



THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



WEEKEND EDITION

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FRIDAY, AUGUST 28, 2009

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Construction of the Times Hotel is officially underway
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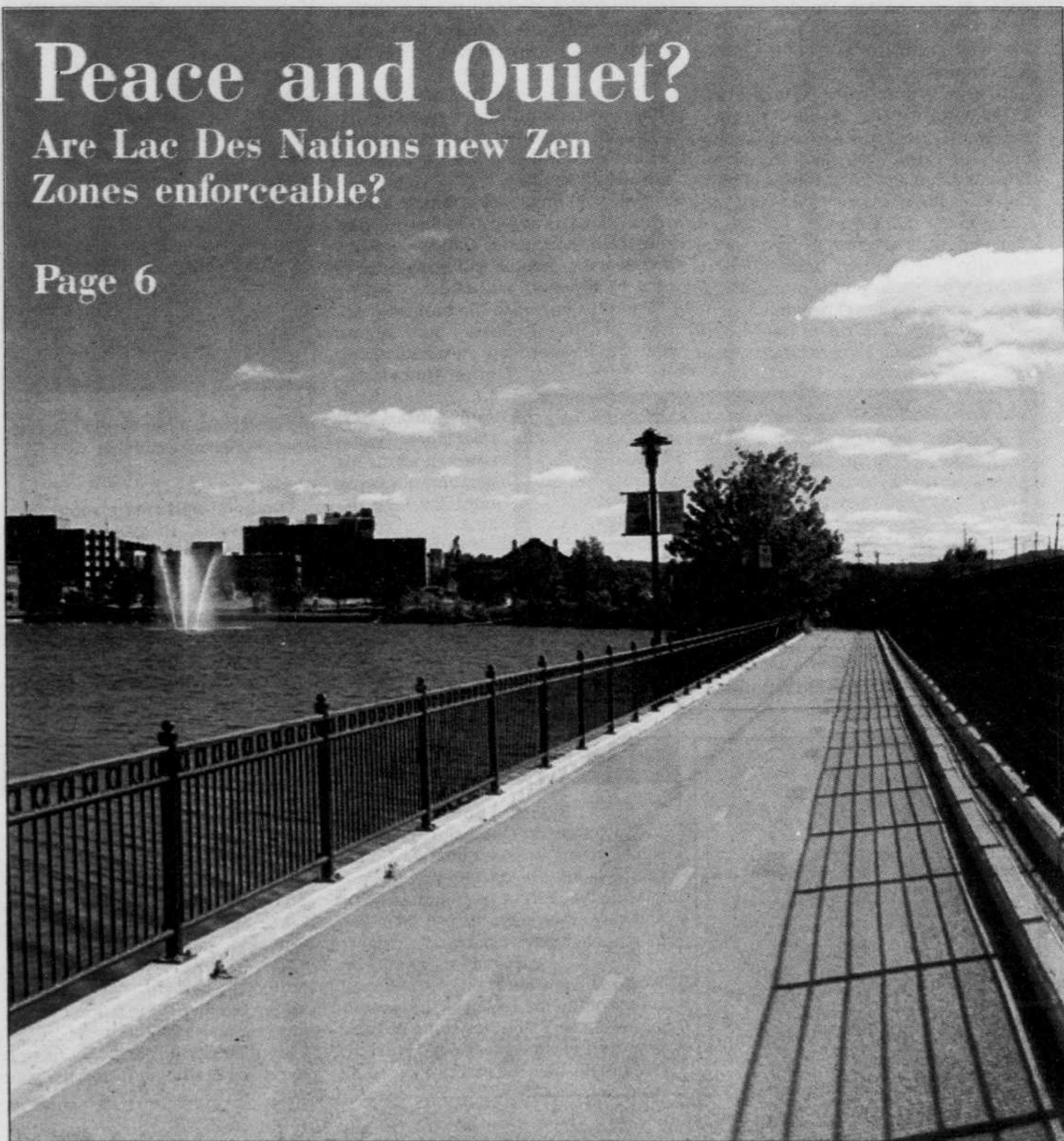
H1N1 No More
CSSS plans mass vaccination for all Sherbrooke residents, and they want to do it in just one month
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HE SAYS,
SHE SAYS...

"If this deal goes through it would not change the way we operate but it may ensure the mine's future and even increase operations and employment"

BERNARD COULOMBE, ON CHINESE INVESTORS BANKROLLING THE JEFFREY MINE (THE RECORD, AUGUST 27TH)

Peace and Quiet?
Are Lac Des Nations new Zen Zones enforceable?
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DOUG MCCOOEY

The promenade, littered with controversial Zen Zones.



LET'S TALK ABOUT MY MONEY, AND STUDIES THAT ARE PICTURE PERFECT FOR ME.

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Local News

Construction of Times Hotel Underway

By Doug McCooney

In a press conference at the Times Hotel construction site, City Mayor Jean Perrault and representatives from Espace Immobilier discussed the details of the project as well as the economic and social impact the hotel will have on the city. On the corner of King and Belvedere, the hotel will be located right in the heart of downtown Sherbrooke.

"There is a definite lack of prestigious hotels in Sherbrooke," said Jean Audet, president of Espace Immobilier in an interview with the Record. "And there is a demand for this type of building. It is what ultimately led to us choosing to invest in the area."

The details of the building are impressive. The six-story, four-star hotel will consist of 120 rooms plus a conference room with a 300-person capacity. Other features include a bar, a playroom for kids, and a heated indoor pool.

Part of the construction includes an underground parking garage that will be able to hold 100 vehicles. The total investment for the building's construction is estimated at \$16 million.

Mayor Perrault is happy at the speed with which the project is coming to fruition: "On May 30th we met with Mr. Audet to discuss this project. And here we are on August 27th and we have already begun construction. It's fantastic."

It is of note that the hotel will not have a restaurant. Audet explains that with the location of the hotel, visitors will be encouraged to see the sites that are already in place.

"We plan on working with the great restaurants that exist in Sherbrooke. And with the Lac Des Nations right on our doorstep, people will be inclined to explore anyways," said Audet.

Audet, along with his business partners Jacques Belanger and Bruno Roussin, have already constructed two other Times hotels in Quebec City. Audet joked that there was some concern about his partners not being familiar with the area.

"But I tell people: Jacques has ties to Sherbrooke and I have a house in Ayer's Cliff right on the Massawippi," said the Espace Immobilier



DOUG MCCOONEY

Sherbrooke mayor Jean Perrault (in cab) on hand to help with the official start to hotel construction Thursday morning

president.

The hotel will create about 55 new jobs and Audet estimates that the building will create a 3.5 to 4.5 million dollar annual injection into the city. He also noted that when you include the interest that will be generated for the local-area businesses, the number could be closer to \$10 million.

"It cost \$100,000 to decontaminate the site, and will cost another \$16 mil-

lion to build the hotel," said Perrault. "Considering these difficult economic conditions, it makes the project quite exceptional. But with the area itself being so exceptional, it makes sense because the hotel will be here for ten, twenty, even forty years."

"A hundred," added Audet with a smile.

The Times Hotel Sherbrooke is scheduled to open in June 2010.

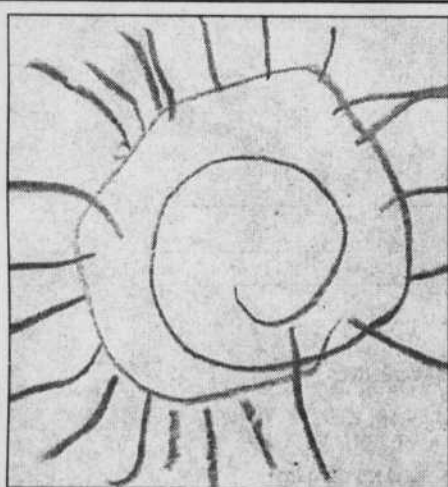
LOTO QUEBEC

Draw results: 2009-08-26

6/49		Quebec 49	
Winners	Prizes	Winners	Prizes
6/6	1 \$3,668,662.00	6/6	0 \$2,000,000.00
5/6+B	2 \$131,023.60	5/6+B	0 \$75,000.00
5/6	148 \$1,462.60	5/6	13 \$750.00
4/6	8,126 \$50.40	4/6	657 \$75.00
3/6	136,492 \$10.00	3/6	12,068 \$10.00
2/6+B	90,713 \$5.00	2/6+B	7,721 \$5.00
Total sales:	\$13,565,592	Total sales:	\$699,788.00
Next grand prize (approx.):	\$4,000,000	Extra	1217613

TONIGHT'S JACKPOT
\$12,000,000 (APPROX.)

In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.



Woe be gone Summer. You're time with us is always too short.

Weather

TODAY: SUNNY. HIGH OF 19. LOW OF 10

SATURDAY: LIGHT RAIN. HIGH OF 15. LOW OF 11.

SUNDAY: LIGHT RAIN. HIGH OF 19. LOW OF 10.

MONDAY: CLOUDY. HIGH OF 20. LOW OF 13.

Police Credit Citizen Tips in Video caper Nab

By Jessica Brown

The Surete du Quebec are crediting some citizens for their quick reaction in calling police. The calls they received regarding the theft of thousands of DVDs and video equipment helped them nab 23 year old Jimmy Richard.

Richard appeared in court on Wednesday in Granby accused of several counts of theft in regard to the two robberies at the Video Nostromo in Farnham and at an audio/video store in Cowansville over the past two weeks. Al-

most two-hundred thousand dollars in products were taken from the two places in three separate incidents. Investigators recovered some of the DVD's and equipment from his vehicle and residence, but they aren't sure how much was already gone.

"It was a witness in Cowansville who spotted the vehicle." Says SQ officer, Charles Beaulieu. "The suspect was driving a turquoise Pontiac transport."

Beaulieu says it is really because people are not hesitating to call the police

that crimes like this get solved.

"We tell citizens to call the police or info-crime as soon as they witness something, anything suspicious, even if it seems banal. It's often little things that make a big difference in arresting someone."

The same holds true in any town. Police also arrested a man in Bedford this week. 19-year old Michael Larose was taken into custody for breaking the conditions of his curfew and for assault causing injury at the Bedford Fair.

Ben by Daniel Shelton



BRIEFS

By Kelly McDevitt

Public Ministry: Get the Hells back in jail

The ministère public is asking a court of appeal to return four Sherbrooke Hell's Angels to prison, along with two others. On August 19, Claude Berger, François Goupil, Bruno Dumas and John Coates were released on bail after having been arrested under Operation SharQc - a three-year initiative targeting the Hell's Angels in Quebec, New Brunswick, France and the Dominican Republic. Two other Hell's Angels, Maurice Soucy and Jacques Dumais were also granted bail.

Prosecutor Madeleine Giauque is seeking to reverse the bail agreement handed down by judge James Brunton. The prosecution argues Judge Brunton made several errors in judgement when considering the case of the accused - three of whom face charges of murder, gangsterism, and drug trafficking and other charges. The six accused were granted conditional bail and paid fees ranging from \$15,000 to \$150,000; they are due to appear in court on September 2.

CSSS-IUGS Plans Mass Vaccination

The CSSS-IUGS is taking unprecedented steps to prepare for a possible resurgence of the H1N1 virus this winter; they are planning to have enough vaccine and personnel on hand to administer vaccines for the entire population of Sherbrooke in just one month. According to Lucie Bellehumeur, organizer of the immunization initiative, the CSSS-IUGS is preparing to vaccinate the entire population, over 150,000 people, if need be. Realistically, their goal is to vaccinate 85 per cent of the population in one month - approximately 120,000 residents. The mass vaccination project will take place at a single location, yet to be determined, and hopes to immunize over 4200 residents per day over a 30-day period. Dates for the vaccination have not been determined, but officials hope to have it done before the new year.

The CSSS-IUGS also plans to have vaccination clinics for the seasonal flu operating by mid-October for high-risk residents including children, seniors, health professionals and those with chronic illness.

Windmill Woes

Another windmill project is causing controversy in Quebec. The citizens of Saint-Ferdinand, between Thetford Mines and Plessisville, are objecting to a wind farm in their community to be built by the Spanish company Enerfin.

The project involves 50 wind mills built in Saint-Ferdinand and nearby Sainte-Sophie-d'Halifax and Saint-Pierre-Baptiste on private property at an estimated cost of \$400 million. Work to is slated to begin in December 2011. Despite claims of economic benefits to the region, residents oppose the project over various concerns, including noise levels, diminished property values and the destruction of landscape. Citizens claim their elected officials have ignored their concerns over the course of several meetings. A public meeting on the environment is set to take place in Saint-Ferdinand on September 16 and address the issue.

Hope for Valcourt Grand Prix

A group of citizens and officials in Valcourt are working together to explore the possibility of keeping the Grand Prix de motoneige alive this coming winter. Among those involved are Valcourt Chamber of Commerce president Roch Bourassa and Johnson MP Étienne-Alexis Boucher. A preliminary meeting took place last Monday and the group will meet again on Friday, reports la Tribune, to begin work on the project.

The Grand Prix event was put in jeopardy when an alleged fraud of thousands of dollars was discovered last July. Former Grand Prix de Valcourt (GPV) director Brigitte Pelletier is under investigation for the fraud. GPV has suspended activities until February, but locals are hoping this does not mean the end for the event. A group entitled "La relance du Grand Prix de Valcourt" on the social networking website Facebook has 424 members.

