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WEDNESDAY, OCTOBER 18, 2017

Municipal Elections 2017:

Richmond candidates take to the stage tonight

By Gordon Lambie

Tonight's the night to get up and head to the candidates' debate for those living in Richmond. Starting at 7 p.m. the three individuals vying to succeed longtime Richmond Mayor Marc-André Martel will face off against each other by doing their best to answer questions drawn from the community over the last 2 weeks

"We're hoping people will come out," said organizing committee member Nick Fonda, explaining that the committee formed "out of the blue" based on the shared feelings of five local residents that a debate would give residents the chance to see the prospective mayors in action.

Fonda confirmed that Pierre Gregoire, Bertrand Ménard, and Héléne Tousignant will all be present and explained that each candidate has been given a copy of the questions selected in advance.

"It gives the candidates the chance to really prepare," Fonda said. "We want their best possible answers."

The committee has selected 20 questions from those submitted by the population for consideration, but the committee member said that likely only a fraction of those will actually be addressed during the event because of the time involved. The questions will be drawn at random from the overall list. The questions touch on matters ranging from Richmond's economic future and how each candidate plans to engage with local rail companies to things like the place of youth in the community, and the centre d'arts.

The debate will take place in the Sainte-Famille hall at 155 Craig Street, beginning at 7 p.m. Anyone wishing to consult the questions to be asked in advance can do so on the event's bilingual website: <https://sites.google.com/site/richmond2017debat/>

What's behind the colours?



MATTHEW MCCULLY

By Matthew McCully

Fall affords some breathtaking views in the Townships. The mountains are full of colours, from fiery red to orange and brown and bright yellow;

and even pink.

While Townshippers look forward to seeing the changing colours each fall, this reporter wanted to find out why they change.

The simple answer, according to ex-

perienced forester Tony Rotherham, is the chemical makeup of the leaves.

"Each species of hardwood will display slightly different colours," Rotherham said, "and they each turn at

CONT'D ON PAGE 5

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Weather



TODAY:
SUNNY

HIGH OF 17
LOW OF 7



THURSDAY:
CLOUDY

HIGH OF 20
LOW OF 6



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 15
LOW OF 5



SATURDAY:
SUNNY

HIGH OF 20
LOW OF 4



SUNDAY:
SUNNY

HIGH OF 22
LOW OF 7

KEEPING IN TOUCH

Take a seat for local arts



Townshippers' Association is rolling out the red carpet for its new Expression Series this Saturday, October 21, with a one-night-only performance of the new musical memoir, *Being Hank & Patsy*, at Bandeen Hall, on the Bishop's University campus.

The Expressions Series is a new performance offering that complements the Association's Townships Expressions initiative which has been promoting artists, musicians and writers from the region's English-speaking community for several years. Participating artists who are part of the collection can also sell their works in the Expressions store - located in Townshippers' Sherbrooke and Lac-Brome offices - online shop at www.Townshippers.org/Shop and pop-up shop that visits various special events in the region.

The goal of the Expressions Series is simple - to give the community access to special live arts and entertainment productions, including single concert and performances, that feature local artists. But getting people in the seats can be a challenge. To encourage people to take a seat in support of our region's talented artists, admission to the shows are affordable at just \$10 for Townshippers' members and \$15 non-members.

The series is starting out small with just two performances, a musical in October and a concert in November both held at the Bandeen Hall, an acoustically superb venue used by Bishop's University's music program to make professional-level recordings.

In 2013, Townshippers' hosted a performance of the popular musical show, *Honky Tonk Blue...The Night Patsy Met Hank*, to raise funds for its Make Way for YOUTH Estrie and youth initiatives. In that story Townships playwright Laura Teasdale imagines a star-crossed meeting between a young Patsy Cline, played

by Teasdale, just beginning her climb and country's broken king, Hank Williams, played by Ralph Steiner.

Teasdale's latest production, *Being Hank & Patsy*, brings Steiner and Teasdale back together, this time as they find themselves becoming Hank and Patsy, falling in love with the characters and in (and out) of love with each other.

It takes a lot of energy to produce a show like this but Steiner and Teasdale always strive to make each performance captivating for any audience. Head to Bandeen Hall this Saturday, October 21, to find out. Cash admission at the door - \$10 for Townshippers' members, \$15 non-members, starting at 7 p.m., show-time 7:30 p.m.

Details at www.Townshippers.org/ExpressionSeries or call 819-566-5717.

Looking for A Job?

If you are looking for work or are interested in learning more about what kinds of careers exist in the Townships, check out the 3rd Annual Foire de la Diversité, de l'Emploi et de l'Entrepreneuriat (Diversity, Employment and Entrepreneurship Fair).

Hosted by the Actions Interculturelles, this free event promotes access

to employment and entrepreneurship for immigrants, youth, and experienced workers (55 and over). This fantastic event will take place on October 20 (12 p.m.-5 p.m.) and 21 (10 a.m.-3 p.m.), and Townshippers' Association will be there!

Representing two of Townshippers' initiatives - the Youth Employment pilot project and the Make Way for YOUTH project - are Katie Bibbs and Holly McMillan who will have information on hand about opportunities in the English-speaking community.

Swing on by and meet Katie and Holly, and answer a few quick questions to help us better serve the community in these initiatives, at the Sherbrooke's Center Julien-Ducharme on October 20 and 21.

For more on Townshippers' Association and our activities, keep reading this weekly column in *The Record* and visit our website www.Townshippers.org. You can also follow us on Twitter @Townshippers and Facebook.com/Townshippers. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen, 819-566-5717, toll-free: 1-866-566-5717, or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll-free: 1-877-242-4421.



TOWNSHIPERS' ASSOCIATION

Nearly five years ago, Laura Teasdale and Ralph Steiner took on the roles of country music legends Patsy Cline and Hank Williams in *Honky Tonk Blue...The Night Patsy Met Hank*. The actors are now telling the story behind the story in *Being Hank & Patsy*.

Ben by Daniel Shelton



LOCAL NEWS

"We want people to know that they have rights," he added, noting that the English community has a tendency to talk about issues amongst themselves, without reaching out. "We want to be a part of that conversation," he said.

"We're here to help"

CAAP Estrie hires dedicated English agent

By Gordon Lambie

The Centre d'Assistance et d'Accompagnement aux Plaintes (CAAP) Estrie has been working to support the rights of people within the health-care system for the last 17 years. Despite this fact, they still face a large number of locals who simply have no idea who they are and what they do, particularly in the English speaking community.

"Our non-profit organization helps users of the health and social services in the Townships to formulate complaints against the health and social services. We assist and accompany users throughout the whole complaint process," explained Angela Moore, the organization's newest complaints advisor and promotional agent.

Although Moore's job is fundamentally the same as that of her coworkers, to help people who want to file an official complaint but don't know how, her job is noteworthy in that it was created with a very specific purpose in mind.

"I was hired to assist the English speaking population of the Townships," Moore said. "Essentially any English speaking person who calls comes straight to me."

Now four months into a 41-week pilot project to provide clearer and more direct service to English speakers, Moore said that the organization is working hard on trying to draw attention to their own existence to help keep the program going.

"We're trying to make it a permanent position because it is working," she said.

Serge Arel, the Executive Director of CAAP Estrie, said that although the organization has been conscious of the needs of the English community since its very beginnings, it has not always had the budget on hand to offer a dedicated English speaking employee. With the addition of the La Pommeraiie administrative district and its significant English population to the territory of the local healthcare network in 2015, Arel said that something had to be done.

"La Pommeraiie is the region with the largest percentage of English speakers," the executive director said. "They need to be served by someone who knows the context and nuance of what they are saying."

Although Arel underlined the fact that all of the organization's employees are bilingual, he used the example of people's right to health services in their

own language to clarify the value of having a native English speaker on hand.

"If I arrive at emergency complaining of chest pain, do they give me Nitro or Graval?" the executive director said. "These are two very different medications depending on how I expressed my pain."

