O. of Montreal's Queen Elizabeth Health Complex.

Cégep de Sherbrooke faces third straight deficit

Record Staff
SHERBROOKE

The Cégep de Sherbrooke has submitted a budget for the next academic year with a predicted deficit of almost half a million dollars.

Faced with government budget cuts imposed on all educational institutions in the province, the college anticipates a shortfall of \$474,000 for fiscal year 2013-2014 that corresponds roughly to the government's reductions, but the college is facing other financial pressure due to a declining enrolment. The college has an annual operating budget of approximately \$60 million, but this represents the school's third consecutive budget deficit.

Like many colleges in Quebec, the Cégep de Sherbrooke reached an enrolment peak a few years ago and has seen its student body decline from a high of 6,500 to the current 6,000. This decline represents a loss in student allocation funding of almost \$500,000. This, in turn, threatens programs and jobs. The student allocation rose by approximately 1.2 per cent this year, the college says, but its payroll, which represents about 75 per cent of expenditures, rose by 2.5 per cent.

This decrease in enrolment corresponds to predictions made by the Ministry of Education, which also predicts a continued decline for the next two or three years, stabilizing at between 5,600 to 5,700.

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Family, friends honour Charles Catchpaugh

MAGOG

Family and friends gathered at St. Paul's United Church in Magog last Sunday for a luncheon and to honour Charles Catchpaugh. Charles, who for many years was a reporter for The Record, was presented with a plaque by the former Board of Directors of the Outlet.

Readers will remember that the Outlet was sold to The Record and continues to be published under the name Townships Outlet. The plaque given to Charles Catchpaugh reads:

In acknowledging Charles Catchpaugh, the Board of Directors of the Outlet Inc. celebrates his lengthy commitment of more than twenty six

years at the helm of "The Outlet."

Catchpaugh worked without compensation, often as reporter or editorialist, speaking directly to current situations in the Eastern Townships and particularly of Magog and area. He willingly, and with grit, championed the causes of the English speaking minority. His stories lifted up historical details that would have been lost. His encouragement of volunteers to contribute to the newspaper made "The Outlet" a significant account of life in this corner of the world. His support of churches and volunteer organizations made a difference in many lives. The easy to read format fostered uncomplicated access to the news for people of all walks of life.

In making the presentation, Charles' cousin Harvey Catchpaugh noted that many volunteers were involved in the making The Outlet a living newspaper. The residue of all money held by the Board was divided between St. Paul's United Church and the La Providence Hospital.

Rev Dr. Moffat remembered the many occasions when Charles agitated for a new bridge in Magog. Charles insisted that, for both convenience and security, a bridge ought to be constructed across the Magog River from Sherbrooke Street to Hatley Street. With humour, Dr. Moffat suggested that if the construction of such a bridge should be realized, it should be known as the 'Charles Catchpaugh Bridge.'



COURTESY

Harvey Catchpaugh, Charles Catchpaugh, Don Cunningham, Rachel Catchpaugh, Rev. Doreen Moffat, Rev. Deane Moffat on the occasion of presenting a certificate of appreciation to Charles last Sunday.

New research

CONT'D FROM PAGE 1

enteric methane emissions." Benchaar explained. "Of the methane produced by the cow, almost 75 per cent comes from the enteric fermentation with the other 25 per cent coming from manure storage."

The stomach of the cow, called the rumen, is a four-compartment organ that engages the various processes of digestion by means of a wealth of bacteria and a variety of different steps.

"When the feed reaches the rumen it begins a process of fermentation which produces the gas," Benchaar repeated, "it's normal, but once the methane is produced it is released by the animal into the atmosphere."

"Contrary to what most people assume," Benchaar said, smiling, "that release is mostly belching and respiration, it's not flatulence."

Beyond just increasing the greenhouse gas output of the livestock, however, the cattle researcher pointed out that this production of methane draws

energy from the cows that could otherwise be spent on milk production. By his estimate, the average dairy cow could be losing five per cent of the energy it consumes to the gas-production process.

That energy loss makes the research Dr. Benchaar has been working on over the last ten years slightly more complex. He has gathered evidence to suggest that recovering some of that lost energy can make a significant difference to milk production.

"There's a double interest here," he explained, "one from the environmental point of view, the other from the nutritional and economical point of view."

Given that the gas production and the energy lost both find their basis in the digestion system, the best way to solve the problem, in Benchaar's view, is to change what farmers are feeding their cows.

Knowing that different chemistries of feed affect the gas production in the

rumen differently, Benchaar described seeking out feeds that have increased levels of dietary fats, derived from seeds or oils, which have been known to result in decreased methane levels. The fats, once in the stomach, act as a gas inhibitor.

"In one of my projects I fed the cows with what is called dry distilled grain. These grains are the corn byproduct of the production of ethanol." Benchaar pointed out that with the increase in ethanol production over the last few years, there is no shortage of grain available to use in this way. He described creating a diet of up to 30 per cent dry distilled grain to his research cows, adding that taking this approach adds the extra incentive of giving value to an otherwise useless byproduct, which makes it very cost-effective.

The result of those tests was a decrease of 14 per cent in methane production, and an increase of almost 4 kilograms of milk produced per day.

He also ran a separate study comparing the use of corn silage versus grass silage, wherein corn silage produced ten per cent less methane and 2 kilograms more of milk.

"What we have to be careful of, as scientists or whatever, that if we reduce methane from fermentation, that we're not just increasing methane from manure, or another source," the researcher warned, stating that what the results showed regarding gas production was more of a shift than a true decline. He added that the research is currently focused on finding a more integrated approach to counteract the gas production and improve milk production at the same time.