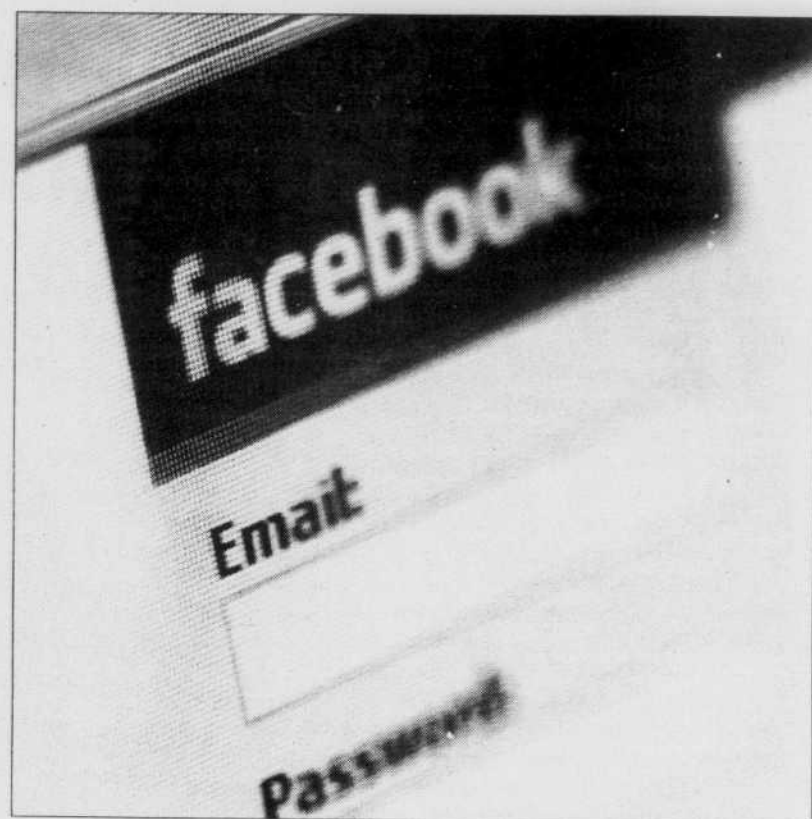
By Corrinna Pole
SHERBROOKE

Following Thursday morning's press conference by Jennifer Stoddart, the Privacy Commissioner of Canada (OPC), social networking site Facebook held a media conference call to announce the projected changes that would be implemented over the next year as a result of the OPC recommendations.

The Facebook team included Richard Allan the Director of European Privacy Policy, Michael Richter the Deputy General Counsel and Senior Platform Manager Dave Morin who announced the site is planning on improving notifications, making additions to the site's Privacy Policy and providing users with greater control over their information and how it is used.

According to Facebook, the company has cooperated with the OPC for the duration of the investigation and supplied the commissioner with the enhancement proposals for review. The OPC seemed satisfied with the plans.

"Our productive and constructive dialogue with the Commissioner's office has given us an opportunity to improve our policies and practices in a way that will provide even greater transparency and control for Facebook users," said Elliot Schrage, Vice-President of Global Communications and Public Policy at Facebook in a recent statement. "We believe that these changes are not only great for our users and address all of the



COURTESY WIKIMEDIA

Is your secret safe with facebook?

Commissioners' outstanding concerns, but they also set a new standard for the industry."

Among the proposed improvements, Facebook will encourage users to review their privacy settings to match their preferences.

The updates to the Privacy Policy will be clearer in explaining why certain information is collected and stored, how advertising programs function and the difference between deactivating and deleting an account. Users will be notified and have the opportunity to comment on the policy before it is put

into affect.

The company also plans on helping users have a greater understanding and control over information that third-party applications have access to. A new permissions model is being designed for applications that will require they indicate the categories of information they wish to access and that have the users consent before sharing any data.

CONT'D ON PAGE 6

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National News

BRIEFS

Police Shoot, Kill Quebec Man

(CNS) Police in Montreal have launched an independent investigation after a 29-year-old man was shot and killed by a Quebec provincial police officer in Sorel-Tracy on Wednesday.

According to Montreal police Const. Olivier Lapointe, the man was approached by officers in the parking lot of a McDonald's restaurant in Sorel-Tracy - about 82 kilometres northeast of Montreal - before noon.

Police recognized him as a suspect in a recent violent incident, and attempted to arrest him.

"The man became violent, and at least one shot was fired at the suspect," Lapointe said. "He died a short time later in hospital."

One officer with the Sûreté du Québec was also taken to hospital to be treated for nervous shock.

The province's Public Security Minister, Jacques Dupuis, transferred the investigation to the Montreal police services' Major Crime Unit.

"We have a number of witnesses to interview and we must check every detail before we have a better idea of what exactly happened," Lapointe said.

Montreal Gazette

Quebec Police Arrest Final Suspect In Drug Mule Killing

(CNS) Quebec provincial have arrested Paul Layoun, the last outstanding suspect for the July 2005 killing of Graeme Ferguson, Ottawa police said Wednesday.

Ferguson died in Ottawa on July 19, 2005, of injuries suffered over the previous three to five days while he was confined and tortured.

At the time of his death, Ferguson had just collected 17 kilograms of cocaine, worth an estimated \$4 million, from the Lost Luggage room at Ottawa's downtown bus station.

According to police, Layoun "was directly involved in the abduction, confinement and torture" of Ferguson, a 27-year-old British Columbia native, who was hired to transport 17 kilograms of pure Colombian cocaine to Ottawa before he was confined, tortured and killed over a botched delivery.

Since the killing, four other men pleaded guilty to manslaughter, conspiracy to kidnap and forcibly confine Ferguson, and conspiracy to possess cocaine for the purpose of trafficking.

Police said Layoun, 31, was arrested Wednesday in Saint-Lin-Laurentides, Que., north of Montreal.

He is to appear in court on Thursday in Joliette, Que., also north of Montreal.

Ottawa Citizen

Prime Minister Harper Set to Make Senate Appointments



COURTESY WIKIMEDIA

Stephen Harper plans to narrow Senate gap soon

By David Akin
CANWEST NEWS SERVICE

OTTAWA - Prime Minister Stephen Harper is preparing to reward some of his longest-serving and most loyal political operatives with Senate appointments that could come as early as this week, Canwest News Service has learned.

Doug Finley, who has been the political master strategist for the Conservative party in its first four general elections, will lead a pack of eight Senate appointees that includes Carolyn Stewart-Olsen, who was Harper's second-longest serving aide before her retirement this summer, and Don Plett, who will have to resign as president of the Conservative Party of Canada if he accepts the \$132,000-a-year job as senator.

Canadian senators are normally appointed for a term that lasts until they reach the age of 75, when they must retire. But Harper is committed to changing senators' terms by limiting them to eight years. His previous attempts to do that have been largely blocked by the Liberal majority in the Senate.

With the resignation Wednesday of Quebec Senator Lise Bacon, Harper now has nine vacancies to fill.

Canwest News Service has learned that he's poised to fill eight of those vacancies immediately, giving the Conservatives 45 of the 105 seats in the Senate.

All the new appointees have agreed to work with Harper on his Senate-reform package, which also includes a process to have senators elected.

One Conservative operative said the Prime Minister's Office had planned to make the Senate appointments Wednesday but changed the timing partly because most news outlets were devoting much of their space to coverage of U.S. Senator Ted Kennedy's death. The operative said that PMO communications advisers were worried they'd be accused of trying to "bury the news" of the Senate appointments if they were released on the same day as another major news event.

Still, Harper's advisers want the news out within the next 10 days, before the Labour Day weekend, while voter attention to politics is less intense than it would be this fall. Harper is sure to come under fire - perhaps even by critics in his own party - for engaging in the same kind of patronage politics that drew harsh criticism from him and other Conservatives when previous Liberal governments did it.

But Conservatives are bracing themselves for a few days of rocky headlines with talking points that include telling reporters that if Senator David Smith, who was former prime minister Jean Chretien's campaign mastermind, deserves a Senate seat, so too does Finley for playing the same role for Harper in his election campaigns.

Finley, who was employed by Conser-

vative party and not by the PMO, was and will remain the party's campaign manager.

Similarly, former prime minister Jean Chretien appointed his director of communications, Jim Munson, to the Senate, just as Harper is appointing Stewart-Olsen, who served mostly as Harper's press secretary but most recently as his director of strategic communications.

Stewart-Olsen will take the vacant New Brunswick Senate seat; Plett will take the vacant Manitoba seat and Finley will take one of the two vacant Ontario seats.

When he appoints those three, Harper is also expected to fill the other Ontario seat, two of the three vacant seats from Quebec, and one vacancy for Nunavut.

Conservative sources in Ottawa say that former Ontario Progressive Conservative cabinet minister Bob Runciman, former Progressive Conservative Nova Scotia premier Rodney MacDonald, and Judith Seidman, a Montrealeur who has been an organizer for the Conservatives in Quebec, are among those who made Harper's shortlist for Senate spots.

None of those expected to be named would comment on the appointments or the process.

Senator Marjory LeBreton, the government's leader in the Senate, also brushed aside questions about Senate appointees, deferring to the Prime Minister's Office.

Columnist

Time is a Fox

Jonathan
Lahue

Looking back, I don't see how I managed childhood. Parents picking out your clothes, bedtimes, but most of all, and this applies to the really fun parts too, everything just goes so s-l-o-w-l-y. Life today is much faster, and much more exciting. For this reason, I've concluded that time is in fact a fox; Sly, cunning, mischievous, but above all, sneaky.

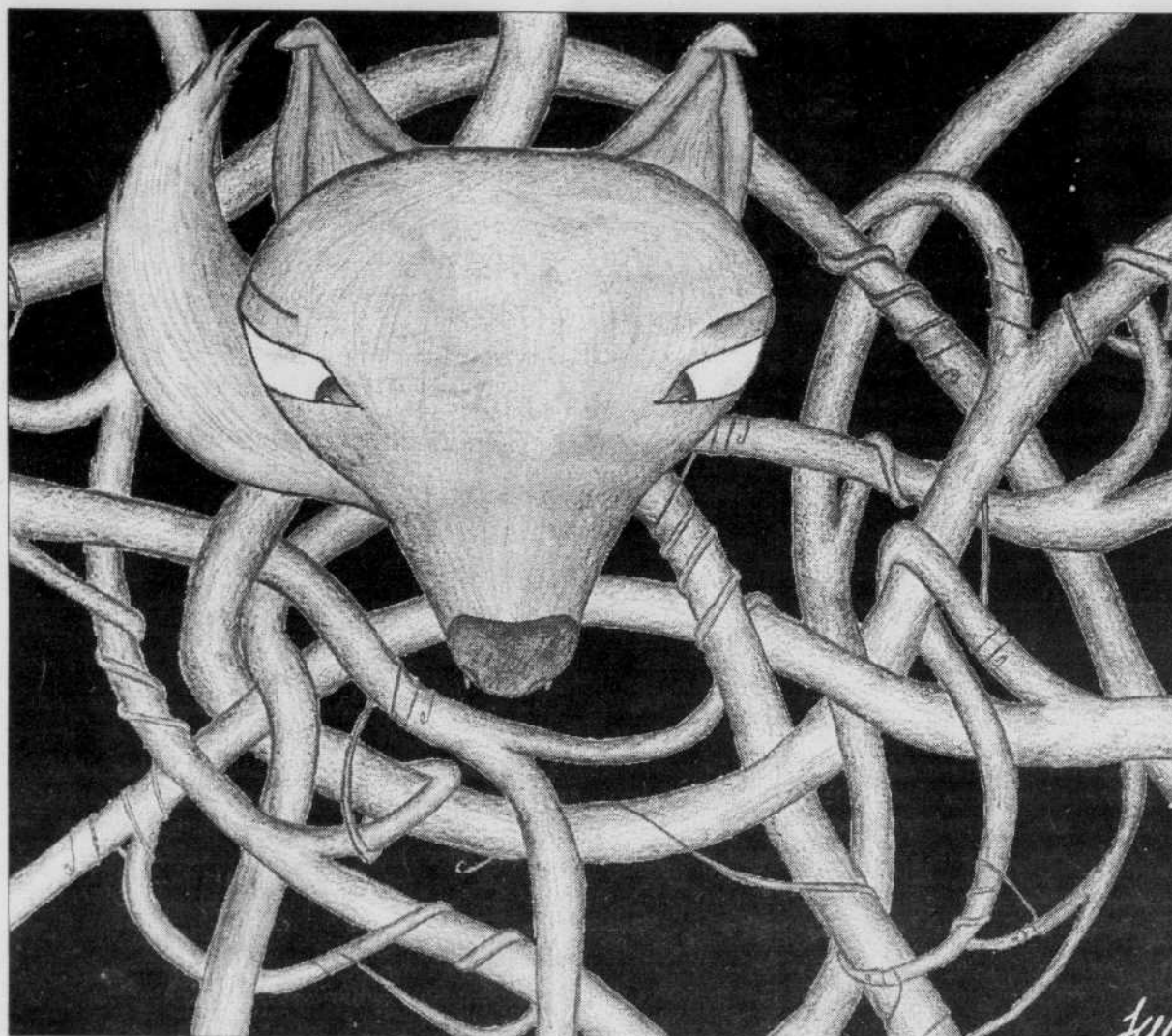
The fact is, much like a fox, time only behaves when you're watching. If you pay specific attention to the seconds, whether you were having fun or not before doesn't matter, those seconds will go ahead at the same pace every time. This is what makes time sneaky, sly and cunning all at once, as it always acts the same when anyone is looking. Occasionally however, it does slip, but again, it has shown its genius by convincing us that really, our time-pieces just aren't quite as reliable as we say they are, and it has nothing to do with time itself. Long ago, when people used things like candles and solar dials to tell time, these "slips" became commonplace, but there was no way of proving that they actually happened, because the instruments at the time weren't quite as precise.

