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TUESDAY, NOVEMBER 14, 2017

Price says goodbye to politics

By Nick Fonda

Life, recently retired borough mayor David Price will tell you, is full of surprises. In his case the surprise isn't that he is retiring from political life after a career that spans almost 30 years, but rather that he ended up in politics at all.

"If you look in the 1963 Sherbrooke High School year book," David Price says with a laugh, "you'll see that I was voted most likely to never be involved in politics."

As he tells his story, it becomes clear that while he never aspired to a political career, the political powers that be clearly sought him out.

Born and raised in the east end of Sherbrooke, he is the fourth or fifth generation of his family to call the Queen of the Eastern Townships home. His childhood memories include growing up next door to Dr. Gagnon and his family of nine kids.

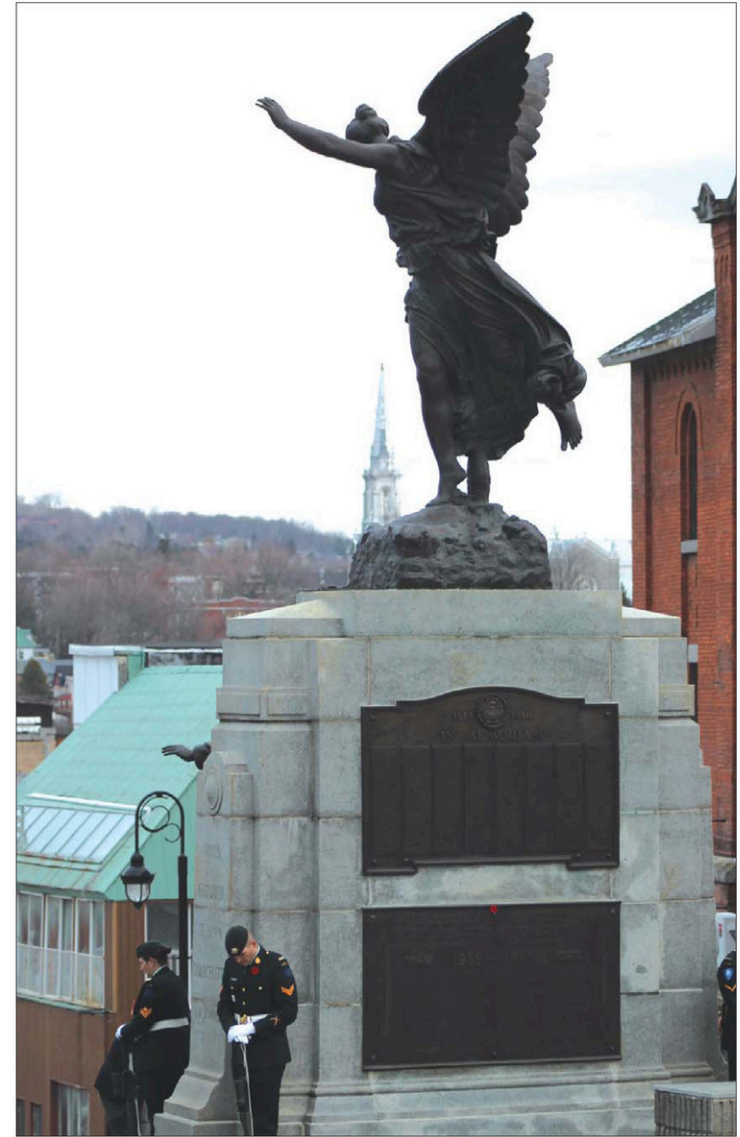
"That's where I learned French," David Price says. "I speak street French because that's what I learned playing with the kids next door. My sister, who taught Graphic Design at Laval University, cringes when she hears me speak French, but it's always served me very well both in and out of politics."

Before finishing his last year of high school, David Price had to leave school. "My father suffered a heart attack. He owned and operated his own business, Price Electric, a company he had founded in 1927. I had to take over for him. The first thing I had to do was get my master electrician papers and when I got them, I was the youngest contractor in Quebec."

He also went back to school. "I finished my secondary at night school," he says. "At the time you could follow the academic stream that would give you access to university, or the commercial

CONT'D ON PAGE 5

Sherbrooke War Memorial classified as cultural treasure



PHOTOS BY GORDON LAMBIE

Record Staff

Sherbrooke's Monument des Braves on King Hill, a landmark of the city's urban landscape has been classified under the Cultural Heritage Act.

Sherbrooke MNA Luc Fortin, used the Remembrance Day ceremony to make the announcement, which follows the issuance of the first notice signed by Minister of Culture and Communication Marie Montpetit.