In outlining the project goals Benchaar highlighted three main ideas

- 1) The feasibility of any new system for a dairy farmer.
- 2) The affordability or economy for a dairy farmer
- 3) The overall impact of the new feed on the whole system

The short-term objectives of the project include the optimization of feed usage by the animal for production, with the long-term goals being to focus on the environmental impact.

"In the long-term we're trying to establish the carbon footprint of dairy farms in Canada

Benchaar predicted that in the near future, consumers might be able to see the carbon footprint of their produce printed on the side of packaging; in the same way that one can now read the ingredients. Such a system would allow consumers to better gauge the impact that purchases would have on the environment and would help create a market more focused on environmental protection.

For the moment, however, Benchaar is working on getting the word out and making a difference.

"The total contributions of agricultural producers in Canada to greenhouse gas emissions is 8 per cent," he said, "we are not major polluters, but we have to do our part... the greenhouse effect is obvious, no one can ignore it."

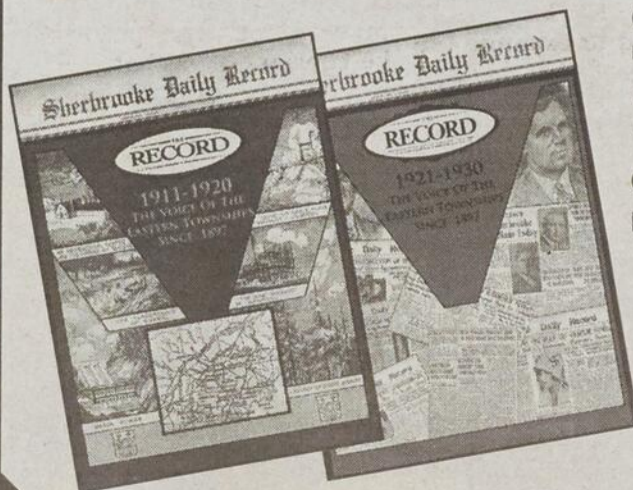
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Bishop's joins UdeS research centre for geriatric studies

SHERBROOKE

Bishop's University and the Centre for Research on Aging (CdRV), CSSS-IUGS have announced an agreement of partnership and collaboration to stimulate scientific exchange between researchers in the study of aging.

The links between the Research Department at Bishop's University and the scientific direction of CdRV will promote the development of linkages between researchers from both institutions.

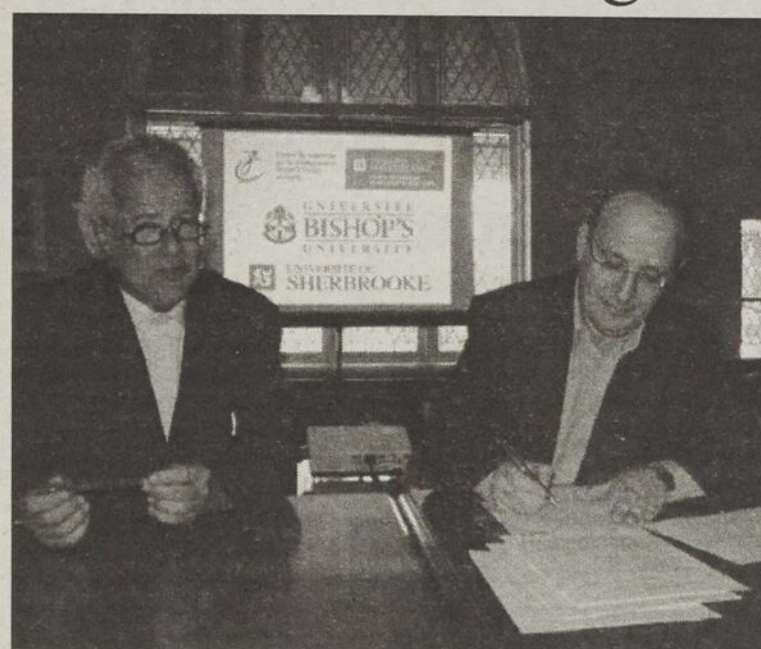
In March, thirty teachers and researchers from both institutions participated in a "speed-dating" research networking exercise. Several collaborations in various scientific fields emerged as a result of this activity.

Professors Reid (Bishop's) and Abdulrazak (CdRV) designed a project for the development of applications on smart phones that promote the independence and social participation of older people in their community. For their

part, professors Sirois (Bishop's) and Gina Bravo (CdRV) are working together on a project to help the elderly with mild cognitive deficits to communicate their desires and to find their loved ones. Other collaborations are coming.

In addition, the agreement will facilitate access to and the sharing of research infrastructures at the forefront of technology. "For example, we may share with our colleagues at CdRV the equipment of our new world-class laboratory," said Professor Sirois, who holds a Canada Research Chair on health and well-being. "We have interview rooms and data rooms to conduct qualitative research and psychological testing, with more efficient audio and video recording equipment that increases the quality of data collected. At the same time, the CdRV also has several laboratories that can be used for joint research projects."

The agreement will allow undergraduates at Bishop's greater access to training and university courses in the 2nd



COURTESY

Bishop's University Principal Michael Goldbloom (right) and CdRV Director Michel Tousignant sign agreement linking the two institutions in the study of aging.

and 3rd cycle (MA and PhD) offered by the University of Sherbrooke. In some circumstances, these students will be eligible for joint supervision of their training by a teacher at Bishop's

and a researcher from CdRV.