Today, we have decided that the feeling of time "whooshing past" is in fact a miscalculation on the part of our brains, which is supposed to be keeping track of this sort of thing. Usually, time seems to go by much faster when we are enjoying ourselves, contrary to when we are not. For this reason, you will always have time for the math homework (unless of course you put it off long enough), but for things like writing a novel, or talking with friends, or well, anything else that you might be enjoying, the time always seems to go by just a little too fast. "Oh my god! It's 11:30 p.m.?! already?!" And then you get grounded for being late, and time goes by excruciatingly slowly to make up for before. Clever, isn't it? But not foolproof!

There are ways to trick this time fox, which also happen to make your life more interesting as well. Now, there are a few big differences in the way that you think when you're younger, and when you're a bit older, but mostly, it's a difference in how we dream, whether consciously, or not. Not everyone is a dreamer, but for me, since I was younger I kept dreaming bigger, and bigger, and well, as big as I could possibly dream. As that happened, the years did go by noticeably faster, and I believe that this applies to anyone, whether they are dreaming of the perfect job, life, or relationship, whether their life is good or bad, it's the looking ahead that makes time go fast.

It's important to know that not everything will be normal, but that it's okay. Everyone should think at least once about what they would change if they were the Prime Minister, but the trouble is, some people don't get any further. They makes excuses like "well, what if the rest of the party doesn't agree?" or, "well, I'd be kicked out for sure!" So? You dreamed those problems up and you can dream them back out again! The point is, whatever you're dreaming of isn't done yet! It's the only way that you can go ahead, try out stuff, and be guaranteed a second chance. You will find things that don't work, but then there's the fun of getting around it, and to just keep dreaming, until everything works perfectly.

"Dream Big" has always been one of my favourite sayings; it just works for everything. Not to chase your dreams is to give up. It's looking at the glass as half empty, but not turning on the tap to make it full. It's not really living, but merely floating along in life, hoping for something good to happen. When you act on your dreams, you get ahead, and that's why time goes so much faster, because you can look back and say, like I did in last week's article, Wow!



JONATHAN LAHUE

Dreaming big-time and watching the fox fly

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3 p.m.

Opening Act - Terri Clark
Paid Grandstand



7 p.m.
Entertainment
Terri
Clark
Paid Grandstand



2 p.m. & 6 p.m.
Opening Act
Jules
Rancourt
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WEDNESDAY

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Trucks
6 p.m.

SUNDAY

Oxen Log Obstacle
Course
Oxen Ring (Midfield)
10 a.m.
Shrek arrives at
Kids' Korner
11 a.m.
Big Truck Pull
Main Grandstand
1 p.m.
4-Wheel Drive Pull
7 p.m.

THURSDAY

4-H Horse Show
Horse Show Ring
11 a.m.
T-Bar
Rodeo
Main Grandstand
7 p.m.



Tommy Vee
Hypnotist
Free Talent Stage
7 p.m.

FRIDAY

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Valley Horse Show
Horse Show Ring
9 a.m.



Freestyle motorcross
Paid Grandstand
6 & 8 p.m.

MONDAY

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10 a.m.
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Remember when?



Last week, we ran a photo of a fictional Richmond one dollar bill and now this week it seems to be some sort of charter. Has anyone been to Richmond lately? By the sounds of it, they're starting their own little rogue state. A Nation within a nation within a nation? If you have any information on this photo please let us know at newsroom@sherbrooke-record.com or by calling 819-569-6345.

FACEBOOK POLICY CHANGE CONT'D FROM PAGE 3

When it comes to sharing friends' data, users will also have the ability to approve any access but their friends' application and privacy settings will control what an application has access to.

Work to apply the improvements is already underway but Facebook projects it will take at least a year to get everything in place. Much time and resources will be needed to reprogram, test and update the technical side of things but this time will allow both users and developers to adapt to the changes.

"This is a process that Facebook and developers will have to go through together," said Morin.

The company, which is headquartered in Palo Alto, California, also foresees the necessary changes will be a boon for themselves as well as advertisers by increasing user participation and

trust.

"It won't hinder the ability for applications developers to continue to build their business on the Facebook platform," said Morin. "In fact, by putting users in further control of their information and ensuring user experience is of a higher quality, we think users will be more engaged over time and people will be able to build bigger and better businesses because of it."

During the call, Richter admitted that the company has not factored in the cost of implementing the changes but pointed out that they are focusing on increasing user control and not focused on the financial aspect.

Although Facebook became the focus of the OPC investigation, the privacy commissioner admitted that other social networking websites should be reviewing their settings. The Facebook

team agreed and expressed that they were pleased to put the users first.

"We pride ourselves on being the industry leaders in this area," said Allan. "Our user base has confidence in our product and hopefully today they have even more confidence."

THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E. Sherbrooke J1G 1Y7
FAX FOR NEWSROOM ONLY: 819-569-3945
E-MAIL: newsroom@sherbrooke-record.com
WEBSITE: www.sherbrooke-record.com

KENNETH WELLS PUBLISHER (819) 569-9511
MICHAEL McDEVITT EDITOR (819) 569-6345
FRASER LOCKERBIE CORRESP. EDITOR (819) 569-6345
RICHARD LESSARD PROD. MGR. (819) 569-9931
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EDITORIAL

There has been a lot of controversy surrounding the Lac Des Nations promenade this summer. The 3.5 kilometre track has had its regulations modified a number of times over the last few months due to user complaints. With the southern part of the route not being very wide, a potential safety hazard is created for people during busy periods. The promenade is a popular attraction for walkers, runners, skaters, and cyclists; all of whom have had representatives voice their concerns to municipal councilors. In an attempt to appease the masses, the City Council has made a number of changes throughout the summer. Let's recap what's happened so far:

- Three lanes were painted on to the ground in the southern part of the track. Walkers, cyclists, and skaters were expected to stay in their lane. No exceptions.

- Due to complaints that Lac Des Nations users were venturing off into other lanes, creating some minor accidents and a few near misses, the City Council banned cyclists and skaters from using the promenade between 11 a.m. and 5 p.m. on weekends. Anyone with a bike or roller blades who approached the promenade during these hours was shot on sight (Okay, I made that last sentence up).

- Well the cyclists and skaters were not happy about this change, citing that the promenade was one of the only safe places (i.e. no cars) to exercise in the city. This led to the City Council reversing its decision and instead creating a "Zen Zone" in the southern part of the route. Users were told to use respect and civility to prevent accidents from occurring.

- The latest regulation, added just last week, made it illegal for anyone to travel over 10 km/h on the promenade. The previous speed limit was 30 km/h. The police would not use radar to catch offenders, instead they would use their judgement to determine who was exceeding the speed limit and putting other users in danger.

Now, I had used the promenade during busy periods earlier in the summer. At that time, only the first regulation was in place (the three-lane system). While I did notice people ignoring the lanes then, I did not find it to be particularly dangerous.

So when I learned about all of the subsequent changes, including the latest one, I decided to go investigate the current state of the Lac Des Nations promenade myself.

The first thing that struck me was the signage: throughout the southern part of the route hang new signs telling users to take a Zen-like approach to their trip around the lake. The second thing was the users themselves: nothing had changed. As I walked the route, runners, cyclists and joggers zoomed past at varying speeds.

I decided to time how long it took me to walk the 3.5 km route to see if I could break the law simply by walking normally. Walking at a fairly leisurely pace (I stopped a few times to check out signs and snap a picture or two) it took me exactly 29 minutes to do one lap. For argument's sake, let's say I was walking at a constant rate and didn't stop. I was thus travelling a little under 7 km/h, comfortably under the speed limit.

During that same period, a casual roller-blader who had started at the same time as me, passed by me twice; once about halfway through my trip, the second just as I was finishing. So if my math is right, this person was travelling three times as fast and thus moving at about 21 km/h, well over the speed limit. I should emphasize that this guy was not travelling very quickly and that I had bikers, runners, and other skaters pass me that were moving much, much faster.

Basically, in the eyes of the law, everyone who passed me was a criminal.

Now, this was a Thursday and the route wasn't overly busy, but there wasn't a police officer to be found anywhere. There was no one to stop people from using their bikes, blades, and feet in such a speedy manner.

I mean, if we can't rely on there being a police presence at the Lac Des Nations at all times to enforce ridiculous laws, then what are we supposed to rely on? Common courtesy and human decency?

DOUG MCCOOEYE

Your Money Matters

RESPs for Everyone!

How to prioritize your financial security

By Michael van Lierop

For years now, the notion of a Registered Education Savings Plan has appealed to many young families, looking for the ideal financial tool to bring their children into the world of higher education with the necessary funds to do so. The pitch? From the governments, it's been a cornucopia of grants, subsidies and tax credits to encourage parents to take responsibility for their kids' education. From companies selling the RESPs, you might be forgiven for believing your children's future is contingent on your investing in one.

The government has found all sorts of innovative tools to encourage individual investment in education as opposed to finding innovative public policy options that would require national vision and money. Naturally in Canada, education is the domain of the provincial governments, and as such it is impossibly difficult to manifest any national consensus or even a national standard when it comes to education, be it post-secondary or not. And so, the best weapon for the federal government has been to set up a variety of programs to encourage individual action, through tax incentives and subsidies to lower income families. Funny thing is the provinces, for the most part, including Quebec, have hopped on board, pumping into the RESP their own share of additional incentives. Not unlike the RRSP (Registered Retirement Savings Plan), the RESP is as ideological as it is practical – it suggests to Canadians that they ought not count on their government to provide education for their children, no more than they should count on their government to provide for their retirement. Sure, the government may help but if you really want to make sure your future is secure, do it yourself.

Having a well buttressed public system complemented by individual actions is not a bad thing, per se. As it so turns out, it has translated into tremendously generous incentives for individual families. The RESP is the most extreme example. While contributions to it do not incur a tax deduction, as a contribution to an RRSP would, they do incur massive grants, often exceeding the 20% top-up grant most people know about from the federal purse. In Quebec, there is a confusing array of grants and incentives to top this up even further, depending on family income (of course) and other fiscal factors.

The real question to ask, though, is what message is this sending when it comes to the financial security of most young families? The message we see time and time again is that because post-secondary education will cost a fortune by the time your kids are of maturity (again, because the government will be paying for less of it) you had better do something, and do it now! The future of your children and the country depends on it!

Arguably so, perhaps. The problem

with this notion is that no one at any level of government is sending the more pressing message: that the financial security of the family is first and foremost the priority. Not very sexy stuff, but it's real. Why is it that governments feel compelled to meddle in retirement planning and education planning but avoid any state-endorsed financial security planning? All the RESPs in the world won't do a family much good, or the kids, if the parent has died in a car accident without life insurance. What about the future of that family whose key breadwinner is diagnosed with a critical illness and is hospital-bound for a year or two? We are told by government to save for retirement, save for education, save in a Tax-Free Savings Account, but where's the sense to any of that if the fundamentals are not even in place? Should we just assume that families are well insured with life, disability, salary insurance or critical illness insurance? Governments legally oblige everyone to insure their car, and banks oblige your home to be insured. Given the legal demands to insure and the public policy promotion of personal financial preparedness for retirement or education, would it not be wise to invest in public awareness for other financial security?

Why? Time and time again young families, many with modest incomes, possess no rainy-day savings, no life insurance, but – because the marketing has been so incessant and effective – they own an RESP for their young children. The moment anything remotely bad happens to this family and not only will that RESP fall apart, but the very foundation of the family will be undermined. An RESP for a widowed spouse or kids whose parents are struggling with cancer is about as useful as a fridge in the cold, crisp Arctic.

What to do, then? First, meet with a qualified and respected Financial Security Advisor. The fact of the matter is, everyone has their own opinion but someone whose job it is, both professionally and ethically, to understand the client's entire financial situation and priorities will help. A salesperson who shows up to sell one product, no matter what that product is, is not interested in the full financial portrait. While you may end up purchasing or investing in a fabulous product and make a great decision regarding that one issue (such as education) there are countless other issues that must be considered either at the same time or before a product or strategy is pursued.

Secondly, if saving for your child's education is a major priority and all your other financial security needs have been addressed adequately and appropriately, take the time to review the available products. There is tremendous variation from one company to another. Most plans provide ample choice for pursuing post-secondary education, have roll-over options if one child does not pursue higher education and a younger child wants to, and all provide the contract holder (the parent) the option to take the capital invested in the RESP and roll it over to their own personal RRSP without penalty (and without the government grants) should no one pursue education after high school. Some

companies provide bonuses for clients who remain loyal through the duration of the entire plan, bonuses that can represent thousands of dollars at the end of the line – but require such rigid regularity of payments that the slightest hiccup can disrupt this bonus schedule. Let's face it, to expect that a typical family is going to be able to make every monthly payment for the entire duration of a contract (perhaps 18 or more years) is quite unlikely. In addition, pay attention to how the RESP is administered; is it an individual investment plan, a group investment? Most of all, check the penalties of withdrawing the money prematurely. Some plans have exorbitant penalties bordering on usury.

Finally, know what you are entitled to. The government grants are generous, but accessing all of the ones you might be entitled to is an onerous task at best. Even

professionals in the field have trouble keeping track of all the programs and changes, both federally and provincially, to these plans. Just remember, the "expert" may not be the one who specializes in that one product. Reach out to other sources of information, including government resources online, friends and family who have similarly started their own education savings plan. See what works, and what doesn't.

Most of all, remember that a family's financial security comes first. Investing in your children's education to the detriment of more pressing and possibly devastating issues could be putting the long-term vitality of the family at risk. If that is entirely in order, then don't wait another minute to get that RESP – the incentives in place today are simply too compelling to ignore.