Recognizing that level of importance, Arel said, the CAAP chose to turn a budget surplus for 2017 into a deficit in the name of showing that a dedicated English advisor is worthwhile.

"We want people to know that they have rights," he added, noting that the English community has a tendency to talk about issues amongst themselves, without reaching out. "We want to be a part of that conversation," he said.

Asked about the actual work of the organization, Moore and Arel explained that there are 16 CAAP organizations across the province, all tasked with the mission of making it easier for people to navigate the complicated process of filing a complaint within the healthcare system.

"All you need to do is call us, we know what the process is and we can make it a lot simpler for someone to manage," Moore said, noting that the majority of

callers have no idea where to begin or what rights they have in a given situation. "From what I can see, people have no idea where to get the information and what to do. It's the beginning steps. Once they're in the process, they're better off."

Arel added that the confusion seems to be present across the board.

"There are very well educated people who come to us and say I don't know what to do and there are other people who have problems with reading and writing," the Executive director said. "We respond to all needs."

Moore underlined the fact that the CAAP agents are not lawyers and cannot be involved complaints requesting financial compensation but said that otherwise the team is there to help in whatever way possible.

"People just need to be informed that we exist," she said. "We're here to help."

"We all have the same mandate and the same way of operating," Arel added. "Whether a person is accompanied by the CAAP Gaspésie, the CAAP Abitibi, or the CAAP Estrie, the process is the same."

More information about CAAP Estrie is available at <http://caapestrie.org/en/>

STS expands 'Vermeille' information service with real-time information

Record Staff
SHERBROOKE

As part of its intelligent mobility initiative, under the Vermeille brand, the Sherbrooke Transportation Corporation (STS) has announced the implementation of a real-time information feature for users. This new feature, updated every 20 to 30 seconds, will facilitate the mobility of Sherbrooke residents by providing, localized data on the state of the network as well as a minute forecast of the time of arrival of buses at stops.

In particular, this real-time information has been integrated with the corporation's SMS text messaging service, which has proven to be very popular since its launch last June. The STS generates more than 7,000 text messages per week, almost six times more than initially forecast. This undeniable success confirms that integrating intelligent mobility into STS's service offerings, thanks to new digital technologies, enables customers to access easily relevant, comprehensive, and reliable information at all times in order to better plan their trips.


In addition to SMS messaging, the new service will also be integrated into the Vermeille mobile application and the schedules search via the route calculator

on the STS website. Moreover, thanks to open data sharing, the real-time state of the service is also available on the Internet, allowing third parties who develop their own applications (erg Transit, Google Maps, Moovit ...) to use them on their own platforms. Transit users in Sherbrooke will be able to choose the tool that best suits them from a wide range of innovative solutions offered to them in order to facilitate their mobility.

According to STS President Bruno Vachon, "We know that time is precious to our customers, which is why we are improving our service to harmonize it more and more with their lifestyles and habits. By integrating real-time information into our offering, we are able to ensure the reliability and punctuality of our service through better control of our operations, which will greatly contribute to improving the customer experience. Integrating real-time traveler information with existing tools is another concrete demonstration that the STS has made the right choice by investing in intelligent mobility, enabling it to improve the mobility experience of the Sherbrooke community."

To use the new service within the Vermeille

app, simply text the route number, followed by the stop number to 819 564-2687. For complete information on the Vermeille service, visit <https://www.sts.qc.ca/72-Vermeille.html>.



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Spaghetti Supper Fundraiser

Friday, October 20
4:30 p.m. to 7 p.m.
in the school cafeteria

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All proceeds go to buying sports equipment.

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L.E.S., 1 Academy St., Lennoxville

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THE PET CONNECTION




Jen Young

Pay it forward and then some

We just finished our third On-Line Auction, conducted on Facebook. I have no idea why I never thought of doing these auctions before, but I am mighty happy my brain created it when it did. Again, the auction has helped us tremendously by raising enough money to either pay all of last month's food and necessity bill, or last month's vet bills. Either way, it is one bill that is taken off my shoulders and becomes a huge relief. Since the last auction was large, with over 300 items, and I had many people tell me the album was so big it would freeze their devices, this auction I divided the album in two and only had 100 items in each. It went off without a hitch.

These auctions have taken on a life of their own. They have created a pool of kindness and giving and thoughtfulness 1: by the amount of people who voluntarily donate to them. I use things from the store that haven't sold, but most of the items are donated items. I had too many things to use in this auction, and 70 items were held for the next one, which I believe I will do in the beginning of November. 2: A handful of items in this auction and the last, were bought by individuals in the store (which is crucial to the longevity of The Pet Connection. Without the store, there is no Pet Connection), who then turned around and donated those items to the auction. That works as a double benefit. 3: I have seen people buy an item in the store, turn around and donate it to the auction and then bid on it and win for more than what they bought it for. 4: I have seen bidding wars between people who really have not much use for the item they are bidding on, but continue to help raise as much money as they can to help us. \$100 for a teddy bear is obviously more for my animals than themselves. Most are using the auctions for what I hoped

they would, getting something they want at the lowest bids they can, which is the point of an auction. I really like this type of fundraiser because it is a win-win situation. People bid on something they want and they get it, all the while helping us pay bills that we can't do on our own. I have never and will never be the type of person who asks people to just give us money for a mission I started on my own accord. I like people to get something in return for wanting to help us. All of these reasons is enough to see how wonderful the auctions are, but in this auction, something else happened. I have received four payments for items with a note attached, "Please give this to.....". The first time it happened I assumed it was because they wanted to give a gift to a friend, but to my surprise, what is happening is a huge pay it forward initiative. One woman, who I will not name since I did not ask her permission; and she is very much a no attention kind of giver, bought a few items and because she didn't need them, she really just wanted to help us out, she turned around and gave two of those items away to the person who had bid before her. Then, those two people, did the same. Then, I received a phone call from someone out west who sent me an e-transfer and told me to give what she won to her friend who visits the store often. It has happened eight times now. When I realized what was going on, all I could do was sit back in my chair and smile. What thoughtful, selfless acts and happening right in front of my eyes. You will see often people working in animals' wellbeing say things like, "I hate humans", or "I like animals better". It's a normal reaction actually because they see so much hurt and death in the animal world, all at the hands of a human. I admit I am guilty of saying it in my weaker moments, but it's not true. I don't hate humans. I do, however, very very much dislike humans who abuse, hurt or neglect animals. Those humans sometimes get the better of me since I spend my time consoling and comforting animals that suffered from those humans, but what this auction did was make one thing very very clear to me. Selfless acts promote selfless acts. Acts of kindness promote acts of kindness. The Pet Connection has always been a family. A family with big hearts. A family filled with people who can focus on the most important thing; helping those in need,

but I believe it has become even bigger than even I, who live it daily, was seeing. Generosity, kindness and acts from the heart go hand in hand, whether it be for innocent animals or to make a stranger's day that much merrier. So, thank you to everyone who donated. Thank you to everyone who bid. And thank you to everyone who reminded me how very important it is to "pay it forward" in this day and age. I'm proud to know all of you and if my animals could talk, they would say, "Thank you for helping us, but thank you for also helping make the world around us a kinder place."

Will

Oh my old Will. Still with us. This 8 year old Shepherd mix sure has a story to tell, I just wish he could tell it to me.

He has at one point in his life suffered trauma to his mouth, leaving him with a bottom lip that hangs and makes me think of Yogie Bear or Elvis. He has pieces of ear missing. He has old scars on his legs and ears. I will never know what happened to him before I met him, but I can say that since I have known him he has made my days brighter. He doesn't have much use for other dogs. They kinda bug him actually if they are in his face too much. This old guy likes it quiet and calm and very much enjoys his long walks in the woods. He doesn't care much for cats either. They freak him out. But, a kinder soul, I don't think you could ever find. He just wants to be loved and respected. If you have place for an older gentleman that just wants to be loved for the rest of his days, please consider Will. He deserves it.