"Significant investments have been made at Bishop's University for several years," says Bishop's Principal Michael Goldbloom. "We remain com-

mitted to always provide teachers and students with practical and interesting opportunities, as evidenced by the organization of research units, the renovation or the opening of new laboratories and the establishment of three research chairs. Collaboration with a research centre of international repute certainly opens doors for our researchers and regional collaboration will allow everyone to become more competitive."

"This new collaboration between our institutions will facilitate the maintenance of highly qualified professionals in our region," said Professor Michel Tousignant, Scientific Director of the Research Centre on Aging. It will also increase research capacity on aging in the Estrie, which is already widely recognized for its expertise in this field."

The agreement signed this spring is embedded in a broader agreement framework that already unites the University of Sherbrooke, of which the CdRV is a research institute, and Bishop's University.

Fracking

CONT'D FROM PAGE 1

"We are one of about 100 committees throughout the province that are fighting against fracking," says Richard Fortier, spokesperson for the Regroupement. "We are very concerned that, despite a partial moratorium on extraction which is currently in place, the PQ government is about to capitulate to industry pressures from companies like Junex and Petrolia. That is why on Thursday we picketed the offices of Yves-François Blanchet in Acton Vale and in Drummondville, and why we intend to do the same the next two Thursdays as well."

One of the municipalities concerned about fracking is Melbourne, where the municipal council recently passed a bylaw to protect its water sources by restricting fracking to areas more than two kilometres distant from any water source, including wells.

Richard Fortier explains, "The amendments proposed by the PQ will permit fracking for oil and natural gas on the entirety of Anticosti Island and permit controversial projects in the Gaspé to go ahead. Without the proposed distances, Petrolia would have lost most of their permits since shale rock is very shallow (300 to 500 metres) on the island. Also, the PQ government did not hide the fact that they are in favour of oil and gas exploration. We cannot accept this with the many environmental damages that have hap-



PHOTO: MARNIE THOMPSON, RICHARD FORTIER

People took to the streets of Acton Vale and Drummondville on Thursday (June 13) to protest proposed amendments to the laws that protect water supplies.

pened around the world with fracking. Without water, no life is possible. That is why we are opposed to any activity that could potentially contaminate our water."

The concern would seem justified. "The industry track record is very poor," he says. "Right now there are 31 natural gas wells across the province and 19 of them are leaking."

The concern about fracking would seem to be widespread and deeply felt. Three separate meetings held last spring in Melbourne and Richmond drew a total of some 500 people. The number of orange and yellow

signs proclaiming "Non au Gaz de Schiste" on lawns and fence posts have become ubiquitous. To date 84 per cent of landowners in Melbourne Township have signed a petition against fracking, and signatures are still being collected.

"Last fall," Richard Fortier says, "the National Assembly was presented with a petition of 35,500 signatures against fracking. Later this summer we're going to be submitting a second petition with another 27,000 names."

"We have a number of questions for the provincial government, and the minister of the

environment in particular," he continues. "Normally, there's a 60-day period to examine the ramifications of a new bill. Yet, the PQ wants to reduce this to 30 days in the case of this bill. Our question is why? Who's putting pressure on the government to act so quickly?"

"The minister claims Quebec has the tightest protection for drinking water in North America," he adds. "Yet the new regulations would permit drilling less than 400 metres below the aquifer, while the industry norm is 1,000 metres. New York State requires 600 metres, and Vermont has banned drilling

entirely. The problem is that there is no way to predict exactly how rock formations deep underground are going to react to fracking. It is only after the fact that anyone knows what damage has been done, and it can't be undone."

"As well," the spokesperson continues, "the government intends to ban fracking in the populated corridor that runs from Quebec City to Chateauguay, but permit it outside of this corridor. Why should citizens in less populated areas not have the same environmental protection as those in more densely inhabited areas?"

"It's all very disturbing," he says. "Industry spokesmen tout natural gas as being the cleanest energy available. This may be true in terms of carbon emissions. But, if the process pollutes the aquifer and the soil, that energy is not clean at all."

"What makes this entire process even more puzzling," he continues, "is that, at the present time, there is a great deal of natural gas already available. New sources will only drive the price of natural gas even lower than it already is."

What the Regroupement is asking of the Quebec government is that it put the needs and concerns of a very large segment of its citizens ahead of the financial interest of the companies that are lobbying hard to proceed with exploration and extraction.

EDITORIAL

The union demands have to be realistic and take Québec's current economic situation into account.

Construction industry: A solution is urgent

By Yves-Thomas Dorval

Negotiations between the construction industry unions and the employer associations representing the entrepreneurs have been underway for the last few months. The aim of the negotiations, as the law provides, is to renew the construction workers' collective agreement for the 2013-17 period in the industry's four major sectors, including industrial, institutional and commercial, civil engineering, highway maintenance and residential.

While the negotiations haven't attracted much media attention, until now, there are major issues at stake, and the outcome of the talks will have a huge impact on every Quebecer.

The negotiations have reached an impasse several days ago: A stalemate to the extent the Construction Union Alliance, which represents the main construction unions, has carried out, starting yesterday (Monday, June 17), the general strike mandate it received from its membership. This has shut down all of the construction sites currently in operation in the province of Québec.

In this context, the Quebec Employers Council strongly urges the parties involved in the talks to immediately return to the bargaining table for a final sprint in negotiations to quickly reach an agreement in principle which would also take into account the contract providers' ability to pay.

A summer work stoppage would paralyze construction sites in every part of the province for many days, which would have a major, detrimental impact on the Québec economy and on Quebecers as a whole.