Expression of interest

Leased office space – Sherbrooke, Que., King Street West Area

Farm Credit Canada (FCC), invites Expressions of Interest from anyone interested in leasing office space to FCC. All proposals must meet the following criteria:

- Approximately 3,500 usable square feet within one building, offering the entire space on one floor. Preference will be given to space with high visibility that provides for illuminated exterior signage. At least 10 designated staff parking spaces are required and at least two spaces for customer parking.
- The office space must be located in Sherbrooke, Que., in the King Street West area.
- The building must be accessible to FCC on a 24-hour basis. Heating/cooling/lighting must be available at all times and under the control of FCC.
- The physical characteristics of the building and surrounding area, including the uses of land in the neighbouring area, must be compatible with FCC's intended use as a business office. Build-to-suit options are also considered.
- The landlord/builder must ensure that the local telephone company (Telus or Bell) can provide Wide Area Network (WAN) services for computers to the property. FCC may deploy either a fibre or copper-based WAN service and it is the landlord/builder's responsibility to ensure that the proper service can be delivered to the site. FCC may require written notice from the provider that services can be delivered to the build site.
- Please indicate when the space would be available for tenant fixturing. The space must be in a good quality building and must be available for tenant fixturing no later than March 1, 2010 with a move-in date of approximately June 21, 2010. The term of the lease is negotiable but FCC will require a five-year term, plus an option to extend the lease for at least one additional term of five years.
- Evening cleaning/janitorial service must be included in the lease.

For more information, contact Diane Anaquod, Facilities Manager, East, Farm Credit Canada, 1800 Hamilton Street., P.O. Box 4320, Regina, SK, S4P 4L3. Phone 306-780-6025, fax 306-780-8641 or email diane.anaquod@fcc-fac.ca.

Please respond in writing with all relevant details of the space being offered and a simple building plan. Agents submitting an Expression of Interest must provide FCC with a letter from the Owner authorizing them to do so.

To ensure consideration, letters expressing interest must be received at the following address, or by facsimile at 306-780-8641 no later than 5 p.m. on September 11, 2009.

Farm Credit Canada
Administration Services, Attention: Diane Anaquod
1800 Hamilton Street, P.O. Box 4320, Regina, SK S4P 4L3

Note: Do not submit a price as this is not a tender call.

This is only an inquiry as to the availability of the space to lease, and FCC will not necessarily invite offers or lease any of the said space. FCC reserves the right to invite offers for this or similar projects, from any of the interested Lessors, any other Lessor, or by way of public tender.



Farm Credit Canada
Advancing the business of agriculture

Canada

THIS, THAT & OTHER THINGS

Inverness Beef Fest

Residents of Inverness are gearing up for the 29th edition of the Festival du Boeuf, taking place next week from September 1 to September 6. The festival began in 1981 with the goal of promoting social and cultural activities and tourist attractions of Inverness and the surrounding area, as well as celebrating and educating the public on the role of cattle farming in the community.

This year's activities include the Grand Rodeo, horse shows, entertainment activities for the kids, karaoke, Bingo night, a country music comedy show, free folk and country, concerts all week, amateur night, country dance lessons, drawings, a seniors' afternoon with l'orchestre Angéla, a fashion show and much much more. Visitors can also watch the crowing of the festival Queen and take part in the street parade. The festival will also be holding three beef suppers: spaghetti on Friday, September 4, braised beef on Saturday the 5th and smoked meat Sunday, September 6.

Multi-day passes are available for entry to the site and the free activities. Tickets for Wednesday night's musical comedy "Souvenirs de grand-mère" are \$10. On Thursday, bingo cards will be

on sale, nine squares for \$9 and twelve squares for \$12. Friday night's spaghetti supper is \$8 per person, while the braised beef and smoked meat suppers are \$12. Teens aged 13 to 17 get half price on the suppers and children 12 and under eat for free.

Those interested in seeing the entire festival can camp onsite at extra cost. Camping space is limited and there are no reservations so first come, first served.

For more information, including the festival's full line-up, camping costs and where to purchase tickets visit the Festival's website at:

www.festivalduboeuf.qc.ca, e-mail info@festivalduboeuf.com or call (418) 453-2592. During the festival activities information is also available by calling (418) 453-2149.

Galt Football Underway

Attention to all those interested in playing for the Alexander Galt High School Football Team.

Practices have already begun this week for the Bantam, Junior, and Senior divisions.

For anyone interested in playing at the Bantam level (all secondary level-1

students are eligible), the next practice is Thursday, August 27 from 3 p.m. until 5:45 p.m. Meet in the gymnasium area at Galt.

The Junior and Senior teams will also be practicing at the same time. Anyone interested in playing is encouraged to attend.

The following Monday, all of the teams will be practicing after school.

Transportation is required after both this Thursday and Monday's practices as the late-buses will not be running.

For any questions concerning the Bantam Football Team, contact Coach Breck at 819 563-4713.

For the Junior and Senior teams, contact Steve Dunn at 819 563-0770 ext. 281.

New Park Opening

The borough of Mont Bellevue in Sherbrooke is inviting the public to celebrate with officials the inauguration of parc du Petit-Canada on rue Alexandre this Sunday, August 30. The celebration will take place from 11 a.m. to 4 p.m.; hot dogs, activities and a clown will be on hand to provide fun for the whole family.

Busy Month For Exterminators

Exterminators in the Eastern Townships are seeing a bzzzy month of August with a swarm of calls from residents about wasp stings and infestations. Alain Charland of Etermination Totale says that three out of five calls to his company over the last three weeks have been for wasp infestations. Reports of wasps were low at the beginning of the summer with the cool, wet weather, but as August has been warmer and dryer, the wasps are out in full force. However, so are people. Exterminator Pierre Cameron says that this month's higher reports of wasp stings are likely just as much related to increased outdoor human activity in August as increased wasp activity.

Yellow wasps found near food sources and in gardens are mostly harmless and are not likely to sting. However wasps defending a nest are more aggressive. Cameron is reminding people that wasps only attack when they feel threatened or feel their nest is in jeopardy. If a nest poses no immediate danger or inconvenience it is usually best to leave it alone, rather than attempting to destroy it.

Career



COORDONNATEUR / COORDONNATRICE

Entrée Chez soi Brome Missisquoi est une ressource communautaire et alternative qui vise à améliorer les conditions de vie des personnes vivant des problèmes de santé mentale et/ou ayant un handicap physique. L'organisme offre trois volets d'activités s'adressant aux personnes vivant des problèmes de santé mentale ou de détresse émotionnelle : appartements supervisés avec soutien socio-communautaire, hébergement de transition dépannage et logements sociaux avec soutien communautaire pour personne ayant un problème de santé mentale ou un handicap physique.

Description

Sous la responsabilité immédiate du conseil d'administration, vous assumerez la responsabilité de coordonner l'ensemble des opérations d'Entrée Chez soi Brome Missisquoi. Vous gérerez les ressources humaines, financières, matérielles et immobilières ainsi que les activités de l'organisme dans le sens de la mission et des orientations définies. Vous verrez également au soutien des comités, à la mise en application d'un plan d'action annuel et au travail de représentation auprès des organismes du milieu et des regroupements. Enfin, vous effectuerez toutes autres tâches reliées à la consolidation et au développement de l'organisme.

Exigences de base

- Titulaire d'un diplôme universitaire en sciences humaines ou expérience équivalente
- Trois années d'expérience pertinente
- Connaissance de la santé mentale
- Intérêt à travailler pour la cause de l'alternative en santé mentale
- Expérience en administration
- Expérience dans le milieu associatif, coopératif ou communautaire
- Posséder une automobile et un permis de conduire

Exigences additionnelles

Connaissances

- Connaissance de la situation des personnes vivant un problème de santé mentale
- Connaissance du logement social
- Connaissance du réseau de la santé et des services sociaux
- Connaissance de l'anglais un atout

Compétences

- Capacité d'analyse des causes structurelles des problèmes sociaux
- Capacité à communiquer efficacement oralement et par écrit
- Capacité à gérer et motiver une équipe de travail
- Capacité à s'affirmer
- Capacité à développer des partenariats
- Capacité à travailler sous pression

Qualités personnelles

- Leadership
- Sens éthique
- Ouverture d'esprit
- Flexibilité
- Empathie

Lieu de travail:

Farnham et Cowansville

Entrée en fonction:

Septembre 2009

Rémunération:

Le salaire est de 31,200\$ par année + avantages sociaux

Veuillez faire parvenir votre curriculum vitae au 525 rue Saint-Édouard, bureau 101, Farnham, QC, J2N 1G6, à l'attention de Diane Blais, avant le 18 septembre 2009 à 17 heures. Télécopieur: 450 293-7070; courriel: entreechezsoi@videotron.ca
Prière de ne pas téléphoner.

I Do, I Do



DAVE ELLIS

I recently ventured up to Richmond to attend the classic car show that was held in the town's blocked-off Main street. With an estimated one hundred or so vintage cars to view, browsing along picturesque Main street observing the rows of cars was quite a treat. Especially when every antique automobile that was there surely brought back forgotten memories to the dozens of car loving spectators who strolled up and down the street that hot and sunny afternoon.

For myself, if there was ever a time when I feel nostalgic, it's certainly at a classic car show. Muscle cars, gas guzzlers and pony riders from the 60's and 70's always take me back to the time when I used to remember events while growing up in Stanstead. History was definitely made back in those good old days in my hometown and beyond.

I happened to be walking by a 1974 Ford Gran Torino when I stopped. The car was an exact duplicate of the vehicle driven in the 1970's TV cop show "Starsky and Hutch." I remember sitting in front of the tube as a youngster, watching the crime fighting pair tackling the bad guys from bank robbers to kidnappers to car thieves. They were always helped out by a street-wise character named Huggy Bear. An episode was always talked about the very next day on the school bus to Galt or at our winter hang-out which was the Stanstead College arena's canteen.

Further down the street, a 1956 DeSoto caught my eye. Wasn't this the family car the Cunningham's owned on TV's Happy Days? I remember Fonzie secretly taking the DeSoto to his auto repair shop to tinker with the engine so a reluctant Richie could drive the car in a drag race. Unbeknownst to Mister Cunningham, his morbid grey-colored DeSoto dragged and

defeated every souped-up car in that episode.

Then I came across a 1932 Packard. This was the type of vehicle that the infamous bank robbers Bonnie and Clyde used to drive. The bandits drove around the U.S. midwest during the Great Depression holding up banks and terrorizing citizens. It made me wonder if this was one of the many stolen Packards that they used to commit their devious heists. Highly unlikely, only the Packard could answer that.

When I reached the near end of Main street, I could hear a familiar song playing on an eight-track tape inside a 1973 Dodge Dart. It was Abba's "I Do, I Do, I Do, I Do, I Do." It all came back to me. This was one of the songs my next door Butterfield street neighbour used to play repeatedly on her record player in the back yard. She was doing it just to annoy her brother and me while we tried to listen intently on a transistor radio to the 1975 World Series between the Red Sox and the Reds.

Retracing my steps, I discovered a 1969 Ford LTD. It was the exact model and year of a vehicle my brother-in-law used to possess. Brian would show up at our house with his LTD in the mid 70's with the sound of Elton John's "Rocket Man" blaring from his amplified stereo speakers. To this day, every time I hear that song it reminds me of the 1969 Apollo moon landing.

My last reflection of the day occurred when I was looking at a 1972 AMC Javelin. It wasn't the outside of the car that grabbed my attention. It was actually the interior where the seat covers had a design of the Trix rabbit. This definitely reminded me of the days when I used to battle my older sister to the rights of the Trix box of breakfast cereal. This came to an abrupt end when our mother started to make us eat corn flakes, instead.

THE RECORD Sports

NEWSROOM@SHERBROOKERECORD.COM

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This Week Around Sports

By Zachary-Cy Vanasse

Usain Bolt got three tonnes of love from Germany, the Habs won't be playing at the "Big O" this season, and the NHL now wants to buy the 'Yotes which means it is once again time to take a look back at This Week Around Sports. The Team Canada hockey camp invitees reported to Calgary on Monday, Santana is done for the season and Dementieva outlasted Sharapova for the Rogers Cup title so for the week ending Friday, August 27, 2009 this is the week that TWAS.

The Piece of The Wall: In honour of the two world records he set in the 100m and 200m sprints at the IAAF World

Championships in Berlin, the city gave the world's fastest man a very large piece of the Berlin Wall, three tonnes of it in fact. The 12-foot high piece of the wall decorated with a painting of Bolt will be delivered to his training facility in Jamaica.

The "Big No": Despite the fact that there were reports the Canadiens were to play the Washington Capitals at Montreal's Olympic Stadium on November 28th the game is now a no-go. With the Montreal Alouettes comfortably in first place in the CFL's Eastern Division it's very likely that they will be using the "Big O" for the Eastern Final on that day, and they've already taken out a lease on the day. Ovechkin will likely be upset at missing the chance to play in front of 50,000-plus.

The Outlasted: Elena Dementieva simply had more left in the tank than Maria Sharapova during the final at the Rogers Cup in Toronto. Sharapova took a tongue lashing from her coach for pretty much quitting because she was tired during the match. The "pep talk" didn't help any, though, as the less than stellar final had Dementieva winning 6-4, 6-3.