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Municipal elections 2017: Sutton

By Matthew McCully

Two candidates are vying for the position of mayor in the upcoming election on Nov. 5 in Sutton.

Louis Dandenault, current mayor and head of the Alliance Sutton team, is hoping for a second mandate. He is being challenged by Michel Lafrance.

"There is concern about a lack of transparency with the current council," Lafrance said, regarding the main issues faced by the town at the moment.

"There's a breach of trust, I would say; we have to reunify our community," he commented.

Lafrance referred to the recent purchase of the Filtex building by the municipality.

"That could be a nice unifying project," Lafrance said, following a consultation to see what the community would like to do with the property. He added that the dossier will require a fair amount of attention to determine the cost to demolish the current building, the extent of soil contamination from the abandoned factory and a clear identification of the land title, which borders the railroad.

"There are lots of disagreements about development and the environment," Lafrance said. "We need to find a balance."

"All through my career I've been involved in management decisions," Lafrance said, explaining what makes him a good mayoral candidate.

Lafrance had a career as an airport manager.

"An airport is like a small municipality," he said, with the runways to maintain, the businesses and employees to manage, and major projects always in the works.

"I can get people to work together," commented Lafrance, adding that he be-

lieves he has the abilities and experience to lead Sutton.

When asked about his vision for the municipality during his mandate, Lafrance said he has a short and a long term vision.

In the short term, Lafrance said he would like to create a consultative process for citizens regarding major decisions in Sutton. He would also like council meetings to be broadcast live.

Lafrance would also like the urbanism committee to be nominated by citizens.

Balancing protection of the environment and development in Sutton is another part of Lafrance's short term plan, he said.

The long-term plan, according to Lafrance, is to address the needs of Sutton's aging population and young families by working to create affordable housing options and establish a GMF (Groupe de Médecine Familiale), which would ideally operate out of a multi-purpose community centre in town.

Lafrance added that his philosophy of reducing, reusing and recycling wherever possible would be ever present in his decision making.

"I think our planet has reached its limit in that aspect," Lafrance said.

Louis Dandenault said among the main issues in the municipality right now is a petition with 1,200 signatures, interested in developing a path for bikes and pedestrians from the village to the mountain.

"There's a group looking into that, we want to put a committee together," Dandenault said, explaining it will require the involvement of the MTQ because it is a provincial road.

Dandenault also referred to the newly purchased Filtex building as a project on the horizon for the town.

Keeping tax rates stable, creating jobs and attracting and retaining young fam-



COURTESY

Louis Dandenault



COURTESY

Michel Lafrance

ilies in the area were other important issues Dandenault mentioned.

When asked what makes him a good candidate, Dandenault said he has 12 years of experience as a councillor, and felt prepared for a second mandate as mayor.

"I've learned a lot in these last four years; it's not an easy job," he said. Dandenault added that he is bilingual and has lived in Sutton for most of his life, so he knows and understands the local population.

The learning curve of a new mayor is already dealt with he added.

"I've got a great team behind me," Dandenault commented, referring to the Alliance Sutton team.

Regarding his vision for Sutton were he to win a second mandate, Dandenault said the focus would be on balancing progress and protecting the environment. He would like to work towards job creation and maintaining a vibrant and dynamic downtown area.

Dandenault also referred to Mont Sutton as a big asset.

"That's the big dog pulling the sled," Dandenault said.

Among the council positions, all six have an Alliance Sutton team member running, four of which are outgoing.

John Hawley (Alliance Sutton), currently councillor for District 6, is running for re-election in District 2 against Diane Duchesne.

Winston Bresee (Alliance Sutton), currently seated in District 4, is vying for District 3 along with Patricia Lefèvre.

Nathalie Bédard (Alliance Sutton) currently councillor in District 5 is running against Lynda Graham to hold her position.

Kenneth Hill (Alliance Sutton) who is councillor in District 3 is running for District 6 against André Forest.

In District 1, Gaétan Marceau (Alliance Sutton) is running against Daniel Martin.

In District 4, André Pagé (Alliance Sutton) is running against Rosanne Cohen.

Montréal honours volunteers, 'Involved Families' and recreation and sports organizations

Record Staff
SHERBROOKE

Last Friday, October 13, Loisir et Sport Montréal held its 19th Annual Night of Recognition in collaboration with the city of La Prairie, where 110 guests gathered at the Guy-Dupré Multifunctional Center to give special recognition to the excellence of the volunteer work of those who make leisure and sport in Montréal a reality. On this occasion, forty (40) artisans and volunteers of the Montréal recreation and sport were honored.

This year, the event featured a new 'Committed Families' component for the 25th anniversary of the Dollard-Morin Volunteer Recreation and Sport Award honoured four families for their many years of involvement in their community: the Bussière family from Saint-Basile-le-Grand, the Morin-Lavallée family from St-Constant, the St-Jean family from Saint-Chrysostome, and the Benoit family from La Prairie.

The Recreation and Sport Volunteer Award - "Regional Action" component was presented to. Robert Gingras of the Bromont National Cycling Center for

time devoted to the improvement of the computer systems of the organization. Gingras will be among those honoured on November 17 in Quebec City at a ceremony of recognition bringing together all provincial winners.

This year, the Claude Marchontéault Prize was awarded to Richard Labonté for his involvement in the Saint-Hyacinthe region soccer community for the past 30 years during which he has encouraged thousands of young people from the region to practice the sport.

Loisir et Sport Montréal also thanked MNAs, Lucie Charlebois of

Soulanges, Catherine Fournier of Marie-Victorin, Simon Jolin-Barrette of Borduas, Nicole Ménard of Laporte, Richard Merlini of La Prairie, Marie-Claude Nichols of Vaudreuil, Pierre Paradis of Brome-Missisquoi, and Jean-François Roberge of Chambly.

To know details of the awards evening and to see the pictures of all nominees, visit the organization's Facebook page at <https://www.facebook.com/loisiretsport-monteregie/>

What's behind the colours?

CONT'D FROM PAGE 1

different times in autumn."

The chemicals Rotherham is referring to are Chlorophyll, which gives leaves their green colour.

Carotenoids (yellow, orange and brown), which colour fruit and vegetables like carrots, bananas and corn, are also ever present in leaves, but during the summer are covered by the chlorophyll.

The leaves of some tree species also in-

clude anthocyanin, which accounts for the deep red colour.

In the fall, when the days grow shorter and colder and the trees are ready to move into a dormant state, the chlorophyll breaks down and the other pigments in the leaves become more visible.

A number of factors also come into play; the weather in spring and summer can have an impact on how early or late colours change on the leaves. The health of the trees also plays a role in when and

how vibrant the change in colour is from year to year.

According to Rotherham, the leaves of birches and poplars generally tend to turn yellow.

Maples are a different story. Red maples tend to go a reddish colour and turn quite early, while sugar maples stay on the more yellowish end of the spectrum.

Red oaks are prone to a dark, copper-like brown and hold their leaves for much

longer than other trees, Rotherham said, referring to the view of Mount Orford travelling from Montreal into the Townships on the highway. "A whole bunch of those are oaks," he said.

Ash trees turn early, and are usually a brownish hue, Rotherham added.

When asked what species of tree turns hot pink, like the species in this photograph, Rotherham said he couldn't say without getting a good look at the tree in question.

EDITORIAL

We look the other way when the lines that are crossed are beyond the acceptable and we endlessly encourage each other to 'man up.'

'Boys will be boys,' but it's time to be men



MIKE McDEVITT

Those of us who use social media were met Monday by an avalanche of posts from female users containing simply the phrase 'me too.' The overwhelming number of these posts was stimulated by the flood of testimonials from female actors relating their experiences with the sexually inappropriate behaviour of film producer Harvey Weinstein and other male members of the 'Hollywood' community. The two tiny words have sparked a widespread conversation about the hyper-masculinised 'rape culture' that continues to permeate our society and forms a direct challenge to all men to 'step up' and face a reality that is too often denied, mineralized, or excused altogether. They shine a cold hard light on the reality of life, not only for those in the public eye, but for virtually every female with whom we share our space.