This is why there's a pressing need for negotiators to reach an agreement based on a realistic and acceptable consensus, which would serve to protect the workers' purchasing power while raising productivity in the work organization without resulting in untenable cost hikes for contract providers or consumers, who ultimately pay the bill.

In this regard, the contract providers and the Quebec Employers Council, re-

iterate their staunch support of the three main construction sector employer associations. The associations are the Association de la construction du Québec (ACQ), Association des constructeurs de routes et grands travaux du Québec (ACRGTO) and Association provinciale des constructeurs d'habitations du Québec (APCHQ). Contract providers are, in fact, extremely pleased that the construction entrepreneurs listened to and defended their concerns following the preparatory phase of negotiations.

Let's be clear: It's understandable and, in fact, desirable, that construction workers want to maintain their purchasing power. But the union demands have to be realistic and take Québec's current economic situation into account.

According to many observers, Québec's economic growth will continue to be limited in 2013, mainly because of a decline in capital expenditures. This will be the main impediment to the province's economic growth this year. There is also expected to be a slowdown in construction in the coming years. Cost hikes stemming from imprudent labour agreements would exacerbate this decline and would ultimately reduce the number of work hours in the construction sector. And work hours are the main catalyst in construction workers being able to improve their respective incomes.

Some estimates contend that union demands would result in an average salary hike of 20 per cent over four years, which would entail a total construction-industry spending increase of \$1.4 billion in Québec over this span.

Protecting one's purchasing power is a legitimate objective; but going beyond that carries real economic risks. This is why it's so important that overall costs are maintained at a level which is competitive for contract providers and doesn't adversely affect competitiveness in the construction industry, overall investment, and Québec's public finance situation.

Yves-Thomas Dorval is the President of the Quebec Employers Council.

Letters

DEAR EDITOR:

The Conference de Montreal

One of the world's main economic summits ended last week in Montreal. It considered the state of the economy and its governance. The Conference de Montreal finished its 19th version in a form of moderate optimism. The 3,000 or so participants, from all over, were reminded, however, the world still faces huge problems.

No-one did this better than the generally jovial Angel Gurría, Secretary General of the OECD—the Organization for Economic Cooperation and Development—the rich countries' club. "We've lost trust in governments, in political parties, in international organizations, in the banking system, in multinationals, and in everything we've built over the last 100 years. We find ourselves with an enormous level of cynicism."

One solution, Gurría concluded, to re-establish trust is to end tax evasion; individuals and big companies escape taxes thanks to all sorts of subterfuges. Governments also, he continued, "should seek to end inequalities, and the economy has to move towards green. If not, we'll enter in collision with nature."

For some optimism-bring on the politicians. Stephen Harper's pointman on international development, Julian Fantino, Minister of International Cooperation, promised Canadian help for developing countries to attract the investment they need to achieve sustainable economic growth. Dr. Jim Young Kim, president of the World Bank Group, praised Canada's leadership in this regard. Minister Fantino also pointed out that Canada stands ready to help Jamaica regain its economic stability.

Pauline Marois, honorary president of the Conference de Montreal, was not to be outdone. She boasted to the packed audience about how superior Quebec was. Ninety billion dollars to be invested in infrastructure in the next 10 years, an abundance of natural resources, and clean energy, a network of 17 universities—and the lowest violent crime rate in North America.

A whole range of areas was covered. One of the most serious, and affecting us all, was pensions and pension funds. Millions of workers in the so-called developed world see their pensions threatened. Jeffrey Orr, CEO of Power Corp, said Canada was better placed because of the balance between public and private funds. Specialists from Sweden and Australia drew on their own reforms to inspire other countries to reform. A lot of attention will be paid to this in the next few weeks, not just with Université de Sherbrooke conferences, but also the National Assembly discussing the just released Alban D'Amours report on this basic topic.

The Conference de Montreal has been so successful it has spread its wings to Palm Beach in Florida in April, and Toronto in October. It's become a regular fixture in Montreal.

ALEXANDER (SANDY) CRAIG
SHERBROOKE

DEAR EDITOR:

The Lennoxville Art Group would like to thank all those who supported our recent art show and sale. The Group has for many years been pleased to make a donation to the after school art program at Uplands Cultural Centre.

This year our theme painting 'Motion,' donated by group member Helena Lolley Brodie, raised \$727. for Uplands thanks to community support of our raffle.

This year's lucky winner is Joe Kelly, a long time volunteer, who was most pleased to receive the painting.

JANE LOISELLE,
PRESIDENT
ON BEHALF OF THE
LENNOXVILLE ART GROUP

THE RECORD

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Local Sports

"I got to go nine times to Bisley," notes Warner, placing another medal on the table. "I came second at one Bisley event, out of 1,200 men."

CANADA GAMES

Edson Warner: Showing passion for sport

By Olivia Ranger-Enns
Record Correspondent

Edson Warner, Olympian and recently inducted into the Canadian Hall of Fame, is volunteering for the Sherbrooke Canada Games.

Warner, clad in a tailored blue suit, was open to talking about his vast experience with the Olympics and with Canada Games in general.

Meeting up at the Canada Games headquarters, Warner took a nostalgic look back at his past.

"I have always been into shooting," says Warner. "I do rifle and pistol shooting. I use what they call 0.22 rifle prone position, where you do 60 shots for a 50-metre distance. I also do a three position shot, where you have 40 shots, 20 standing and 20 kneeling."

Warner grew up with rifles in the household.