The monument dates back to 1923,

when a committee of citizens asked for the construction of a monument to honour the memory of Sherbrookers who fought in the First World War. Three years later, the work, designed by artist George William Hill, was inaugurated in front of a crowd of some 20,000 people. Hill is one of the most important Quebec and Canadian sculptors of the early twentieth century and is renowned for his production of war memorials. The monument is now adorned with two plaques recalling the names of soldiers from the city who

died during both world wars.

"Almost a year ago, I announced my intention to classify the Monument des Braves," Fortin said. "It is with great pleasure that I represent my colleague Marie Montpetit today to formalize this significant gesture in the presence of so many veterans. In addition to honoring the memory of these courageous people, this imposing work in the heart of Sherbrooke has become, over the years, an emblem of the city. This monument is a great source of pride for the community."

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TODAY:
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HIGH OF 2
LOW OF -7



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 3
LOW OF -1



THURSDAY:
SHOWERS

HIGH OF 5
LOW OF -10



FRIDAY:
SUNNY

HIGH OF -4
LOW OF -9



SATURDAY:
60% CHANCE
OF SHOWERS
OR FLURRIES
HIGH OF 2
LOW OF 0

Special needs night out



DISHPAN HANDS

SHEILA QUINN

Recently a DH column entailed the crafting of costume pieces for the Knowlton Players' production of *Joseph and the Amazing Technicolor Dreamcoat* that hit the stage for its final performance on the weekend. This experience afforded me the privilege of watching the cast make their way through portions of rehearsals – a sneak-peek at what was to come.

As planning began, Lucy Hoblyn, busy with directing all aspects of the production, asked if my son Angus would be attending. She hoped that in spite of our challenges with Autism that Angus would be interested in the show. I enthusiastically replied that we would definitely be attending, and that he loves live theatre and performances. She said that she truly hoped to make this an inclusive experience. I was so moved by that effort. Special needs families sometimes struggle to find social and entertainment events that accommodate our needs.

I suggested that we open up the invitation to Angus's friends at Massey-Vanier High School, and with the help of administration and staff, the invitation was sent out. A supper experience first, followed by the play was what we had in mind.

A phone call came in from another student's mum. She was overjoyed to hear that he was invited. His name is Christopher. As one of the first students I met in Angus's group at Massey-Vanier, I was familiar with Christopher. He is talkative and knowledgeable about many different topics. He flows well with conversation and asks questions when he is uncertain or unaware about something. He is polite, kind and has true leadership qualities. He looks out for his fellow students, has a sense of duty related to their well-being and their personal development. I had experienced this first-hand as Christopher

often reported to me at the end of the school day about Angus's experiences at school.

I was as thrilled that he would attend with us as his mum was that he was invited.

On Thursday evening we got home from school, got changed and relaxed for a few minutes; then we headed into town to pick up Christopher. We headed to Pizzeria Lac Brome – a favourite spot of ours for yummy comfort food.

Christopher proudly showed us how he had worn a nice burgundy dress shirt for the occasion. He and my youngest son, Leo, talked about Lego Batman video games, and exchanged on their interests. I could sense that Angus wasn't really sure what was going on – his expression seemed to ask, "Why is Christopher with us? He is someone I see at school." He adjusted however, and gobbled up his supper, and part of mine. I'm learning all about how growing teenage boys never seem to stop eating.

When it was nearly show-time, we climbed back into the car to head around the corner to Theatre Lac-Brome, with its beautiful new lobby, where our special evening continued.

Since I had already purchased our tickets, we were able to make our way to our seats. We crossed paths with Townships performer Amos Joannides, contestant on last year's edition of *La Voix* singing competition show. I had to laugh, as the first time I met Amos was in 1994, when the Knowlton Players put on *Joseph* the last time – where he played the role of Benjamin, the youngest brother. Christopher was star-struck to meet Amos, having tuned in to *La Voix*.

The lights went down and the show went up. The three boys were spellbound, chuckling in the right moments, taken in by the great songs, the dancing, silliness, more serious moments and the story.

I felt so grateful that I after many years of struggling with social experiences with Angus, that here we were, as he enjoyed a theatrical performance along with everyone else, welcomed by the very folks who were putting the performance on, with a friend in attendance to boot.

We live in times where many folks are more aware of special needs. They are also increasingly making attempts to integrate and invite those individuals to be part of things. There is an understanding and a shift in values that is so welcome.

As the Knowlton Players put on a perfect performance (any flubs were certainly not evident to my eyes), to an audience that laughed, clapped, cheered and were on their feet by the end of the show, I felt that I was privileged once again to witness two special things – this fantastic show and two young men who could easily find themselves on the fringe instead included in the crowd of theatre-goers.

Here's to making an effort to help others be part of the fun, and thank you to Lucy Hoblyn and the Knowlton Players for taking the time in the mayhem of organizing such a fabulous performance to make sure this was open to all. The memories associated with all of the work on this production and the fun the greater community experienced includes an unforgettable experience for us in other ways too.