The extent of this 'movement,' initiated a decade ago by black activist Tarana Burke and reignited by actor Alyssa Milano, has come as a shock to men everywhere, who now have no choice but to face the fact that the inappropriate and unwanted sexual aggression recounted exist not only in the rarefied world of Hollywood glitter, but permeate society at all levels. We awoke to a stark confrontation with the fact that sexual aggression occurs all the time, everywhere, and affects not just the famous and notorious, but our wives, daughters, sisters, mothers, employers, and bosses. Faced with this, it becomes impossible to maintain the myth that somehow women who suffer this abuse bring it upon themselves because of the way they dress, drink, or

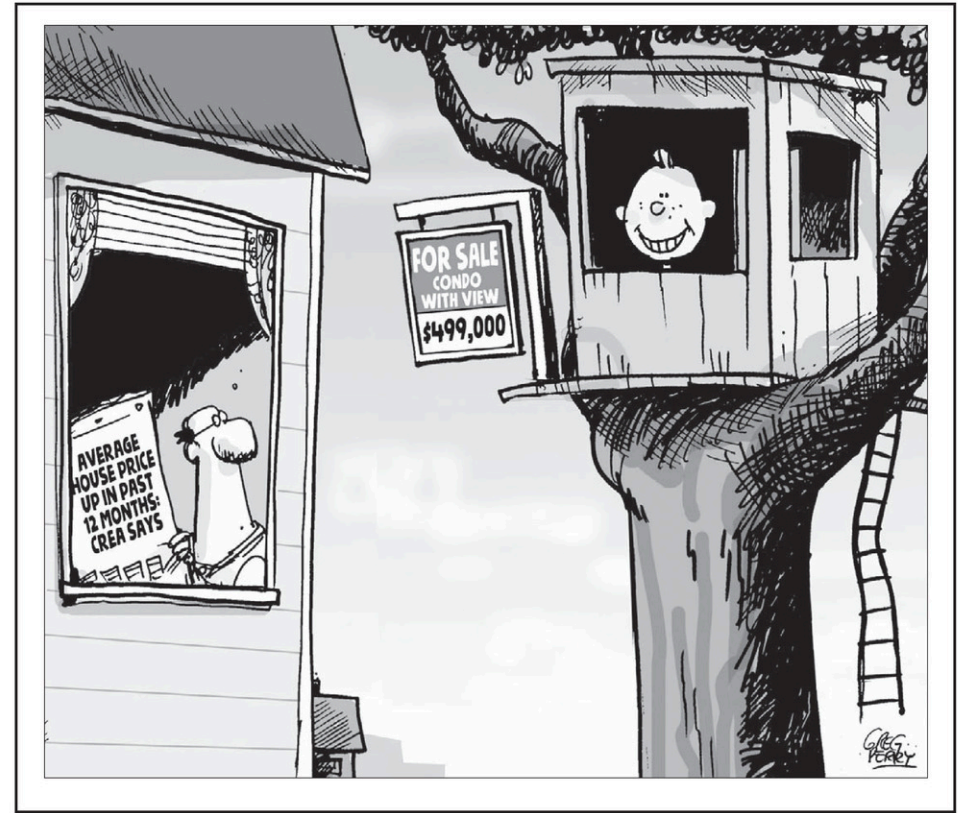
otherwise behave, and points out clearly that the responsibility for its prevalence depends entirely upon the world of men.

All of us, male and female, have been raised in a society in which 'masculine' behaviour is rooted in the aggression of contact sports, physical strength, and an ever-present potential for violence. Men we are told, are genetically driven to seek out dominance and power and that one of the rewards for this comportment is the freedom to treat women as objects designed for our gratification and self-affirmation. It is up, in extension, to women and girls to accept this reality and to behave accordingly.

All of this is reflected in, and supported by, the hyper-sexualisation of the female body regardless of context and, even more sadly, regardless of the age and vulnerability of the women involved. Women in all walks of life and in virtually all age groups are encouraged to emphasize their physical attractiveness and are judged accordingly. Regardless of their talents, women are encouraged to take advantage of their sexuality in order to prosper and, in the performing arts community especially, physical attractiveness plays as big a role as anything else in terms of success and prosperity.

The phenomenon of course, exists not only within the artistic community. During last year's US Presidential election, considerable attention was paid to the 'frumpiness' of candidate Hillary Clinton, her wardrobe, and her lack of sex appeal. Instead, perhaps the most experienced and qualified candidate to ever seek the office was defeated by a clearly out of his depth self-admitted sexual predator, with a long history of inappropriate and 'entitled' sexual misbehaviour who once proudly and publically ruminated upon the sexual attractiveness of his own 16-year old daughter. Even more appallingly, the 'groper-in-chief' even garnered the support of the majority of (white) women in the contest, in spite of his obvious and clumsy 'creepiness.'

The sexual exploitation of and violence against women and girls, of



course, is not confined to Western society and, despite its failures, the west has done much to express at least the desire for female equality and empowerment, but as in many other areas of life, the gap between expressed desires and reality is vast and complex and forces us to recognize that laws and rules are simply not enough to put an end to such a pervasive societal characteristic and that a fundamental change in attitudes must occur at the basic level of our understanding of what 'masculinity' means, what it implies, and the power arrangements implicit in even the most casual encounters. It becomes incumbent upon men to recognize that women - even the ones they love and cherish, and whom they swear to protect - face daily challenges that are to them incomprehensible. Men do not have to live in a state of constant wariness in all aspects of their lives, whether at work, at play, at home, or even walking down a public street. We are not constantly forced to be aware of our appeal to the opposite sex and nor are we expected to comply with its expectations and deal with the condemnation and threats that can accompany the failure to do so. Nor is it assumed that any successes we might enjoy in our professional lives are the result of our sexual availability. No successful man is ever accused of 'sleeping his way to the top.'

So pervasive is this toxic masculinity that its negative effects are not confined to women alone. For men, their sense of success, worthiness, and 'manhood' often depend on the ability to enjoy 'sexual conquest' in profusion, while similar

behaviour among women is universally frowned upon and often punishable. Sexually promiscuous men are lauded for the 'notches on the belts; women, on the other hand' are simply sluts.

It is virtually impossible for any decent man to read the endless tales of uncomfortable or violent experiences of women and girls to not come to understand that virtually all men - regardless of whether they themselves are physically aggressive - play a crucial role in their perpetuation. We laugh at the jokes, we make the snide remarks, and we wallow in our sexual successes. We look the other way when the lines that are crossed are beyond the acceptable and we endlessly encourage each other to 'man up.'

Now, it is true that women are not alone in being sexualized in our modern society and neither are they the only victims of sexual aggression. But this is not the time to paraphrase, to change 'Women's lives matter' to 'All lives matter. Of course they do, but for women, these lives are dangerous, fearful, and unpredictable in a way that is entirely alien to those of men. We can no longer make excuses.

It is up to all of us, but especially men, to examine the nature of what it means to 'be a man' and to stand up for what we want that phrase to mean. The ball is not in the other court; we own the ball. We own the court. It's time we own our own responsibility as well. We need to not only want to be decent men; we must learn to understand what that means.

Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

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QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
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Local Sports

The Carabins improved to 5-0 with a 47-15 rout of Sherbrooke last week. Montreal received eight of 15 first-place votes from the Football Reporters of Canada panel.