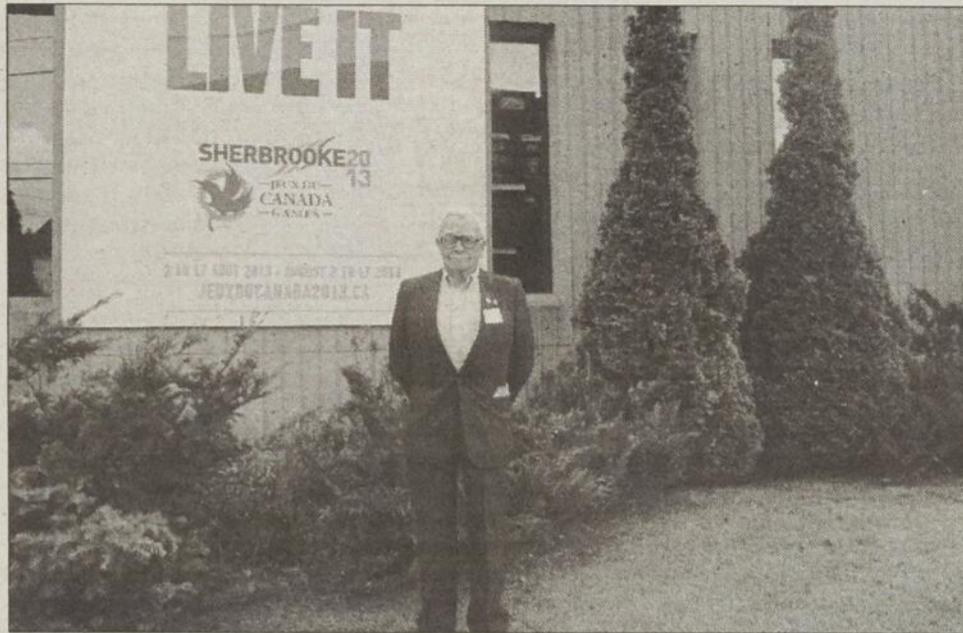
"They were everywhere. I grew up on a 75-acre land, and there were lots of us in the family. That's not bad for a Protestant family. My mother had six sisters and six brothers, so often I would watch my uncles shoot. I can still remember going through the kitchen and staring at the presentation of rifles. Then once I turned about eight years old I'd ask one of my uncles if I could try one out," posits Warner.

The former boy scout helped his father in the trucking business and farming over the summer. "We'd shoot deer and partridge, that kind of delicious stuff. That was how we ate most of the time. Then of course the war came. My father and I would bring war material back and forth in trucks," remembers Warner.

Warner recalls how teams of eight to 10 people each were commonly formed in Lennoxville to go shoot.

"We could shoot for ten cents a week back then. It was a poor people's sport," says Warner.

Warner takes a historical angle to rifles and shooting. "They are political and important in a sense that not many understand. Take the Eccles Hill cause."



OLIVIA RANGER-ENNS

Edson Warner, former Olympian and Hall of Fame inductee, will be acting as volunteer as a "buddy" for the Sherbrooke Canada Games.

When *The Record's* confusion is noted, Warner explains.

"In 1871, the Irish came over to Canada and were pretty rude in establishing themselves. They would come on scouting raids, stealing cattle, that kind of thing. Near Eccles Hill, which is right by the American border, the Irish came and wanted to cross the bridge.

"About 400 of the men came up at dawn. Local fellows were angry with the Irish for taking over, so people like Asa Westover decided to do something about it. They got themselves imported Ballard rifles, models five or six, with 0.56 calibre. Then they all hid behind stumps and waited for the Irish to come. When the Irish got close, they thought they had been ambushed. After all, the Irish were used to fights where the volume of fire was 10 rounds a minute," adds Warner chuckling.

Needless to say, the Irish fled and Montreal troops came down a few days later to congratulate the Canadians for standing firm and protecting themselves.

By 1946, the Lennoxville Rifle Club

was established. It was separated into two groups, the .22 match rifle shooters and the Lennoxville Ladies Sporting Rifle. "I'd go shoot twice a week," says Warner.

After being accepted to McGill in commerce in 1947, Warner still had the itch to shoot. "I'd go to McGill's .22-rifle range and I'd sniff around. I got to practice there a lot," explains Warner.

Things got more serious for Warner when he attended his first shooting championship at Lachine in 1948.

"I was 18 years old, and out of 108 competitors, I came first," says Warner without undue pride. "I still wanted to learn to shoot better. I went to every single match that I could, such as the Bisley competitions, which are what shooters in Canada love. I got to go nine times to Bisley," notes Warner, placing another medal on the table. "I came second at one Bisley event, out of 1,200 men."

All these qualifications and medals enabled Warner to take part for the first time in the Olympics.

"My first participation was at the



1952 Helsinki Olympics. That was tough, we had to do five shots in four seconds. Then came the 1966 World Shooting in Wiesbaden, Germany. I remember the wind blew in all directions," reminisces Warner. "Finally, I took part in the 1960 Rome Olympics, where I shot with a .22 prone rifle. The design of the rifle was free, as long as it weighed less than eight kilograms."

Then came the 1967 Canadian Winter Games.

"Another great experience," sums up Warner.

Finally, in 1992 Warner took part in the PQRA (Province of Quebec Rifle Association) on Mount Bruno, where 20 men shot at Swiss-made targets.

For the Sherbrooke Canada Games, Warner will be acting as "buddy" for the Manitoba chef de mission, Ted Bigelow. "He used to be a schoolteacher, and now he is in charge of sports teams in Manitoba," says Warner. "I'll be working in close proximity with him, taking him around, making him feel comfortable, attending the Opening and Closing ceremonies with him."

Warner is for sure what some people might call a family man. "I am blessed to have four children, three of them boys and one girl, and four grandchildren."