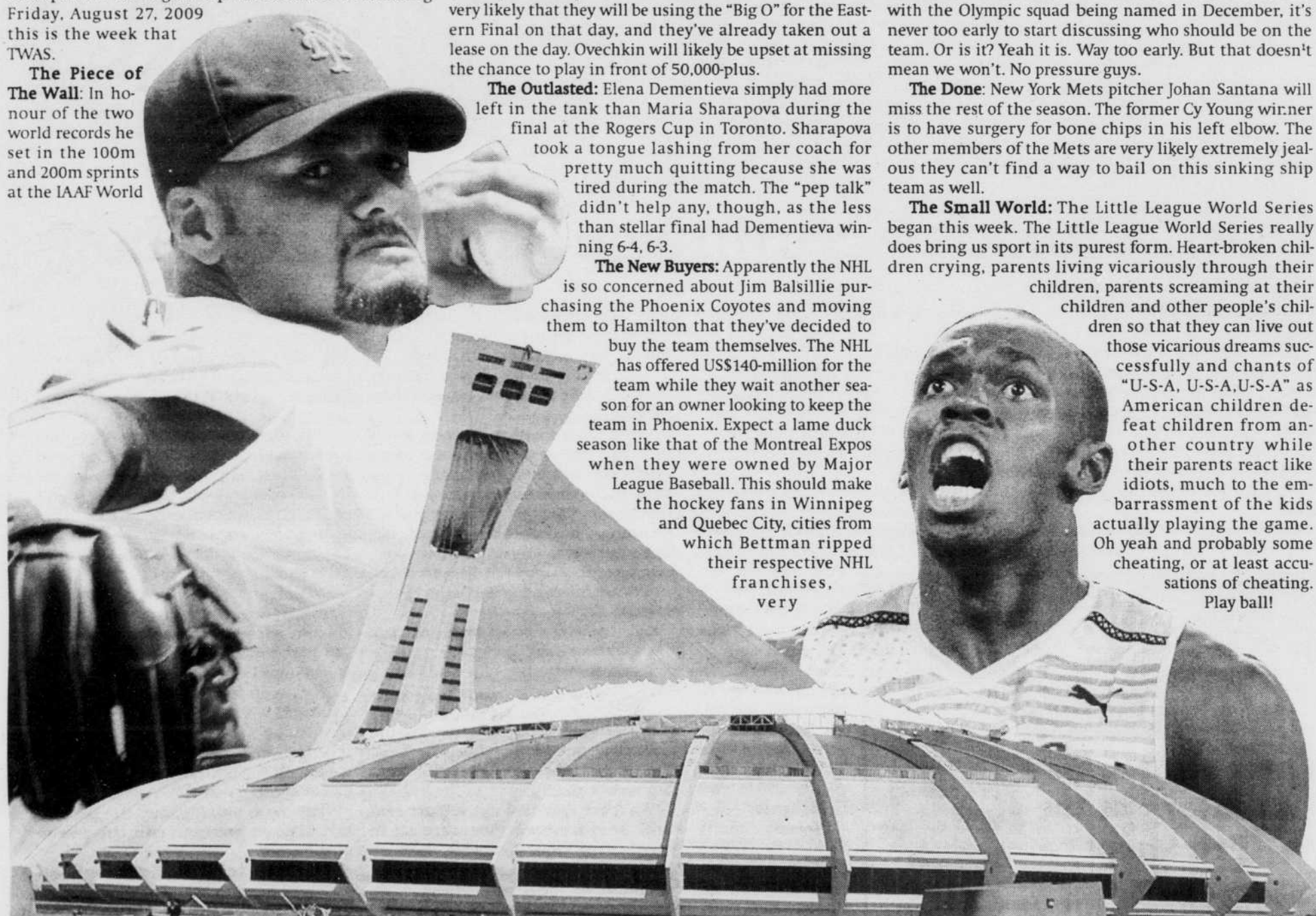
The New Buyers: Apparently the NHL is so concerned about Jim Balsillie purchasing the Phoenix Coyotes and moving them to Hamilton that they've decided to buy the team themselves. The NHL has offered US\$140-million for the team while they wait another season for an owner looking to keep the team in Phoenix. Expect a lame duck season like that of the Montreal Expos when they were owned by Major League Baseball. This should make the hockey fans in Winnipeg and Quebec City, cities from which Bettman ripped their respective NHL franchises, very

unhappy.

The Campers: The 45 (now 44 since Simon Gagné left the camp with an injury) players invited to Team Canada's hockey camp in preparation for the 2010 Olympic Games in Vancouver reported to camp in Calgary earlier this week. While some players are likely locks for the team, there are still plenty of positions to be vied for and more than enough talent to fill them. While no one will make the team based on how they do at camp, that will be decided in the first two months of the NHL season with the Olympic squad being named in December, it's never too early to start discussing who should be on the team. Or is it? Yeah it is. Way too early. But that doesn't mean we won't. No pressure guys.

The Done: New York Mets pitcher Johan Santana will miss the rest of the season. The former Cy Young winner is to have surgery for bone chips in his left elbow. The other members of the Mets are very likely extremely jealous they can't find a way to bail on this sinking ship team as well.

The Small World: The Little League World Series began this week. The Little League World Series really does bring us sport in its purest form. Heart-broken children crying, parents living vicariously through their children, parents screaming at their children and other people's children so that they can live out those vicarious dreams successfully and chants of "U-S-A, U-S-A, U-S-A" as American children defeat children from another country while their parents react like idiots, much to the embarrassment of the kids actually playing the game. Oh yeah and probably some cheating, or at least accusations of cheating. Play ball!



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www.diabete.qc.ca

Saints Signings Continue as Season Nears

By Zachary-Cy Vanasse

Jean-François Grégoire is busy putting the finishing touches on his hockey team with training camp starting on Saturday morning. The Sherbrooke Saint-François general manager signed Yann Joseph, the Saints first overall pick in the Saint-Hyacinthe Chiefs dissolution draft, on Wednesday and also brought Mike Varhaug back for another season in Sherbrooke.

Joseph, who was once a fan favourite in Sherbrooke, will be back in the Sherbrooke fold this season after having been dealt to Saint-Hyacinthe during the 2006-2007 season.

"Am I happy to be back in Sherbrooke?" Joseph asked rhetorically. "Come on! I'm excited to put the popular number 39 on again. The last few years, my friends became my opponents and I'm happy to be back on their side. I have nothing but great memories of Sherbrooke and I'd like to relight the fire that's been missing these past few years. We want to get back into the winning ways of things and, who knows, maybe win another championship."

With the additions of Joseph and

Varhaug on Wednesday, Grégoire may finally be done signing players for the coming season. "We wanted to have our lineup in place at the start of camp and we've done that with that addition of Yann," he said. "We needed a number one centre and he's a great play maker who is really going to help us filling those final needs."

In eight seasons in the LNAH, the 29-year-old centre has put up 327 points, including 88 goals. His best season came with Saint-Hyacinthe in 2007-2008 where he generated 94 points in 49 games.

While Sherbrooke's gentle giant in Varhaug won't be at camp, he is likely to be on the Saints squad come the season opener. "Mike can't be with us for the training camp due to work related reasons, but he will be back with us this season, though how many games we have him for will once again depend on his work." The 6-foot-7 Varhaug recently finished schooling to become an ambulance operator.



COURTESY SAINTS

Mike Varhaug doing what he does best

Team Canada Scrimmage Not Just For Show

By Scott Cruickshank

CALGARY - The true evaluation process, as Team Canada brass has been preaching all week, starts when the National Hockey League's regular season does.

There are four dozen eager beavers. They've got three months to strut their stuff in advance of the 2010 Olympic Games.

Seems straight forward enough.

This stuff in Calgary, after all, is

merely an orientation camp. So we've been told.

Again and again.

But Thursday night? That little ol' scrimmage at the Pengrowth Saddledome? It does mean something.

Even coach Mike Babcock said so.

Sort of. Right after scolding reporters.

"You know, you're reading way too much into anybody's line," replied Babcock after being asked about the newly formed trio of Sidney Crosby, Rick Nash and Martin St. Louis on Day 3. "What I would do is just watch the game and we'll go from there. As much as we're evaluating players, I've found over the years when the puck drops . . . that's when you find players."

Nobody expects Thursday night's game to be as passive as, say, an all-star snoozer.

Don't plan to witness the blood and froth of Game 7, either.

"It's going to be a game," said Shane Doan. "I mean, in practices, guys are skating. And when guys are skating, it's a quick game. You get on guys in a

hurry and you're able to make things a little more difficult for each other. It's going to be a very, very high-tempo."

"Everybody wants to show what they can do. It's only one game. No one wants to stick out."

Added Dany Heatley: "No one wants to get hurt, but at the same time, everyone wants it to be a good pace and a competitive scrimmage. I think it will be similar to the type of contact you see in summer hockey. You go hard, but you're not going to run anybody over. You might rub a guy out here or there, but I don't think it's going to be full-on physical, no."

Addressing one of his least favourite topics, Babcock acknowledged that the forward combinations will be again altered.

But, despite having stepped away from the blackboard in the coaches' room only minutes earlier, the head coach wasn't too sure what the fresh alignments were.

"What are they? I'm not 100 per cent sure," said Babcock. "We were all in there, sitting around, moving them all over the place, trying to get the best combinations, the best matchups, so we can see people go head to head. But I can't even remember who they all were."

Pressed, he did say that he expected Crosby and Nash to be together, as they have been all week.

"I think there's something there," Babcock said of that duo's chemistry. "Yet, in saying that, we'll just keep plugging away. Good thing we've got (Thursday's morning skate) - we still have one more chance to change our minds (about lines) before the game. Then we've got three periods, so it could all

change then, too."

To his relief, Canada's bench boss was also asked about his staff of associates - Lindy Ruff, Ken Hitchcock, Jacques Lemaire - and what they add to the team package.

"For me to be with these guys has been unbelievable," said Babcock. "To be a coach and want to be better, you have to surround yourself with really good people. These are smart guys that bring a lot to the table. A lot of wisdom. They've done a lot of winning. They have different ways of doing things. So that really helps."

Hitchcock, prior to this posting, worked with the Canadian entries at the 2002 and 2006 Olympics, and at the 2004 World Cup of Hockey.

"He's seen it, so he can let us know what will take place," said Babcock. "Basically, he's in charge of all faceoff schemes. He's in charge of all the pre-scouts, all the post-scouts. He's going to be our eye in the sky."

"Jacques is going to run the penalty kill. Lindy's going to run the power play."

So who's in charge of the goal-tenders?

"Well, that's a real good question."

Laughter all round. But, curiously, no elaboration.

At any rate, with Hitchcock situated in the press box for the Olympic tournament, Babcock and Ruff and Lemaire will run the bench in Vancouver.

Even Thursday night, Babcock plans to do his evaluating at ice level.

"I don't watch hockey good from upstairs. I go to sleep up there. I'm a coach. I like to watch it from down on the ice."

Calgary Herald



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Presbyterian Church in Canada

St. Andrew's Presbyterian Church Sherbrooke



256 Queen Street, Lennoxville
Tel: 819-569-3100
Minister: Rev. John Barry Forsyth
Organist: Anthony Davidson

Sunday
10:30 a.m. Worship & Sunday School

Culte en français dimanche 17h
Pasteur Rev. G. Fantechi 819-566-5962

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Sunday 8:30 a.m.



Attend the
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Trinity Church Whist

August 13 - Whist players gathered on Thursday evening to play cards despite the heat. Nine tables were filled despite the heat.

During the evening 4x5's were called for Bob Farr. Winners of the evening's fun were Jean Riti, Doreen McPherson, Arnold Fletcher, and Herbie Riti with 42 pts. for 1st place. Second place winner were June Royea, Shirley Vaughn, Jean Scott, Donna Luce with 41 pts. The booby prize went to Doreen Gibbs, Bev de la Mare, Mary Taylor and Stanley O'Brien with 19 points. Door prizes were won by the following people: Arthur Hall, Angele Fournier, Ron Page, Jean Scott, Laurie Orr, June Royea, Mary Taylor, Rita Du Hamel, Jean Paul St. Pierre, Georgette St. Pierre, George Wilson, Audrey Mayhew, Bev Page, Arnold Fletcher, Gerald Coupland, Shirley Vaughn. Consolation prizes were won by Marge Hewitt and Gert Barrand. The grocery basket went to Alta Forster. Congratulations to all you lucky winners!

Lunch was prepared and served by the ladies of the church.

Safe home.

Next Whist is August 27.

Mary Le Chasseur

EAT IN AND SAVE Variations on a naked quiche

As a parent, you may find yourself ping-ponging between the drive-through and the microwave, shoving food into your children's mouths as thoughtlessly as you shove a load of laundry into the dryer. If so, you may want to check out a new cookbook that addresses the extremely high cost — in stress and wellness, as well as in dollars — of the Standard American Diet (SAD).

"Simple Food for Busy Families" by Jeannette Bessinger and Tracee Yablon-Brenner (Celestial Arts, 2009) may sound like a sweet how-to volume, but it packs a revolutionary message. Essentially, these holistic health counselors attack the SAD menu (of processed foods high in sugar, fat and salt) as being responsible for a variety of ills, including tension headaches, poor attention spans, obesity, lethargy and sleep disorders. They promote instead "whole life nutrition," a plan that addresses the quantity and quality of foods we eat. Not surprisingly, they recommend fresh, natural, minimally processed, seasonal and organic foods.

The authors also preach the value of a daily routine, avowing that meal-times, snack times and bedtimes should be observed on a consistent schedule. They advise parents to wake school-age children a whole hour before they have to get out the door, and to enforce bedtimes that allow for eight to nine hours of sleep a night. For some of us, this is way more challenging than getting a 5-year-old to eat whole-wheat bread.