E.T.I.A.C. soccer standings

ETIAC BANTAM BOYS SOCCER STANDINGS 2017

TEAM	GP	W	L	T	GF	GA	POINTS
X GALT (2)	8	6	2	0	26	15	18
X MVR	7	5	1	1	22	9	16
RICHMOND	9	4	5	0	17	22	12
SALESIEN	5	3	1	1	16	10	10
GALT RETRO	7	2	5	0	14	14	6
STANSTEAD	6	0	6	0	6	33	0

ETIAC JUNIOR BOYS SOCCER STANDINGS 2017

TEAM	GP	W	L	T	GF	GA	POINTS
y GALT	9	8	0	1	46	13	25
X SALESIEN	9	7	1	1	43	13	22
BCS	8	4	4	0	35	29	12
RICHMOND	8	1	5	2	11	32	5
STANSTEAD	7	1	5	1	16	32	4
MVR	7	0	6	1	9	41	1

ETIAC SENIOR BOYS SOCCER STANDINGS 2017

TEAM	GP	W	L	T	GF	GA	POINTS
X BCS	5	4	1	0	18	7	12
X GALT	7	4	3	0	18	16	12
STANSTEAD	5	3	1	1	25	8	10
MVR	6	2	4	0	13	28	6
RICHMOND	6	1	4	1	11	25	4

Y= league champions
X = clinched play off spot

E.T.I.A.C. Soccer - BANTAM Girls

POS.	TEAM	GP	W	L	T	GF	GA	PTS
1	Y Galt	7	7			30	0	21
2	Salesien	8	5	2	1	19	4	16
3	RRHS	7	1	5	1	3	11	4
4	MVR	8	1	7		4	25	3

E.T.I.A.C. Soccer - JUNIOR Girls

POS.	TEAM	GP	W	L	T	GF	GA	PTS
1	Y Galt	7	7			40	1	21
2	X MVR	6	3	2	1	31	4	10
3	X SC (red)	6	3	2	1	19	16	10
4	BCS	6	1	5		8	49	3
5	SC (white)	5	0	5		2	33	0

E.T.I.A.C. Soccer - SENIOR Girls

POS.	TEAM	GP	W	L	T	GF	GA	PTS
1	X Galt	8	4		4	19	12	16
2	X Salesien	8	4		4	17	9	16
3	MVR	9	3	3	3	23	12	12
4	SC	7	2	1	4	7	5	10
5	RRHS	7	1	3	3	4	8	6
6	BCS	8		7	1	3	31	1

Y= league champions
X = clinched play off spot

Montreal Carabins remain in top spot of Canadian university football rankings

The Canadian Press

from the Football Reporters of Canada panel.

The Montreal Carabins remained on top of the U Sports football rankings for a sixth consecutive week Tuesday.

The top four schools - Montreal, Calgary (6-0), Laval (5-1) and Western (7-0) - were unchanged on the latest list while McMaster (6-1) rose one position to No. 5.

The Carabins improved to 5-0 with a 47-15 rout of Sherbrooke last week. Montreal received eight of 15 first-place votes

UBC (4-2), Wilfrid Laurier (5-2), Regina (4-2), Guelph (4-3) and Saint Mary's (5-1) rounded out the top 10.

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Death

Jean Tracey DUFFIN
(1925-2017)

Died peacefully at the Brome Missisquoi Perkins Hospital in Cowansville, Que. on Monday, October 16th, 2017, in her 93rd year. Beloved wife of the late Gerald Duffin. She is survived by her son David and her daughter Rosemary.

A private service will be held at a later date. Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
31 Principale Sud, Sutton QC
PHONE: 450-538-2306
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death



Carmen Howard INGALLS
(1960-2017)

Born Carmen Howard, passed away peacefully at the palliative care wing of the Magog hospital at the age of 56 following a long battle with cancer. Daughter of the late Georgette Bessette and Gilbert Howard, she is predeceased by her brothers Claude and Steve Howard as well as her late husband Kenneth Ingalls and four children, Adam, Arielle, Annabelle, and Eric. She leaves to mourn her two sons Victor and Roger, her sisters Monique, Diane, and Suzanne, and her brother Winston as well as many friends.

A visitation service will be held at the Cass Funeral Home in Ayer's Cliff (900 rue Clough) on Thursday the 19th of October 2017 between 7 and 9 p.m., as well as on Friday the 20th between 10 and 11 a.m. Funeral services will be held Friday the 20th at 11 a.m. at Beulah United Church in Ayer's Cliff (rue Main, Ayer's Cliff).

In lieu of flowers, donations may be made to the Breast Cancer Society, 279 Rue Sherbrooke Ouest #305, Montréal, QC H2X 1Y1; Leucan Estrie, 317 Rue Marquette #103, Sherbrooke, QC J1H 1M2, or the Palliative care unit of the Memphrémagog Hospital Foundation, 50, rue St-Patrice Est, Magog, QC J1X 3X3.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
284 Child St., Coaticook QC

PHONE: 819-849-6688
FAX: 819-849-3068
info@salonfunerairecoaticook.com

Death



Gillian MARTIN
(Hill)

Passed away peacefully at the Wales Home, Richmond Que., on

Tuesday, October 3, 2017, at the age of 88. She leaves behind her sons Ian (Nicole Blake), Melbourne Que., and Cameron (Cindy Rusnak) Waterloo, Ont., her granddaughters Anne-Marie, Corinne, Isabelle, and Hannah. Also mourning from the U.K. are her sister Meryl Parker (late Douglas), nephews Jonathan and Gregory, and longtime friend Dorothy Pearson.

In keeping with Gillian's wishes, there will be no visitation or service. Following cremation, a private family graveside service will take place at a later date.

Special thanks to the staff at the Wales Home for their compassionate care of Gillian.

In lieu of flowers, donations to the Wales Home Foundation or the Parkinson's Society would be appreciated.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
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Datebook

WEDNESDAY, OCTOBER 18, 2017

Today is the 291st day of 2017 and the 27th day of autumn.

TODAY'S HISTORY: In 1767, the boundary between Delaware, Maryland and Pennsylvania (the Mason-Dixon Line) was established.

In 1962, Drs. James Watson, Francis Crick and Maurice Wilkins won the Nobel Prize in medicine/physiology for uncovering the double-helix structure of DNA.

In 2001, four al-Qaida members were sentenced to life in prison for bombing the U.S. embassies in Kenya and Tanzania in 1998.

TODAY'S BIRTHDAYS: Pierre Trudeau (1919-2000), Canadian prime minister; Jesse Helms (1921-2008), U.S. senator;

Chuck Berry (1926-2017), singer-songwriter; George C. Scott (1927-1999), actor; Peter Boyle (1935-2006), actor; Mike Ditka (1939-), football coach/player; Wendy Wasserstein (1950-2006), playwright; Martina Navratilova (1956-), tennis player; Jean-Claude Van Damme (1960-), actor; Wynton Marsalis (1961-), jazz musician; Josh Gracin (1980-), singer; Zac Efron (1987-), actor.

TODAY'S FACT: The Mason-Dixon Line surveyed by Charles Mason and Jeremiah Dixon in 1767 left a "wedge" of land in dispute between Delaware and Pennsylvania until 1921.

TODAY'S SPORTS: In 1977, New York Yankees outfielder Reggie Jackson hit three home runs on three consecutive swings against three different Los Ange-

les Dodgers pitchers, leading his team to an 8-4 win (and the series win) in Game 6 of the World Series.

TODAY'S QUOTE: "A country, after all, is not something you build as the pharaohs built the pyramids, and then leave standing there to defy eternity. A country is something that is built every day out of certain basic shared values." - Pierre Elliott Trudeau

TODAY'S NUMBER: \$556.37 - Herman Melville's total earnings from the 3,715 copies of "Moby-Dick" that sold during his lifetime. The now-classic novel was first published as a three-volume edition titled "The Whale" on this day in 1851.

TODAY'S MOON: Between last quarter moon (Oct. 12) and new moon (Oct. 19).

Ladies Auxiliary Branch #15 Richmond Legion Military Whist

On the evening of September 28, we were pleased to have players at 16 tables. After words of welcome and a few announcements everyone was on the move. Soon the required moves were completed and it was time to join the lunch line, followed by the prizes.