The Waterville-based gentleman has fond memories of sports, and summed up the interview with a wry smile, saying: "J'ai vécu une vie gaspillée, surtout dévoyée au sport." (I've lived a wasted life, especially diverted to sports.)

That's probably the best way Warner likes to see himself.

QUEBEC MAJOR JUNIOR HOCKEY LEAGUE

Phoenix to open sophomore season on the road

By John Edwards
Special to The Record

The Sherbrooke Phoenix will open their second season with a visit to the Blainville-Boisbriand Armada on Friday, September 13, according to the full 2013-14 schedule released by the Quebec Major Junior Hockey League on Monday afternoon.

The first home game for the Phoenix will come one week later, on September 20, also against the Armada.

Early highlights of the home schedule come on Friday, October 4, when the defending Memorial Cup Champion Halifax Mooseheads make their only visit to

the Sports Palace and a playoff rematch against the Baie-Comeau Drakkar set for Friday, October 18. Local rivals Drummondville Voltigeurs also make their first of four visits to the Sports Palace on Sunday, September 22.

Altogether, 28 of the Phoenix's 34 home games come on weekends, with 10 Friday night dates, nine Saturdays and nine Sundays. The Saturday and Sunday games are all set for 4 p.m. starts, with the weekday games scheduled to start at 7 p.m.

The Phoenix's longest homestand will come in January, as they host five straight games from January 12-25, with the Quebec Remparts, Rouyn-Noranda

Huskies, Val d'Or Foreurs, the newly-rechristened Charlottetown Islanders, and Shawinigan Cataractes coming to town. The game against the Remparts, always one of the league's top attractions, will be their first visit to Sherbrooke without former head coach Patrick Roy, who has decamped to the Colorado Avalanche.

The league's divisional alignment remains the same, with Sherbrooke in the West Division with Blainville-Boisbriand, Drummondville, Gatineau, Rouyn-Noranda and Val d'Or. The Phoenix will play Drummondville eight times, and six games against each of their other divisional rivals. Sherbrooke will play the

six East Division clubs four times each, and have a pair of games set against each Maritime squad.

While the divisional alignment is used for scheduling purposes, it remains irrelevant for the playoffs, which are determined based on the league's overall standings. Sixteen of the league's 18 teams will again make the playoffs.

The Phoenix will close out the regular season with three games in four nights, culminating with a home game on the season's final day, March 15, against Val d'Or. The full schedule is available on the league's website at www.theqmjhl.ca.

Death

Deaths



**Mildred (Mim)
OLNEY CARR**

October 25, 1916 - June 14, 2013

Passed away peacefully at the Wales Home in Richmond on June 14, 2013 in her 97th year.

Dear wife of the late Alden (Rusty) Carr. Mim will be missed by many but not as much as her family: her sister June (late Bob Foster), sons Robert (Mary) & Brian (Marcia); her grandchildren Melissa (Sean) and Melanie (Al); Oneida (Jay), Linda (Clayton) and Justin; great-grandchildren Jekoby, Darian, Aleisha, Samantha, Iris, Jayda Rose and Nathan.

A Celebration of Mildred's life will be held at the Wales Home on Thursday, June 20, 2013 at 1:30 p.m., followed by a light reception until 3:30 p.m.

In lieu of flowers, donations in her memory to the Wales Home Foundation, 506 Rte 243N, Richmond, QC J0B 2H0 would be gratefully acknowledged by the family.

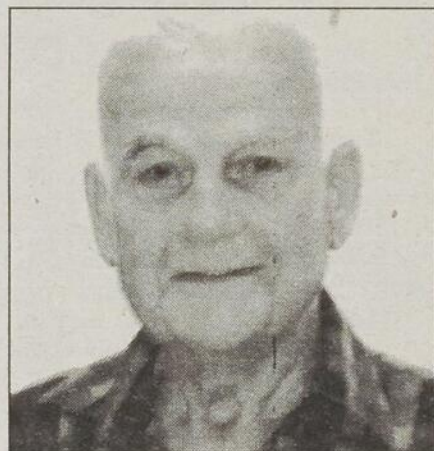
"Sorrow is not forever ... love is. Until we meet again"

CASS FUNERAL HOMES
PHONE: 819-826-2502
cass@casshomes.ca

295 Principale St., Richmond QC
FAX: 819-564-4423
www.casshomes.ca

In Memoriam

In Memoriam



**Raymond Waterhouse
June 18, 2012**

Well it has been one year ago today since we lost you and what we would not do to have you back with us.

We got through our first Birthday, Thanksgiving, Christmas, Easter, Father's Day, and Wedding Anniversary without you in our lives, we will never forget you and will always miss you.

We love you dear husband, father and grandfather.

Sadly missed by

**DOREEN
RICK, WENDY, CHRIS & NICK
JIM, LINDA, SAMUEL & JACOB
SUSAN, DOUG & GAVIN**

DATEBOOK

TUESDAY, JUNE 18, 2013

Today is the 169th day of 2013 and the 91st day of spring.

TODAY'S HISTORY: In 1812, President James Madison signed a declaration of war against Great Britain.

In 1815, Napoleon Bonaparte's Imperial French army was defeated at the Battle of Waterloo.

In 1948, Columbia Records revealed the new 12-inch, 33 1/3 revolutions per minute, long-playing record.

In 1983, astronaut Sally Ride became the first American woman in space.