Most of the recipes are simple, presented in a mix-and-match grid so that you can choose ingredients your family likes. The crustless ("naked") quiche, below, is a good example.

Mercifully, readers are advised not to try to make all of these changes at once. Nevertheless, this is not a book for the faint of heart. If you are truly committed to a nutritional upgrade and reduction of stress, get this book. Your first challenge will be finding the time to read it.

NAKED QUICHE: FOUR VARIATIONS

oil or butter for pan
5 eggs
2/3 cup milk (cow's milk, soy milk, rice milk, etc.)

Vegetarian variation:

1/2 teaspoon black pepper
3/4 cup chopped asparagus
1/2 cup chopped tomato
1/2 cup grated cheddar cheese
sprinkle of paprika, for top of quiche

Salmon variation:

1 teaspoon dried or 1 tablespoon fresh dill
1 teaspoon dry mustard or 1 tablespoon Dijon mustard
1 cup chopped onion
1/2 cup chopped fresh mushrooms (portobellos are great)
4 to 8 ounces smoked salmon (lox-style or canned)

Greek variation:

1/2 cup sun-dried tomatoes, soaked in hot water for 20 minutes and drained, or packed in oil and drained
1-1/2 cups fresh baby spinach or frozen spinach (thawed and drained, if frozen)
1/4 to 1/2 cup chopped black olives
1/4 cup crumbled feta cheese

Mexican variation:

1 cup canned kidney, black or pinto beans, rinsed and drained
1/4 cup salsa
1/2 cup frozen or canned corn, (thawed, if frozen) and drained
1/4 cup Monterey Jack cheese
1/4 cup chopped fresh cilantro

Preheat the oven to 375 F. Oil or butter a 9-inch pie pan.

Whisk eggs, milk and any seasonings together. Place the veggies in the bottom of the pan, and spread out evenly. Pour the egg mixture over all. If making the vegetarian variation, sprinkle the top with paprika.

Bake for 30 to 50 minutes, or until set and lightly browned on the top. If, at 30



PHOTOGRAPH BY LEO GONG FOR "SIMPLE FOOD FOR BUSY FAMILIES" BY JEANNETTE BESSINGER AND TRACEE YABLON-BRENNER (CELESTIAL ARTS, 2009)

A crustless ("naked") quiche is quick to make, and can be adapted to include your family's favorite vegetables and cheeses.

minutes, the top is browning too quickly, cover lightly with foil.

Yield: 6 servings

Recipe from "Simple Food for Busy Families" by Jeannette Bessinger and Tracee Yablon-Brenner (Celestial Arts, 2009)

SLOW-COOKER BEEF-BURGUNDY STEW

3 carrots, peeled and cut into thin rounds
1 small butternut squash, peeled, washed and diced (you can buy it, peeled and chopped, in the supermarket)
2 onions, peeled and quartered
1-1/2 pounds cubed stew meat
2 tablespoons flour
1/2 cup beef broth
3/4 cup burgundy wine or dark beer
1 (14-ounce) can whole or diced tomatoes
1 to 2 cloves garlic, peeled and minced
1 bay leaf

1/2 teaspoon marjoram
1/2 teaspoon thyme
1/2 teaspoon oregano
salt and pepper
1 (10-ounce) box or bag of frozen peas or green beans

Layer the carrots, squash and onions in order in the container of a 3-1/2 quart (or larger) slow cooker. Add the beef.

Whisk the flour into the broth and wine. Add the liquid to the slow cooker. Add the remaining ingredients, except the peas (or green beans). Cook on high for 4 to 5 hours, or on low for 7 to 8 hours. Add the frozen peas or beans during the last 15 minutes of cooking, or until heated through.

Serve over cooked whole grains or pastas, if desired.

Yield: 4 to 6 servings

Recipe from "Simple Food for Busy Families" by Jeannette Bessinger and Tracee Yablon-Brenner (Celestial Arts, 2009)

Deaths

DAVIDSON, Lucille Labrecque - Passed away on August 25, 2009. Wife of Gordon Scott Davidson. Mother of Bob (Sharon), Audrey, Mike (Diane), Lynda (Rick), Keith and Julie (Mike). She will be sadly missed by her 11 grandchildren and many other family members and friends. The family will receive relatives and friends at 1559 rue Montarville, St. Bruno on Saturday, August 29, 2009 from 10 a.m. to 3 p.m.

MACRAE, Eric Morrison - Peacefully at Denis Marcotte Residence, Thetford Mines on August 25, 2009 in his 83rd year. Beloved husband of 57 years to Helen Allan. Loving father of Lynn (deceased) and Ricky (Diane). Dear grandfather of Rachel (Ryan), Jason, Sabrina, Stéphanie and Marc-Antoine, and devoted great-grandfather of Elizabeth Lynn. He was the beloved brother of Janie (Herbert Crawford deceased); and several nieces and nephews. The family will receive friends on Saturday, August 29 from 7 p.m. to 9 p.m. and Sunday, the day of the funeral, from 1 p.m. to 2 p.m., at the J.A. Savoie Funeral Home, 1086 Notre-Dame East, Thetford Mines. Interment in Riverside Memorial Cemetery, Kinnear's Mills, Québec. In lieu of flowers, donations to the charity of your choice would be appreciated by the family.

In Memoriam

GILLIM, Janet Mary - In memory of a dear wife, mother and grandmother who passed away on August 29, 2000.
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Fibroid removal may be necessary for patient



PETER H. GOTT,
M.D.

DEAR DR. GOTT: I am a 45-year-old female. I was recently told by my gynecologist that I need to have a uterine fibroid removed.

I know I have two fibroids, both of which are estimated to be about six pounds each. My stomach protrudes, and I look as if I am nine months pregnant because of them. I no longer have a menstrual cycle and am now having difficulty walking because of the fibroids.

I am scared to death of surgery and wonder whether I have any other options.

DEAR READER: Uterine fibroids (sometimes known as fibromyomas, leiomyomas or myomas) are non-cancerous growths most common in women of childbearing age and usually cause mild symptoms or none at all. Most shrink or disappear during menopause.

According to the Mayo Clinic, as many as three out of four women have one or more uterine fibroids at some point in their lifetimes, but most never know it because the growths do not cause problems. Generally, fibroids are found accidentally during a routine pelvic exam or ultrasound for another condition, and ordinarily, they do not cause symptoms and need no treatment.

Fibroids that cause symptoms generally lead to heavy or prolonged menstrual bleeding, pelvic pain or pressure, frequent or difficult urination, constipation and/or back or leg pain. Rarely, pain and fever may be present when a fibroid outgrows its blood supply and begins to die.

There are several treatment options available, but most rely on altering the hormones that allow the fibroids to continue growing. There are also several surgical procedures. The two most common are hysterectomy (which removes the entire uterus and possibly the ovaries as well) and myomectomy (which removes the fibroid only). Only a hysterectomy has been proven as a permanent solution, since it removes the tissues that generate the fibroid. Simply removing the fibroid does not guarantee one will not grow again or prevent another from developing in a different location.

Because you are clearly having quite severe symptoms from your very large fibroids, I urge you to follow your gynecologist's advice. He or she most likely

would not recommend the dramatic option of surgery unless it is was the best course of treatment. Surgery can be frightening. Talk to your physician and surgeon about your fears and other possible treatment options that may be available to you. They should be able to help you understand more about the surgical procedure and risks involved, as well as the risks of declining surgery and allowing the fibroids to continue to grow. And if you still have doubts, you could consider getting a second opinion from another gynecologist.

To provide related information, I am sending you a copy of my Health Report "Vaginal Infections and Disorders." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a check or money order for \$2 to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

DEAR DR. GOTT: I have another crazy home remedy for you and your readers. I have sensitive skin and eczema. I am allergic to sunscreen, latex and chemicals. During one flare-up, I tried plain old honey. Yes, it's sticky, but for the first time, I had instant calming relief.

I simply wet my fingers and skin and apply a thin layer. A beekeeper once told me that honey holds in moisture, so maybe that is why this works.

DEAR READER: This remedy is new to me so I am passing it on to my readers for their input. Thanks for sharing, and I will print a follow-up article with the results from my readers.

DEAR DR. GOTT: I have bursitis in my upper right arm that I used to describe as a toothache in my muscle. It got to the point of being so painful that I had to quit using my arm to do anything and kept it tucked tightly to my side.

Then I read your column about putting a bar of soap under the sheet at the bottom of the bed for leg-muscle cramps. I decided to try it, but instead put it near my arm rather than my legs, and within two days the pain subsided. As of today, my doctor is amazed that I have almost a full range of motion back and that I am pain-free.

Thank you for printing suggestions for such simple and cheap pain-relief methods.

DEAR READER: Bursitis is a fairly common and painful arthritis-like condition. I am glad that you adapted one of my recommendations to suit your needs and found it so successful. I have printed your letter in the hopes that it will also help others.

So, folks, it seems that my soap-under-the-sheet remedy works for more than just leg cramps. Try experimenting and let me know the results.

To provide related information, I am sending you copies of my Health Reports "Dr. Gott's Compelling Home Remedies" and "More Compelling Home Remedies." Other readers would like copies should send a self-addressed stamped No. 10 envelope and a check or money order for \$2 per report to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title(s).

DEAR DR. GOTT: I am seeking your interpretation of a report I received about the extent of an injury to my right eye socket. I want to know whether it is broken or otherwise damaged. Could you please explain the report results in layman's terms?

DEAR READER: First, I would like to say that your physician should be your first source for information with regard to any testing. Also, I would have expected that if you were being evaluated for a fracture, the X-ray technician would have had you wait for the results to determine whether further care was needed. That said, I will now answer your question.

According to the final impression of the radiologist at the time of the test, you probably had a cold and there was a small injury to the eye socket, but it couldn't be determined when that damage occurred because of the cold and tissue swelling. It was determined that there were no broken facial bones.

Based on the findings and in my opinion, the damage appears to be so slight that it likely won't be of any consequence. Since the age of the injury couldn't be determined, there is a possibility that you have had the abnormality for quite some time without knowing it.

Return to your physician, and get his or her explanation of the results. As I have said before, I cannot be used as a second opinion but rather as a source for further, general information. There is a lag time of several weeks during which the letters get to me, are opened, and are then reviewed. Then I must make my responses, have them put into column format, undergo editing and then, after all that, they can be submitted for final printing and distribution to newspapers around the country (and in some cases, other countries!). Everything takes time, but for fast responses, specifically geared to personal cases, a personal physician is always the best and surest step.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 taxes included)

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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.

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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.

I have endured much pain, verbal abuse and humiliation

Dear Annie: I have been married to "Jerry" for 38 years. I have endured much pain, verbal abuse and humiliation. He has had affairs, stolen from my parents when they were ill and continues to spend my hard-earned money on other women. All he does is take from everyone, doing nothing to help out financially or otherwise.

I have forgiven him for all these things and thought we could have a normal marriage if I kept trying to make things work. But the more time that passes, the worse he treats me. He talks down to me and has taught our son to do the same.

I'm at my wits' end. I've been going to counseling for quite some time, and my counselor tells me Jerry is a classic cheater. I've always ignored the rumors, but I guess I'm the laughingstock of our community. Jerry refuses to go to counseling, saying I am the problem. He tells people I'm no wife to him and never was, even though I cook, clean, do his laundry and whatever else he wants, on top of being the breadwinner. What does he want from me? How much am I supposed to take? — Contemplating Divorce in the Midwest

Dear Midwest: Jerry wants you to take whatever he throws at you, but, honey, you don't have to keep doing it. After 38 years, he's not likely to change. It will be difficult to extricate yourself from this emotionally abusive marriage, but we assume your son is grown and you are financially independent. Discuss the possibilities with your counselor and work on ways to liberate yourself. You deserve better.

Dear Annie: Is it appropriate for people to brush their teeth in a public restroom? I was at the bowling alley the other day and noticed a woman brushing her teeth in the sink of the ladies' room. At first I thought she worked there, but I later noticed she was bowling, just like me.

I would never dream of using a public bathroom to brush. It does not seem very sanitary, and I did not like the idea of her spitting in the sink next to me as I washed my hands. Are there rules of etiquette that apply to this? — Just Wondering in Indiana

Dear Indiana: Brushing one's teeth and other forms of personal hygiene are best done in private. There are times when it is necessary to use a public facility (e.g., just arriving at the airport on the red-eye and heading directly for a business meeting). This, however, doesn't seem to be one of those cases.

Dear Annie: I read the letter from "A Teen In Need" and wanted to thank you for recommending RAINN. It is an incredible organization that helped me deal with the fallout of my daughter's rape. I am also a member of their speakers bureau, which has given me the opportunity to help others learn how to assist victims of rape.

I would like to address one area you skipped in your response. "Teen" stated that she was pregnant and didn't know how to address being called names and

Annie's Mailbox

feeling completely unsupported. I am an executive director of a pregnancy center. Our center, as well as others throughout the United States, works with completely nonjudgmental eyes. Wherever these women are, emotionally and physically, we help them realize they are not alone. An unplanned pregnancy is a very difficult situation to face. Add the deep trauma of a rape onto that and it can understandably seem impossible.

Please encourage "Teen" to research

her local pregnancy center. She will find caring, confidential support without judgment or condemnation. My heart goes out to this young woman. — Someone Who Cares

Dear Someone: Thank you for the compassionate recommendation. We hope she will follow through.

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

Wedding Announcement

Smith-Robinson

On Saturday, August 29, 2009 at 2:30 p.m., Eric Joseph Smith and Kathleen Theda Robinson will be married at the United Church of Canada, located at 6 Church St., Lennoxville, QC, J1M 1S9.