First prize with 28 flags was won by Jim Stevens, Clea Mastine, Norma Morin and Elizabeth Mastine; second high score of 21 flags was won by 4 tables, table 1 - Willie Lebland, Shirley Provis, Amanda Wilford and Willie Blackburn; table 2 - Linda Badger, Sylvia Morin,

Evie and Matty Banfill; table 3 - Ian and Shirley Smith and Francis and Judy Saffin; table 4 - Rita Trudeau, Marcel and Suzanne Tremblay and Marcel Geoffroy. Low score, with 16 flags, went to Robin Converse, Wanda Viens, Melodie Parseau and Valerie Fowler.

Door prizes were won by Helen Gallup, Patsy Biggs, Robin Converse, Marie-Beth Skerry, Nicole Clark, Willie Lebland, Michilene Handfield, Sylvia Morin and Noel Gregoire.

The grocery box was won by Linda Badger.

The Ladies Auxiliary would like to take this opportunity to thank everyone that helps set up and unset the Hall, putting everything back in order and all the ones that help with the lunch and thank you to all that donate the door prizes. Much appreciated. Also thanks to all that come and support us.

Hope to see you in October at our next card party.

Respectfully submitted by
Mildred E. Holliday

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
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With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
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Your Birthday

WEDNESDAY, OCTOBER 18, 2017

Take on one task at a time. Accept what's going on around you and work with the current, not against it. Think about all the different ways you can turn your dream into something tangible. A healthy strategy will help you reach your destination.

LIBRA (Sept. 23-Oct. 23) – Look at your relationships honestly. Determine what makes you happy and favor the people who contribute to your success. Walk away from excessive and unpredictable people.

SCORPIO (Oct. 24-Nov. 22) – Think about what's going on before setting your sights on something new. Have a strategy in place and stick to a budget to come out ahead.

SAGITTARIUS (Nov. 23-Dec. 21) – Pay more attention to your appearance. Update your image to get a better response from people you want to do business with.

CAPRICORN (Dec. 22-Jan. 19) – Emotional matters will escalate when dealing with a sibling, friend or someone trying to take advantage of you. Don't let anger take control. Know when to walk away.

AQUARIUS (Jan. 20-Feb. 19) – Share your feelings and concerns. Don't make a financial change unless you are certain it will pay off. Taking on too much mentally or financially will come at a costly toll.

PISCES (Feb. 20-March 20) – Going

along with the crowd isn't in your best interest. Take your position and stand by it, no matter what others decide to do. Think big, but stay within your budget.

ARIES (March 21-April 19) – Temptation will lead to you being influenced by someone you love or look up to. Refuse to be swayed by others. Make up your mind based on what's best for you.

TAURUS (April 20-May 20) – Stay focused on your goal. A physical change may be necessary. Getting along with your peers will require patience and respect. Don't take on too much or respond inappropriately.

GEMINI (May 21-June 20) – Don't get angry when you can get moving. It's up to you to do your research and follow through with your plans. Love is highlighted, and time spent with someone special is encouraged.

CANCER (June 21-July 22) – Partnerships must be handled carefully. Use your intelligence, experience and the facts to sort out any differences you face. Overreacting won't solve a problem or make you look good.

LEO (July 23-Aug. 22) – Don't let annoyances at home or when dealing with friends or family get to you. See what you can do to help improve your community and those in dire need.

VIRGO (Aug. 23-Sept. 22) – Take an interest in personal finances and how to stretch your money further. A small change can help you cut your overhead. Do your best to avoid a minor injury.

WEDNESDAY, OCTOBER 18, 2017

Shape compensates for point shortage

By Phillip Alder

Michael Patrick King, in a "Sex and the City" script, wrote, "Maybe our mistakes are what make our fate. Without them, what would shape our lives?"

Often our fate at the bridge table is decided by a mistake, perhaps a misvaluation of our hand. Look at South's collection in today's diagram. East opens one diamond, South overcalls one heart, West passes, North makes a two-diamond cue-bid raise (showing three-card heart support and at least game-invitational strength), and East passes. What should South do now? (If North could have bid a forcing two clubs, that would have been sensible. A slam was not out of the question from his point of view.)

South's hand contains only 11 high-card points, but its shape makes it worth much more, given that partner has a heart fit. At the least, he should jump to three hearts to invite game, but as partner won't really know what is useful, South might as well shoot out four hearts.

East won the first trick with his diamond jack and continued with the diamond ace to tap the dummy. Declarer couldn't afford to try to draw trumps, because when he gave up a trick to the club ace, East would have cashed two

				North	10-18-17	
				♠	A 8 5	
				♥	Q 8 6	
				♦	10	
				♣	K Q J 9 5 4	
West				East		
♠	10 6 4 2				♠	Q 9 7 3
♥	J 9 7 5				♥	4
♦	8 4				♦	A K Q J 5
♣	10 3 2				♣	A 7 6
				South		
				♠	K J	
				♥	A K 10 3 2	
				♦	9 7 6 3 2	
				♣	8	
Dealer: East						
Vulnerable: East-West						
South	West	North	East			
1♥	Pass	2♦	1♦			
??			Pass			
Opening lead: ♦ 8						

more diamond winners. Instead, South immediately drove out the club ace. East continued with a third high diamond, on which West discarded a club. But declarer ruffed in the dummy, cashed the heart queen, and discarded his remaining diamonds on the club queen and jack. Yes, West ruffed the last of these, but that was with his natural trump trick. South had the rest.

CROSSWORD

Across

- 1 Back (out)
- 4 Go by
- 10 Peak in Thessaly
- 14 Can. neighbor
- 15 City on the Liffey
- 16 Performs like Kanye
- 17 Eastern seaboard, facetiously
- 19 Frantically
- 20 Out in the open
- 21 Open in the garden
- 22 Narrow opening
- 25 Unlikely to run
- 28 Insinuate
- 31 Kitchen gadgets brand
- 32 Sneak attack
- 33 Dryly amusing
- 34 "More info later": Abbr.
- 37 Increase security twofold ... and what 17-, 25-, 46- and 58-Across literally do

- 41 Radical '60s gp.
- 42 Besides
- 43 Scramble, as a secret message
- 44 Tile container in Scrabble
- 45 Write, as music
- 46 Secret overseas cash stash site
- 52 Japanese noodle
- 53 Leg bone
- 54 Midwestern city associated with steaks
- 57 Additionally
- 58 What Aladdin craved and Jasmine wanted to escape, in the Disney film
- 63 Abbr. on a city limits sign
- 64 What's for dinner
- 65 Speed (up)
- 66 Piece of glass
- 67 Radical in aspirin and vinegar
- 68 Spot on a peacock's tail

- 23 Long rides?
- 24 Preparing to flower
- 26 Handed-down tales
- 27 Gas in a tank
- 29 Syst. with hand signals
- 30 What a treater picks up
- 33 "Says ___?"
- 34 Touch-related
- 35 In ___ daylight
- 36 Supplement
- 38 Garment worn in HBO's "Rome"
- 39 108-card game
- 40 Not hidden
- 44 Merit badge org.

- 46 Expensive
- 47 "My Ántonia" novelist Cather
- 48 "Hedda Gabler" playwright
- 49 It won't hold water
- 50 Nick of "Hotel Rwanda"
- 51 Chain with a Smart Sense store brand
- 55 ___-deucey
- 56 Scoundrel
- 58 Stew vegetable
- 59 Mandela's org.
- 60 15-Across locale: Abbr.
- 61 2000s "SNL" notable Tina
- 62 Wrapping time

Down

- 1 Taylor Swift's "___ Song"
- 2 Trident-shaped letter
- 3 "You're it!" game
- 4 1999 Ron Howard satire
- 5 Journalist Clare Boothe ___
- 6 Multiple choice choices
- 7 "Republic" philosopher
- 8 Family gal
- 9 MD treating canals
- 10 Postgrad tests
- 11 South Pacific island nation
- 12 "Blazing Saddles," for one
- 13 "Shoot!"
- 18 Après-ski amenities
- 21 Dude
- 22 Herring prized for its roe

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

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

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.