TODAY'S BIRTHDAYS: Kay Kyser (1905-1985), bandleader; Sammy Cahn (1913-1993), songwriter; George Mikan (1924-2005), basketball player; Lou Brock (1939-), baseball player; Roger Ebert (1942-2013), film critic; Paul McCartney (1942-), musician/songwriter; Isabella Rossellini (1952-), actress/model; Ray LaMontagne (1973-), singer-songwriter; Blake Shelton (1976-), singer-songwriter.

TODAY'S FACT: Napoleon Bonaparte amassed the largest army ever in Europe for his invasion of Russia. He lost more than 25,000 troops in the Battle of Waterloo alone.

TODAY'S SPORTS: In 2000, golfer Tiger Woods won the U.S. Open by a record 15 strokes, the largest margin of victory in a major.

HOW TO RECYCLE OLD ELECTRONIC DEVICES

CONSUMER REPORTS (R)
by the editors of Consumer Reports

You just had to have the latest iPhone and a cool new 3-D TV. But now your basement is cluttered with a bunch of outdated electronics.

If you're tempted to toss them all in the trash, forget about it, says Consumer Reports. Chucking old cellphones, printers, computers and TVs into landfills is bad for the environment. And in many states — 25 and counting — it's illegal. Electronics contain toxic materials such as lead, mercury and arsenic, which can contaminate soil and drinking water.

So what can you do with your tech cast-offs? Read on for ideas.

SELL THEM

If last year's devices still work, you might be able to sell them on Amazon.com, Craigslist or eBay, or with an ad in a local paper's classified section or on its website. And services such as Gazelle (gazelle.com) buy used electronics.

Tip: Whether you sell, trade or donate your used device, be sure to include its power adapters or chargers, along with the user manual, case and any other accessories you might have for it.

TRADE THEM IN

Many retailers and manufacturers have trade-in programs that give you a gift card or store credit for the estimated value of the product. Usually you can determine the value of acceptable products at the company's website, then mail items or drop them off. If your "treasure" proves to be trash, though, most companies promise to recycle it responsibly.

For example, Best Buy lets you trade in many kinds of electronic items, including computers, cameras, tablets, Blu-ray players, games and gaming systems, TVs, audio gear and phones — regardless of how old a product is or where you bought it. You'll receive a gift card for the value.

Tip: A few retailers now offer buyback programs, through which you trade in a device for a preset percentage of its value toward a newer model. When Consumer Reports looked at these programs last year, though, it concluded that they are rarely worthwhile since they're fairly expensive and measly in what they pay.

DONATE THEM

Feeling charitable? For electronic products in good working condition, check with schools and community centers in your area or consider the following:

— Freecycle.org and sites like it (including Freesharing.org and sharingisgiving.com) make giving away your stuff easy.

— Goodwill has teamed up with Dell in the Dell Reconnect partnership. Computers, keyboards, monitors and printers are among the items accepted at more than 2,600 Goodwill locations.

— National Cristina Foundation (cristina.org) will find an organization that can use your computer, printers, and other peripherals and software, as well as cameras, fax machines, answering machines and more. The group will arrange pickup or delivery.

RECYCLE THEM

For products that aren't usable, or at least not desirable (think tube TVs and VCRs), recycling is the answer. There are many programs designed to keep electronic gear out of landfills.

— Community drop-offs. Consumer Reports suggests calling local officials or checking online to see whether your town or city collects e-waste. Or check the Environmental Protection Agency site (epa.gov) to find public and private recycling programs. Call2Recycle (call2recycle.org), a nonprofit funded by manufacturers, recycles rechargeable batteries and cellphones at 30,000-plus locations, including many retail chains.

— Manufacturer programs. Dell's Reconnect partnership with Goodwill takes working computers and related products, including those that are past their prime. Recycling is free. Samsung Recycling Direct accepts TVs, cameras, cellphones, laptops and more of any brand at hundreds of drop-off locations in all 50 states.

— Retailer options. Office Depot accepts computers, small TVs and more for a fee of \$5 to \$15 to cover costs. It recycles ink and toner cartridges, cellphones and rechargeable batteries for free. Best Buy recycles electronic items for free. You can drop off ink and toner cartridges, cords, cables and rechargeable batteries at stores. Staples offers \$2 in Staples Rewards for empty ink and toner cartridges.

TODAY'S QUOTE: "The popular song is America's greatest ambassador." — Sammy Cahn

TODAY'S NUMBER: 23 — minutes of music per side the first commercial LPs were formatted to play.

TODAY'S MOON: Between first quarter moon (June 16) and full moon (June 23)

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.

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.

"ZB KUL H CZDA NZCG R JZHZUS, ZC
FZMGC SUC RXX NUPA, OLC HUFT UB
ZC NZXX OT ROHUXLCT MTSZLH."
— AZF DRCCPRXX

Previous Solution: "Do you know how helpless you feel if you have a full cup of coffee in your hand and you start to sneeze?" — Jean Kerr

TODAY'S CLUE: G equals W

KIT N' CARLYLE



HERMAN



"We just don't see eye-to-eye anymore."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