50th Anniversary



Elden and Phyllis (nee Stowe) Lowry are celebrating their 50th Wedding Anniversary on August 29, 2009.

You may extend your congratulations and best wishes by mail to them at 4 St. Germain St., Sawyerville, QC, J0B 3A0.

Congratulations and love from all of us.

Happy 50th Anniversary!!



On August 29, 2009, Elden & Phyllis Lowry will be celebrating their Golden Wedding Anniversary.

Congratulations and Best Wishes to you both, from your family & friends.

With Love From Sternie, Rosemary, Roger, Lisa, and your grandkids Cole, Amanda, Samantha, Georga, Royal and Wylder.

80th BIRTHDAY OPEN HOUSE

For Lennoxville Card Shark

An Open House will be held on Saturday, August 29 from 1 p.m. to 3 p.m. for Beulah Turnbull, at her home, in honour of her 80th birthday.

Best wishes only.

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.
Today's clue: N equals J

"EBXGX LGX EHYXW VBXI TPJ
NJWE SXE APVI, TPJ MXXZ ZHFX
IPRPAT ZHFXW TPJ. VX'GX HI
BHSB WKBPPZ MPGXCXG." - GXIX
GJWWP

PREVIOUS SOLUTION: "A sculptor is a person who is interested in the shape of things, a poet in words, a musician by sounds." - Henry Moore

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.
Today's clue: L equals B

"MOTIMO HP B IBXHT BZZTSZEOI,
BZX YWOZ WO YBCFP SZXOI B
LIHXMO... DTS EBZ'R WOBI WHV
RBCF." - PROUOZ YIHMWR

PREVIOUS SOLUTION: "There are times when you just get down, you feel like nobody likes you. We're in high school forever." - Rene Russo

KIT N' CARLYLE



HERMAN



"I can't move my head."

ALLEY OOP



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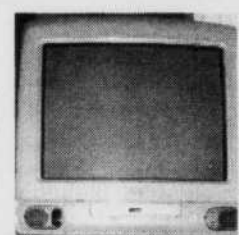
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2006 KOBALT LT, 4-door, 76,000 km, 160,000 GM warranty, \$6,800. Call 819-822-8815.

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Ayer's Cliff Farmers' Market (10+ vendors) will be hosted by Heath Orchard from 10:30-12:30 Sat., Aug. 29th.

4850 Chemin Heath, route 148
Stanstead PQ J0B 2E0
819-878-2817
info@ourparthorchard.com
'POTTERY' Jams
Honey & Maple Products
Fresh Apple Cider

275 Antiques

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

280 Wood Stoves

3 WOOD BURNING stoves, micro-air type, and other miscellaneous items. Call 819-562-5013

290 Articles For Sale



2 SETS OF FULL LEATHER love seat and chair, very comfortable and in excellent condition. Classic Mahogany, green, \$650. Contemporary style, beige, \$700. Call 819-566-0446.

4 WHEEL ELECTRIC HANDICAP transporter (scooter) for all terrain, on pavement or on the grass, like new. Asking \$2,000. Call 819-839-3554.

SPECKLED TROUT for sale. All sizes, eggs to 15 inches. Stocking, delivery and fishing. Call 819-872-3366. www.buryfishhatchery.com

290 Articles For Sale



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HOT TUB (SPA) covers. Best price, best quality. All shapes & colors available. Call 1-866-652-6837 www.thecoverguy.ca

NEW GENERATORS - GENERAC, Commercial grade 8000 W, max 13500 W, 15 hp OHV electric start, sale price: \$2929. less 25% = \$2196.75. **Dougherty Equipment** 819-821-2590.

NEW GENERATORS - GENERAC, Commercial grade 8000 W, max 13500 W, 15 hp OHV electric start. Sale price: \$2929. less 25% = \$2196.75. **Dougherty Equipment** 819-821-2590.

001 Property for Sale



Have some property to sell? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525.**



OPEN HOUSE - 14 Bolton Pass, West Bolton, Sunday, August 29, 2 to 4 p.m. Minutes from the heart of Knowlton and in proximity to a number of outdoor activities, this 3 bedroom home is conveniently located for the weekender or year-round living. Maurizio Collini: 450-242-2472

VERMONT VACATION HOME, \$70,000. US in Island Pond. 3 bedrooms, 2 bathrooms, oil heat. Email Gordon at gordonw1965@hotmail.com

001 Property for Sale

WATERVILLE - 575 Principale North. Nice rustic cottage, all renovated, dining room, oak cupboards, 3 bedrooms, alarm system, pool, 14x16 shed, cement entrance and patio 12-3/4x15, land 100x192. Dream location. \$133,000. Call Pierre 819-837-2615.

035 For Rent

4 1/2 ON QUEEN, Lennoxville. Available July 1. Recently renovated, dishwasher included, hardwood floors, access to basement storage. \$800. per month, everything included. Also 4 1/2 on 2nd floor, available July 1, recently renovated, \$600. per month, nothing included. Call Stephanie 819-345-3688, leave message.

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LENNOXVILLE - 111 Oxford Crescent, 3 1/2, 4 1/2, 5 1/2, condo style, available immediately and in July. Call 450-372-6402 or 450-776-8486,

LENNOXVILLE - 3 1/2, 4 1/2, 5 1/2 room apartments. Close to town and buses. Includes hot water. 819-823-5336 or 819-791-2444.

290 Articles For Sale

MATTRESSES

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301 Tractors

TRACTOR 1964 FORD diesel 5000. Front-end loader with large bucket, PTO and 3-point hitch. Good working order, great for small farms or snow removal. \$4000. Call 819-571-7321

315 Horses

BUCKSKIN PONY MARE, 13.2 hands, quiet and sound, no vices. \$1,000. Call 819-569-5218.

330 Pets

DOG OBEDIENCE TRAINING with Jean-Guy Lalonde and Associates. Maternal, basic and advanced. Classes start **September 10** at **Blue Seal**, the Animal Nutrition Centre, 819-348-1888 or 819-821-2152. **Register today!**



Looking for a new home for your pet? Make your classified stand out. For \$10. more per day, run a **photo** with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525.

MALE DOG, KING DOberman crossed Rottweiler, operated, 19 months, \$150. Call 819-820-6529.

O B E D I E N C E TRAINING AND Behaviour consultations at home or on site (30 years of experience). **Boarding, grooming, raw meat** available. **Complexe Vision Canine**, 1770 Wellington South, Lennoxville. 819-820-2727.

340 Garage Sales

BISHOPTON Large garage sale. Truly something for everyone. Tools, appliances, electronics, furniture, sewing and craft supplies, kitchen stuff, curios, books, magazines (thousands of NGM), records, nice jigsaw puzzles (400), even vintage car. 9 to 5 only, Friday, Saturday, Sunday, August 22-24, and again August 29-31. Rain or shine. 35 Hooker, Bishopton. Follow the signs from Route 112.

EASTMAN

Shop Clearance Sale! Calling All: cabinet makers, carpenters and renovators! Tools, frames, finishing wood, plate glass and cedar slats, ++. Andrew Galvin Road, Saturday and Sunday, 9 a.m. to 4 p.m.

LENNOXVILLE

HUGE SALE - 31 Willowdale, Friday & Saturday, August 28 & 29, 8 to 1. Rain or shine.

LENNOXVILLE

Large Sale, nice items. 2830 College, Lennoxville (at the bridge by Bishop's). We would like this to be our last yard sale so we will be willing to dicker. Come, buy and have fun. 8 a.m. to 2 p.m. on Saturday, August 29.

SUTTON

Domaine Hivernon, 285 chemin Harvey, Saturday and Sunday, August 29 and 30. Miscellaneous baby and children's items, tools, furniture, etc.

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405 Found

MINIATURE POME-NARIAN DOG found on Tyler Road, Ayer's Cliff, female. Please call 819-838-4770.

430 Personal

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PUBLIC NOTICE

PAYING YOUR PROPERTY TAXES

The fourth instalment of the general municipal property taxes for the year 2009 comes due on **September 1st, 2009**.

Payments may be made in Sherbrooke at any of the following locations:

- ♦ Rodolphe-Langis Building : 145 Wellington St. North, Sherbrooke
- ♦ Hydro-Sherbrooke office : 1800 Roy St., Sherbrooke
- ♦ Borough of Brompton : 133 Laval St., Sherbrooke
- ♦ Borough of Fleurimont : 1735 Galvin Road, Sherbrooke
- ♦ Borough of Lennoxville : 150 Queen St., Sherbrooke
- ♦ Borough of Mont-Bellevue : 600 Thibault St., Sherbrooke
- ♦ Borough of Rock Forest - Saint-Elie - Deauville) : 1000 du Haut-Bois St. North, Sherbrooke
- ♦ Borough of Jacques-Cartier : 2050 King St. West, Suite 010, Sherbrooke
- ♦ Any financial institution within the City of Sherbrooke

on or before September 1st, 2009, to avoid having to pay interest charges.

If you are a new owner

It is possible, if you are a new owner, that your property tax bill may have been sent to the previous owner. **This does not in any way remove your obligation to pay your taxes by the deadlines set by the City, in default of which you will be required to pay interest as of the deadlines established for the instalments.** Please note that the City of Sherbrooke does not issue new tax bills when a property changes owners. Although, it is possible for you to get a copy of the tax bills from the Ville de Sherbrooke internet site at the following address: <http://ville.sherbrooke.ca/taxation>

If you have not received your tax bill, or are unsure whether or not you have received it, it is your responsibility to ensure that your file is up to date by contacting the Revenue Department at 819 821-5626.

Issued in Sherbrooke, this 28th day of August, 2009.

François Poulette, CGA, MA, Treasurer

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PUBLIC NOTICE

PLEASE NOTE THAT THE :

- **MANSONVILLE SERVICE POINT**
- **CSSS DE MEMPHRÉMAGOG** : operating block-endoscopy, laboratory, out-patient clinic in Magog and chronic disease clinic (including the appointment service)

**WILL BE CLOSED
ON LABOUR DAY**

Monday, September 7th, 2009

THE GENERAL ADMINISTRATION

56508

CLASSIFIED

PUBLIC NOTICE
CITY OF SHERBROOKE

Borough
of Lennoxville

PUBLIC NOTICE

Borough of Lennoxville
Minor derogation

36, Atto Street - Residential Zone Ra-42

TO ALL CONCERNED,

TAKE NOTE that a regular sitting of the Borough Lennoxville Council of the Ville de Sherbrooke, to be held on September 28, 2009 at 5 p.m., at the Borough Lennoxville Office located at 150, Queen Street, Sherbrooke, the Council will decide on the following request for minor derogation for lot 2 446 822 of the Reform of the Québec cadastre, located at 36, Atto Street, in residential Zone Ra-42, to the effect to authorize the extension work planned for the garage attached to the main building being 4,24 meters wide by 8,53 meters in dept, with a maximal front distance margin of 10,25 meters.

ALL concerned persons can be heard by the Council with regard to this request.

GIVEN IN SHERBROOKE, this 28th day of August 2009.

Marc Mongeau
Secretary



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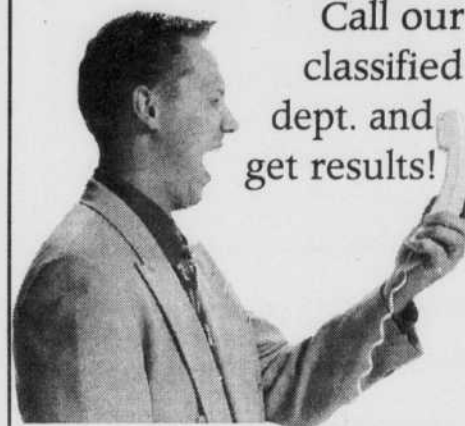
or

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\$500 REWARD

FOR INFORMATION LEADING TO AN ARREST
CONCERNING VANDALISM AT 359 RUITER BROOK
(GRAVEL PIT) IN MANSONVILLE.

THE DAMAGES WERE DONE ON HEAVY EQUIPMENT
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ATV.

**CALL EXCAVATION STANLEY MIERZWINSKI LTÉE AT
(450) 292-3635**



Municipalité du Village de
Municipality of the Village of

North Hatley

PROVINCE DE QUEBEC
MRC MEMPHRÉMAGOG
VILLAGE DE NORTH HATLEY

**Public notice to persons and organisations
wishing to speak on the amendment of zoning draft
By-law no. 2009-537 relating to the entire territory.**

In accordance with the Act Respecting Land Use Planning and Development, during a meeting held on August 3, 2009, the town council for the Municipality of the Village of North Hatley adopted by resolution the draft by-law entitled « By-law no. 2009-537 amending zoning By-law no. 01-432 in order to update the provisions concerning the protection of wooded areas and shores. »

Description of the zones involved:

The entire territory of the municipality is affected by the by-law.
The purpose of this draft by-law is to modify the zoning by-law in order to:

- add provisions regarding returning the shores of lakes and streams back to their natural states;
- modify the provisions concerning the protection of the forest cover.

NOTICE is hereby given that a public consultation meeting will be held on September 8, 2009 at 6 p.m. at the town hall located at 3125 Capelton Road in North Hatley.

This consultation meeting will allow the Council to explain the draft by-law project and the consequences of its adoption and to hear those persons and organisations who wish to speak.

The draft by-law project is available for consultation at the municipality's office. This draft by-law does not include any provisions requiring a vote by the citizens.

GIVEN in North Hatley, this August 28, 2009.