"GX'B LNX XVC EJBCLSC NW WCEF,
GX'B NKCFSNHGLM GX. BNHCXGHC
ONA'KC MNX XN JDEBX XVFNAMV ELT
VEKC WEGXV." — CHHE PEXBNL

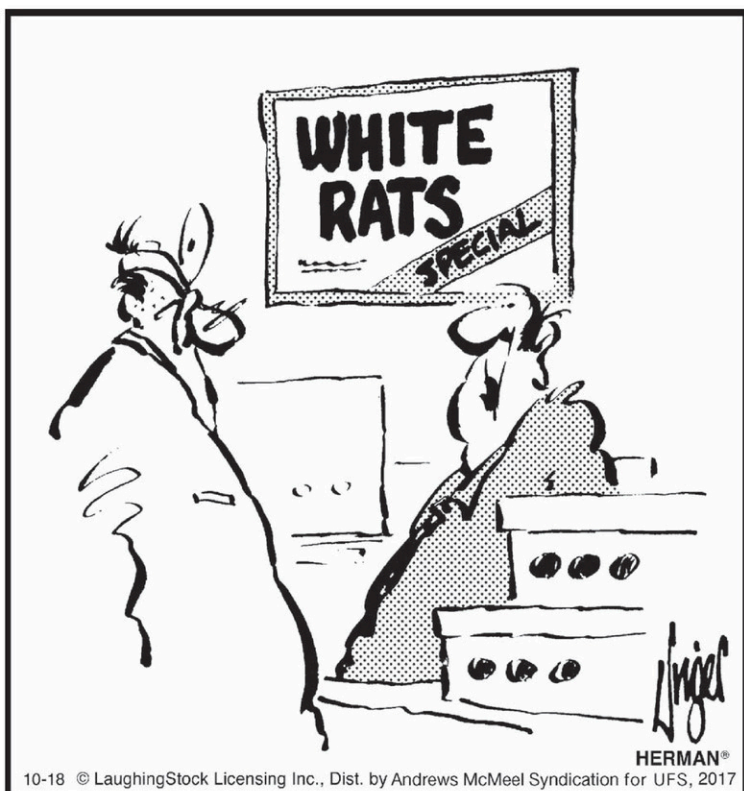
Previous Solution: "The problem for all women is we're identified by how we look instead of by our heads and our hearts." — Gloria Steinem

TODAY'S CLUE: 7 sjanba d

REALITY CHECK

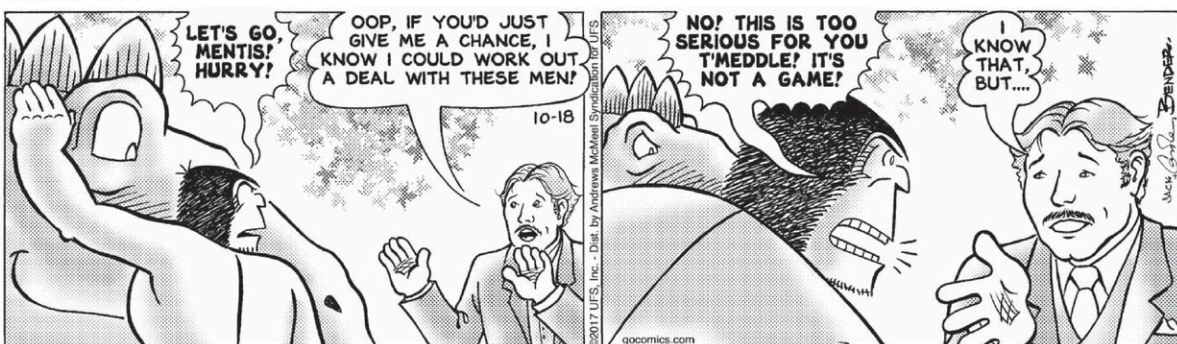


HERMAN

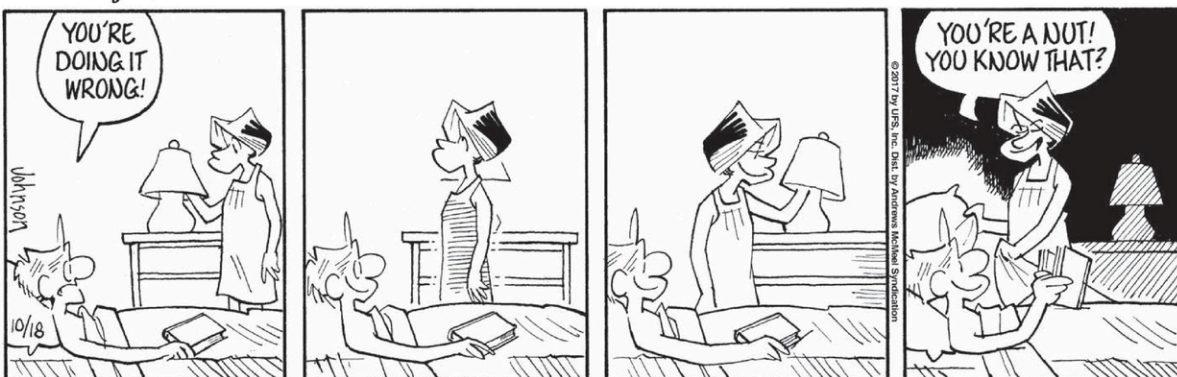


"D'you want smokers or non-smokers?"

ALLEY OOP



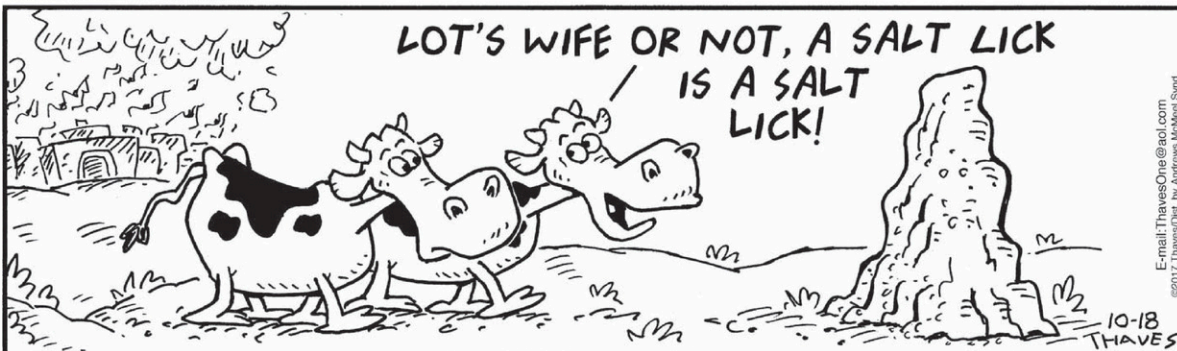
ARLO & JANIS



THE BORN LOSER



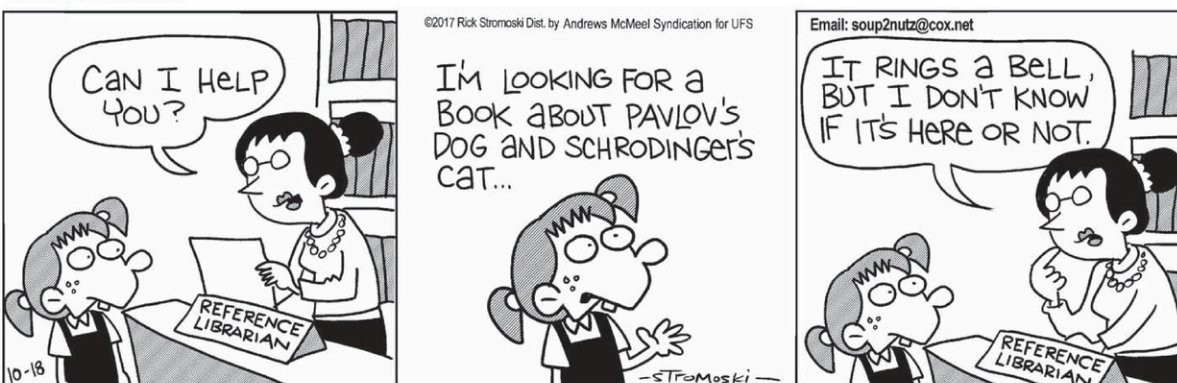
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

035 For Rent

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

LARGE 4 1/2 in Sherbrooke's old North, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. \$650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

100 Job Opportunities

LE MANOIR DE L'EAU is looking for **caregivers and maintenance personnel**. Caregiver: You must be available for day, evening and night, have your diploma, PDSB card, RCR and first aid card must be updated. Maintenance: Available day work for full time. Please send your c.v. to info@residencecookshire-eaton.com or come to 210 Principale E., Cookshire. Call 819-875-3923, ext. 340.