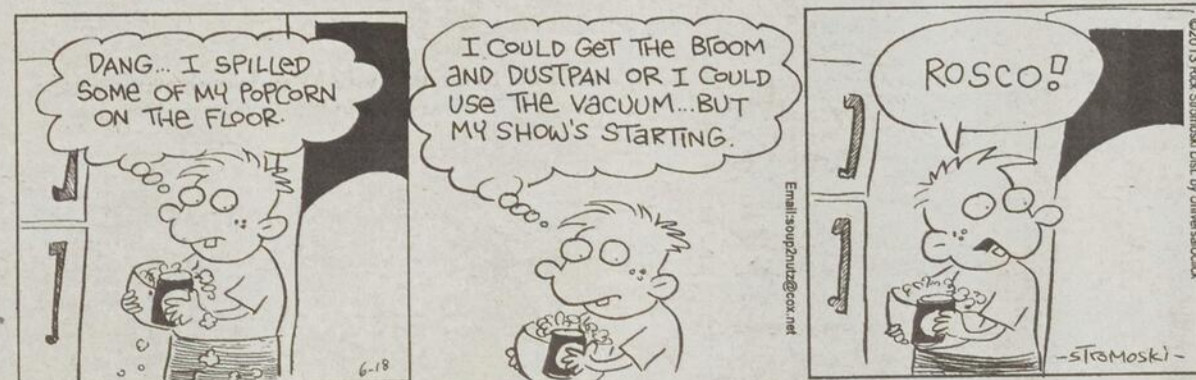
FRANK AND ERNEST



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.

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Check for Health Check

Diabetes The New EPIDEMIC



Diabetes Québec

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CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
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001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

190 Cars For Sale

2005 BUICK AL-LURE CXL, 121,000 km., loaded, clean, no rust. Winter and summer tires on rims. Estate settlement. \$5,000. or best offer. Call 819-566-0738.

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035 For Rent

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100 Job Opportunities

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--Bilingualism would be an asset--

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294 Events

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PROFESSIONAL GROOMERS on site. Grooming for dogs and cats. Call today for an appointment. Blue Seal, The Animal Nutrition Centre, 1730 Wellington St. South, Sherbrooke. 819-348-1888.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, June 11 and Tuesday, July 9 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, June 25 and Tuesday, July 23 at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

NORTH HATLEY

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Friday, July 5 at the Library, 165 Main St. North, from 10 a.m. to 11:30 a.m.

KINNEAR'S MILLS

A presentation by Steve Cameron, "Sintrigues of our Fathers" - cholera, revolution, foolishness, national intrigue. Sunday, June 16 from 2 p.m. to 4 p.m. at the Community Hall, Lowry St. Sponsored by the Megantic County Historical Society. All welcome.

AUSTIN

Austin W.I. will be holding a huge sale as part of the Spring Festival in the Austin Municipal Park on June 22 from 9 a.m. to 3 p.m.

LENNOXVILLE

Lennoxville United Church's UCW-sponsored annual Strawberry Social will be held from 4 to 6:30 p.m. on Thursday, June 20 in the Lower Scott Hall, 6 Church Street, Lennoxville. Join us for hot dogs, freshly-picked

Quebec strawberries, homemade shortcakes, cake and ice cream.

SHERBROOKE

Summer is coming - wear a hat to Beat the Heat! Sun Hat Parade (including antique hats), Thursday, June 13 at 9:30 a.m. at the A.N.A.F. (Army Navy Air Force) Hall, 300 St. Francis, Sherbrooke. Music by Ida Maegerlein, accompanied on piano by Beth Anderson. Speaker: Cynthia Pohran, "healing heart wounds". Admission charged. R.S.V.P./cancellations: Pat Bryant, 819-562-8560. Check out Stonecroft Ministries at www.stonecroftcanada.org. Ladies, come and find refreshment for your soul.

NORTH HATLEY

Father's Day Mechoui. Beef, pork, chicken. June 15 at 6 p.m. North Hatley Legion, 95 Jackson Heights, North Hatley. Reservations recommended. Info: 819-842-2933.

RICHMOND

The Canadian Legion, Branch #15, 235 College St. N., Richmond will be holding their Legion Brunch on Sunday, June 16 from 9 a.m. until noon. Admission charged and half price for children under 12 years.

MINTON

Waterville/North Hatley United Church will be holding their first summer service at Minton on Sunday, June 16, 2013 at 2 p.m. with Rev. Mead Baldwin. Everyone welcome.

...

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.

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

SUDOKU

Difficulty: 3 (of 5)

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PREVIOUS SOLUTION

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

Anyone... can develop PTSD

TUESDAY, JUNE 18, 2013

Annie's Mailbox

Dear Annie: As a military war veteran and someone raised in the midst of inner-city violence, I have suffered from and learned a great deal about post-traumatic stress disorder (PTSD). There are many misconceptions about this common and treatable illness, and I want to make sure your readers know the truth about PTSD and how to get help if they need it.

When I got out of the service, I could only sit in certain positions in a room and go to certain places. I couldn't be in crowds or tolerate any kind of loud traffic noise (not easy for a New Yorker). I couldn't sit next to a window. If anyone came up behind me to say hello, I would drop them to the ground, expecting an attack.

I didn't recognize this at the time as PTSD. I know there are many others with stories like mine, and I want them to know that PTSD is a real illness with real treatment options. It is also important to know that this doesn't only affect members of the military. Anyone who experiences a traumatic event can develop PTSD.

It wasn't easy, but I eventually got the help I needed and am in a much better place. June 20 is PTSD Screening Day, and June is PTSD Awareness Month. Anyone can go online and take a free and anonymous screening at www.PTSDScreening.org to see whether their symptoms are consistent with those of PTSD. It can be hard to reach out and ask for help, but doing so can make a huge difference. — William Terry

Dear Mr. Terry: Thank you for sharing your story with our readers. You are correct that anyone who has witnessed or experienced trauma can suffer from PTSD. This includes anyone affected by recent tragedies such as Sandy Hook, the Boston Marathon and the tornadoes in Oklahoma. The first step to getting help is identifying the problem. We urge those who think their experience with trauma is impacting them to go to www.PTSDscreening.org and take a short, free, anonymous screening. You won't be sorry.