Leonard Castagner
Managing Director



CRDITEDESTRIE

**CENTRE NOTRE-DAME DE L'ENFANT
CENTRE D'ACCUEIL DIXVILLE**

ANNUAL PUBLIC INFORMATION MEETING

Centre Notre-Dame de l'Enfant (Sherbrooke) inc. and
Centre d'accueil Dixville inc. will hold their annual
public information meeting on:

Thursday, September 17, 2009, at 5:00 PM
at Centre Notre-Dame de l'Enfant (Sherbrooke) inc.
1621, Prospect Street
Sherbrooke

At this time, the Board of Directors will present the
2008 2009 annual activities report and will answer
questions from the public on activities of the year.

Welcome to all of you

**Gaétan Duford, President of the Board of Directors
Francine Caron, Director General**

56522

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Your Birthday

North 08-28-09			
♠ J 10 7			
♥ Q J 8			
♦ A K J			
♣ A Q 9 6			
West		East	
♠ 8 3		♠ 9 6 5 4 2	
♥ 7 5		♥ 10 9 6 4 3	
♦ 10 9 8 6 3		♦ 5 2	
♣ J 5 4 2		♣ 3	
South			
♠ A K Q			
♥ A K 2			
♦ Q 7 4			
♣ K 10 8 7			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
2 NT	Pass	7 NT	All pass
Opening lead: ♦ 10			

Friday, Aug. 28, 2009

Sometimes you must count distribution

By Phillip Alder

We have been looking at how tracking an opponent's high-card points can sometimes turn an apparent guess into a certainty. Occasionally, though, we need to count the distribution of a hand. This is harder because it requires counting three suits to work out the fourth. This deal is an example.

South opened two no-trump, showing a good 20 to 22 points. North, knowing no aces or kings could be missing, immediately bid seven no-trump, expecting his partner to claim at trick one. However, the mirror distribution left some work to be done.

After the diamond lead, South saw only 12 top tricks: three in each suit. Of course, if the clubs were breaking 3-2 or an opponent had a singleton jack, there would be no problem. But what if an opponent had jack-fourth of clubs? Then the suit could be played for no losers as long as South worked out which opponent had the length.

Trying to learn as much as possible about the other three suits, South cashed his spade, heart and diamond tricks. What did he find out?

Declarer discovered that West started with two spades, two hearts and five diamonds; and that East began with five spades, five hearts and two diamonds. So, West had four clubs and East a singleton. Now the way home was clear: South cashed dummy's club ace, played a club to his king, and finessed through West on the third round.

Do you play golf? If so, you can practice by counting each of your foursome's shots on every hole. And you don't need to make anyone aware of what you are doing.

Friday, Aug. 28, 2009

Your material growth in the year ahead might be a bit unsettling for those who aren't experiencing your success, but you mustn't let this upset you. If necessary, begin developing new friends who aren't the jealous type.

VIRGO (Aug. 23-Sept. 22) — Try to be as tolerant and forgiving with your family as you are with your friends. You can always count on your loved ones when the chips are down, regardless of the cost to them.

LIBRA (Sept. 23-Oct. 23) — As long as the time you allot for pleasurable pursuits isn't snatched from your work schedule, this could be a pleasant day. Neglecting your duties for pleasure could be another story.

SCORPIO (Oct. 24-Nov. 22) — Be extremely careful about baring your sole to friends who are talkative, because what you say isn't likely to stay with them. To be on the safe side, keep private information to yourself.

SAGITTARIUS (Nov. 23-Dec. 21) — A bright idea might not gain the desired support or recognition because you might tell someone who will then try to steal it from you. Be more careful.

CAPRICORN (Dec. 22-Jan. 19) — Respect the privacy of others, and you won't get in trouble. If you're careless, you could unthinkingly reveal something confidential to those who will broadcast this information to the world.

AQUARIUS (Jan. 20-Feb. 19) — If you play games with a close friend, it could lead to disappointment in the end. Each might attempt to outmaneuver the other by using personal and sensitive information.

PISCES (Feb. 20-March 20) — Showboating could cost you points on the popularity scale, so be careful not to exaggerate your accomplishments to jealous types who can't wait to make you look like a phony.

ARIES (March 21-April 19) — Unfortunately, you could let the negative thinking of an associate affect your good spirits and spoil what otherwise would have been a happy day. Let positive thinking provide insulation.

TAURUS (April 20-May 20) — Substantial wisdom and shrewdness on your part will be required in order to protect a delicate financial arrangement from getting out of hand. Stay on top of it, and give it your best shot.

GEMINI (May 21-June 20) — Be extremely careful not to let anyone rush you to judgment. However, should you fall prey, call a halt to it the moment you realize the mistake, and begin mending fences as best you can.

CANCER (June 21-July 22) — If there are rewards to be shared from a joint endeavor, make sure that the returns are divided equally among all participants. Better yet, get it in writing; a verbal agreement may not suffice.

LEO (July 23-Aug. 22) — Watch out. You might knowingly spend more than you should, hoping you'll make up the shortage down the line. Don't bank on funds that aren't in the bank.

Saturday, Aug. 29, 2009

In the year ahead, conditions look far more favorable than usual in matters that affect your earning power and material interests. Getting money from a second source is possible, along with a raise at work.

VIRGO (Aug. 23-Sept. 22) — Subordinates will resent being unduly pressured to do jobs you refuse to do. You can expect them to follow to the letter the example you set.

LIBRA (Sept. 23-Oct. 23) — The best way to handle small infractions and not let anything disappoint you? Be optimistic with regard to your hopes and expectations. Your attitude will make this a good day or a bad one.

SCORPIO (Oct. 24-Nov. 22) — If you find that you have taken on some type of endeavor that is beyond your know-how and skills, or it's tougher than you initially thought, face up to the fact and call in an expert to finish the job.

SAGITTARIUS (Nov. 23-Dec. 21) — Do what you can to surround yourself with people who are supportive of your efforts rather than those who are always critical of your work. Encouragement inspires; discouragement disheartens.

CAPRICORN (Dec. 22-Jan. 19) — Because you understand your needs, you're likely to do an admirable job handling your resources. Just don't attempt to manage the affairs of others — that will be another story.

AQUARIUS (Jan. 20-Feb. 19) — Just because someone is loud and demanding doesn't make him or her a good manager. In fact, the opposite is true; so don't be drawn in by windbags who have no idea how to handle things properly.

PISCES (Feb. 20-March 20) — You might find some co-workers more disagreeable than usual, but if you want to counteract the negativity, find ways to compliment them. It will make them feel ashamed, and they will shut up.

ARIES (March 21-April 19) — Be careful when asking for assistance from co-workers or friends so that you don't come off looking needy. Just be grateful that you have others to turn to.

TAURUS (April 20-May 20) — Success will be easier to achieve when you are involved in situations that are unselfishly motivated. Conversely, in endeavors where you are too self-absorbed, you are likely to meet with trouble.

GEMINI (May 21-June 20) — If your tongue starts to wag before your brain has time to engage, what is likely to come out of your mouth could be blunt and provocative, producing both an argument and hard feelings.

CANCER (June 21-July 22) — Have a clear-cut understanding about the care of something that is borrowed from you before loaning it. You need the borrower to know that it should be returned in excellent condition.

LEO (July 23-Aug. 22) — If it's too much effort for you and your mate to show each other the same consideration and concern you both shower on outsiders, each might point the finger of blame at the other. Neither will be right.

Sunday, Aug. 30, 2009

The year ahead is likely to be a far better one because people or things that previously served as obstacles in your path will now disappear from your life. Roads leading to new places — and success — will replace them.

VIRGO (Aug. 23-Sept. 22) — It doesn't happen often, but the odds could be tilted slightly in your favor if you play things right. In other words, if you're smart, you can do well. But you still won't have license to take foolish risks.

LIBRA (Sept. 23-Oct. 23) — Do not be overly concerned about how to handle any development that could be problematic. A positive outlook will wipe out any possibility of a negative occurrence.

SCORPIO (Oct. 24-Nov. 22) — This is a better-than-average day to get back on track, so tackle things that have been giving you fits. It doesn't matter whether you're dealing with sports, business or personal problems.

SAGITTARIUS (Nov. 23-Dec. 21) — Financial indicators look reasonably good so don't hesitate to dwell in areas where you can focus your efforts and energies on things that could mean extra bucks in your wallet.

CAPRICORN (Dec. 22-Jan. 19) — Being your own person will be more important than usual, and you won't like to be imposed upon. If you're smart, you'll avoid those who have a tendency to do just that.

AQUARIUS (Jan. 20-Feb. 19) — Strive to put yourself out for others, because what you do for others — not what you do for yourself — will bring the greatest gratification and happiness.

PISCES (Feb. 20-March 20) — Being around pretentious people always makes you feel extremely uncomfortable, so don't think you must accept an invitation from one of those types. You'll be much happier doing other things.

ARIES (March 21-April 19) — Aim for large targets or objectives because some of your more impressive dreams can be realized. Even if you don't hit them all, at the very least you'll still come out as one of the winners.

TAURUS (April 20-May 20) — Don't take your reasoning lightly. Your thinking with regard to how things should be done and what their outcome could be is more accurate than usual and better than most.

GEMINI (May 21-June 20) — You have several good friends in the right places, so if you haven't angered anyone lately, you should be able to get their support to help accomplish something important.

CANCER (June 21-July 22) — More can be accomplished with an effective buddy at your side, so don't go it alone if you can get another to join up with you. Teamwork will provide what flying solo cannot.

LEO (July 23-Aug. 22) — Your physical skills are likely to be a bit sharper than your mental ones, so try to partake in jobs or activities that will give your muscles a workout and your mind a rest.

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- 1 NBA stats
4 Meccan, e.g.
9 Silver fish
14 The Rams of the NCAA's Atlantic 10 Conf.
15 Popular place to go downhill
16 Something not done
17 Insect's working hours?
19 Peace goddess
20 Tools with teeth
21 Where users meet
23 Composer Stravinsky
24 Seaman who saw it all?
28 __ Moines
29 Scout's concern
30 Site of bedlam
31 One-named model on many romance novel covers

- 32 Attention-getting sounds
34 Split end?

- 38 Young Aussie hoppers
39 Plumbing outlet
40 911 response org.
41 Tiny African threat
43 Gal __
46 London museum's hidden camera locations?
49 __ Alto
50 Must
51 Malice
52 Former #1 woman pool player Corr
53 Where two-wheelers aren't allowed?
57 __ Corning, maker of Fiberglas
58 Gave in
59 Israeli weapon
60 Do figures, in a way
61 Doglike scavenger
62 Whole lot

- 29 Soviet news agency

- 31 Five-time Emmy winner Tina
32 End in __
33 Attila, notably
34 Western weapon
35 Interstate feature
36 Museo display
37 Fracture treatment
38 Air Force One, e.g.
41 Asian holiday
42 It's often served with soda

- 43 End successfully

- 44 Former NBA star Mourning
45 Chinese menu offering
47 Olympics contest, e.g.
48 Horse __
49 Dispensable candy
51 Hindu sacred text
52 Decks in a ring
54 Light line
55 " __ been meaning to tell you ..."
56 "Jeopardy!" great Jennings

P	L	A	S	M	A		S	T	U		N	E	X	T
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Down

- 1 Rotten
2 "M*A*S*H" system
3 Perverted types
4 Impudence
5 Burning issue?
6 News letters
7 Rapper Mos __
8 Back from a trip, say
9 Clown's accessory
10 Sausalito's county
11 Charles's miser
12 Like the road in a classic ballad
13 __ the line
18 Flooey lead-in
22 Little louse
24 Bills for drinks
25 First Arabic letter
26 Ask for more
27 Scrubbing brand

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Across

- 1 Largest oceanic dolphin
5 " __ consummation devoutly to be wish'd": Hamlet
9 Hi-tech battler
12 Wood finishing tool
15 Brooklyn, say, briefly
16 Small program with a browser interface
17 Surrealist Tanguy
18 Long-distance messages?
20 Prepare for storage, as a carpet
23 Barry who played Lt. Gerard on TV's "The Fugitive"
24 "Rumor has it ..."
25 1876 Twain hero
29 Health insurance giant
30 Incredulous dying words
31 It might involve a proxy fight
38 On

- 39 Memory principle

- 40 Ice cream flavor
45 Minor, legally
46 When Ovid's "Ars Amatoria" is believed to have been published
47 Notable show biz sisters
48 Home of the NBA's Thunder
53 Landing
54 Might achieve
58 Letter-bottom abbr.
59 78 half
60 "Silent Spring" subj.
61 River to the Seine
62 Singer born Eithne Patricia Ní Bhraonáin

Down

- 1 Part of a prepositional phr.
2 "The Crying Game" actor
3 XXXI x V

- 4 Obliquely
5 About 1/3 of Maine's I-95, e.g.
6 Hanging out, say
7 Spies
8 Drawing intro
9 Flaubert heroine
10 Words implying consequences
11 One pitching
13 Japanese warrior
14 For one
15 Yet
19 Early ABC show, for short
20 Sumptuous
21 First state admitted to the Union from the Northwest Territory
22 Longevity
25 Saw things?
26 Emperor who deposed

- Pope John XII

- 27 Mindanao peak: Abbr.
28 Czech composer Josef
32 Europe's __ de Genève
33 Vicarious feeling
34 Singly
35 Nix
36 Qatar dignitary
37 Soaks, as flax
40 Exhausted
41 How many Colonial debts were paid
42 Choose

- 43 Slope contraptions

- 44 Bavarian beef?
47 Nub
49 " __ Be Back With You": Steve Forbert song
50 Half a fish
51 Just like that
52 Supervision
55 Woodsman's makeup
56 At least one
57 Hot spot?

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