THE RECORD is looking for **part-time evening workers to insert newspapers**. Must be in good physical condition and have own vehicle. Call 819-569-9528, or email billing@sherbrookerecord.com

Find a special handyman or a handyman's special in the Classifieds

Locate a house with potential, then find someone special to help fix it up - all in our Classified pages!



(819) 569-9525
(450) 242-1188

100 Job Opportunities

RESPONSIBLE OF SERVICES:

Caregivers, volunteers and prevention of loneliness

Responsibilities

Under the supervision of the Director general, the person hired will primarily perform the following duties and responsibilities:

- Organize and animate the activities for caregivers (individual and group support sessions)
- Promote, recruit and organize training of volunteers
- Coordinate and supervise community meals
- Coordinate and supervise friendly visits
- Organize and animate information and activity sessions for seniors

Qualifications, Experience

- DEC in Special Care Counselling or equivalent, relevant to the position.
- Knowledge of Outlook, Word, Excel.
- Proficiency in French and English, (written and spoken, 4/5)
- Knowledge of community organisations and seniors' needs.

Required Qualifications

- 2 to 3 years of experience in a similar field.
- Management of priorities and ability to work in a context of multiple solicitations.
- Organized, autonomous and interpersonal skills
- Discretion and adhere to the values of the organisation.

Work Conditions

Schedule: 34.5 hours per week
Hourly rate: to be determined
Starting date: We are aiming for the week of November 13, 2017.

Candidates must send a presentation letter along with their curriculum vitae at the latest November 3, 2017 at 8:30 a.m. to aidecomm@abacom.com

Please note that only selected candidates will be contacted.

100 Job Opportunities

MANOIR HOVEY

Manoir Hovey, 5-star lakeside inn in North Hatley is currently hiring:

Experienced Dishwasher

- Maintain kitchen areas and equipment clean and in order.
- Wash dishes, silverware, pots and pans.
- Autonomy, courtesy and team spirit.

Housekeepers

- Clean rooms and public areas.
- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Please share your application by email at marketing@manoirhovey.com or in person at 575 rue Hovey, North Hatley, QC

100 Job Opportunities

190 Cars For Sale

2004 CHRYSLER PT CRUISER Limited Edition, 64,500 km., excellent condition, 4 winter tires on rims, one owner. Asking \$3,900. Call 819-822-8846.

2015 VOLVO XC60, 80,000 km., black interior and exterior, very clean, loaded with options. Call 819-820-5166.

290 Articles For Sale



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

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

330 Pets



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

440 Miscellaneous

ELECTION EVENT - Meet the Lennoxville candidates, Wednesday, October 25, 5 p.m. to 7 p.m., Hope Community Church, 102 Queen Street. Brian Patterson, official agent for Roy Patterson.

VILLE DE RICHMOND

IMPORTANT MESSAGE

Water system

In order to maintain the best quality of tap water, the Service des travaux publics will proceed with the annual maintenance of the water system. **The work will be performed between October 23 and be completed around November 10, 2017.**

The work may cause a slight discoloration of the water but does not contain any bacteria. Letting your cold water tap run for a while should remedy the situation.

Washing of clothes should be undertaken after 6:00 p.m. during this period. In any case, please check the color of the water before putting in any wash.

Thank you for your cooperation.

For more information, please contact the Hôtel de Ville at 819-826-3789, ext. 0.

Rémi-Mario Mayette
Director General and Secretary-Treasurer

HANDY POINTERS

on writing a successful classified ad

It's easier than you think

- Prepare an outline of your ad and then write it.
- Be specific - buyers want useful information such as price.
- Group related facts in the same sentence.
- Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.
- Above all, don't forget your telephone number or address and when respondents may contact you.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section? For reservations or further information, please call

THE RECORD

819-569-9525

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

Smoking Around a Baby

Dear Annie

WEDNESDAY, OCTOBER 18, 2017

Dear Annie: I love reading your column so much that I have decided to ask your opinion on a sensitive issue. I recently found out that I am expecting, which is exciting news! However, we have run into a situation with my mother-in-law, as she is a smoker. My husband has mentioned to her several times about quitting smoking and has gone as far as telling her she will not baby-sit this child if she continues to smoke. I do agree that I do not want my child around secondhand smoke, as it is dangerous to a baby's health, not to mention stinky. At this time, my mother-in-law has made no effort to quit the habit. My question is: Where do you draw the line? I don't want my child or mother-in-law to miss out on any time or memories together. – Fume-Free

Dear Fume-Free: The good news is that the pressure isn't on you here; it's on your mother-in-law. Her grandbaby or a cigarette – she has to decide which one she'd like to hold more often.

According to the Centers for Disease Control and Prevention, secondhand smoke causes "numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome." Studies have shown that secondhand smoke can linger in a house for hours, and there's a growing body of evidence to suggest that even tobacco residue on a smoker's hair and clothes can be harmful to children who are in close contact. Have your husband set some ground rules with his mother that take these factors into account. For example, no holding the baby for two hours after smoking. (This would most likely mean she couldn't baby-sit.)

He should also let her know that every cigarette takes about 11 minutes off her life – which could add up to hours, weeks and months she'd never see of her granddaughter's life. Perhaps the birth of your baby will be just the

impetus she needs to kick this nasty habit once and for all.

Dear Annie: I would like to ask a favor. Could we all just try to stand in each other's shoes and gain an appreciation for what someone else is going through?

I am often bothered by what I perceive to be a lack of consideration in others. One recent example was when several "friends" canceled plans made two months in advance because something better had come along, even though I had carefully juggled several family members' medical appointments to accept their invitation. Another was when a medical provider canceled my appointment at the last minute to go golfing, even though I live two hours away and had made staff aware I was using my last day of vacation to schedule this date and confirmed in advance.

Reading the responses you received regarding the woman who was criminally assaulted really got to me. None of us, as far as I can tell, has been the victim of such a harrowing and personal criminal sexual assault. Why the criticism of this poor woman for wanting to request a female nurse? You can't see a way for some people to receive extra consideration when that might not be necessary for everyone?

I'm glad you gave your original advice, Annie, and I'm glad the medical professionals supported that advice. I'm glad you keep repeating it, too. I'm just sad that you have to. – Leave People Alone

Dear Leave People Alone: Thank you for your letter. It is so frustrating when others are inconsiderate of our time – but we can only control ourselves. The best we can do is to nurture in ourselves the qualities we wish to see in others. Try to be even more empathetic than you are now and it might offset the frustration you feel with others' lack of thoughtfulness.

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



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- OCTOBER 20TH, 1PM TO 4PM -

Enjoy our fabulous apple pie
Visit our nice apartments
Discover our family spirit !

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OCTOBER 31ST AND WE WILL TAKE CARE
OF YOUR MOVING FEES !



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