COURTESY SHEILA QUINN

The boys with *The King - of Egypt!*

Ben by Daniel Shelton



LOCAL NEWS

"I prefer to spend the time talking about why babies behave the way they do," she said. "I don't focus on how to escape the pain of childbirth."

Women's centre reaches out to young families

By Gordon Lambie

Neither the playgroup nor the prenatal classes of the Lennoxville and District Women's center are new initiatives, but according to center director Terry Moore, both have seen significant changes take place in recent years. Following the release of poll data from Quebec's Early Childhood Observatory in October that showed parents in the province feel underserved in their communities, Moore and LDWC facilitators Rowan Smith and Charity Kerrigan sat down with The Record to highlight the ways that the centre has re-imagined its approaches in order to better reach and support young families in the Eastern Townships.

"The women's centre has prioritized young families," Moore said, explaining that after a significant period of reflection on the work they were doing in the community and in light of new research showing the particular need in young English speaking families in Quebec for additional support, the Women's center stepped up its existing programming to try to fill the void.

At the centre of the new approach, according to the director, was the hiring of Smith, an international board certified lactation consultant and doula, and Kerrigan, an early childhood educator. Under their oversight, the prenatal courses and playgroup have been re-imagined as more engaging, relationship-based resources, and new programs like a parent-child yoga course and the "Parent Tap" workshop sessions have been developed to help provide a broad spectrum of support.

Kerrigan and Smith described the four activities as a kind of interconnected chain that provides the possibility of parenting resources from pregnancy right up to school age. The two both facilitate the playgroup and Parent Tap workshops while Kerrigan leads the yoga group and Smith is responsible for the prenatal course.

"It's not the same prenatal class that most people get," Smith said, explaining that her background as a doula, a professional focused on supporting and accompanying the birthing process, has led her to create a program that is more inclusive and focused on the human aspects of birth than the clinical

"I prefer to spend the time talking about why babies behave the way they do," she said. "I don't focus on how to escape the pain of childbirth."

Over the course of the program, Smith said that she works on clarifying misunderstandings and unexpected elements of childbirth as well as doing things like visiting the maternity ward at the local hospital.

Although participants are not required to go from one to the next, Kerrigan described the twice-weekly playgroup in Lennoxville as a natural extension of the relationship formed in that prenatal class. The educator explained that the new structure created for the group provides an opportunity for mothers to turn to her and Smith's expertise while also giving them an opportunity to learn from each other.

"It's moms sharing knowledge among other moms," Kerrigan said, adding that activities and workshops organized through the gathering provide opportunities for mothers and children to play while also developing understandings of healthy body image, fostering consent, maintaining physical wellbeing, infant sleep, language enrichment, and early literacy skills, among other topics. Established within a framework of not being judgmental of others, she said that the idea is that the group becomes the proverbial village it takes to raise a child.

The LDWC has designated the playgroup a safe space for mothers who may have faced or may be facing abuse, meaning that when the group meets in the community centre it is only open to mothers and their children. Outings, however, are open to all family (dads included) as a way of keeping the relationship accessible and engaged with the community.

Where playgroup offers a mother-child activity in the morning, the new yoga group pairs early literacy and physical activity in an evening slot for slightly older children who may no longer be able to go to the earlier activities. Drawing on her education background Kerrigan combines storytelling and imaginative play for the children with legitimate practice of yoga. The activity is now in the middle of its second session.

Finally, the Parent Tap workshops offered by the two facilitators together are designed as a safe and comfortable environment for all parents to come for advice and support on a range of issues related to raising children. Topics covered so far include tantrums, transitions, effective communication, and self care.

This series, according to Moore, was developed as a specific response to research showing that English speaking children entering Kindergarten in the Eastern Townships are significantly more likely to be considered at risk in more than one of five key development areas. The idea, the director said, was that offering parents a space in which to take concerns about their children in a community setting (rather than a clinical one) would make getting help and support more accessible.

The organizers also pointed to the value of the fact



COURTESY OF THE LDWC

Charity Kerrigan animating story time at the Lennoxville playgroup.

the Parent Tap events are for parents to come to without their children, noting that sometimes it is easier to building knowledge together when you don't have to worry about keeping an eye on what your child is doing.

"It was the best way for us to respond (to the research) as a women's centre," Moore said, adding that the focus of the organization now is on getting the word out about the fact that these resources exist. "We know the people are out there, we just need to connect with them," the director said, adding that the LDWC is also continuing its work of encouragement and empowerment beyond childhood with women of all ages in the community.

Information about the programming of the LDWC is available on the organization's website, <http://www.ldwc.ca/>, as well as on their Facebook page. The Next Parent Tap Workshop, on the subject of siblings, is set to take place this Wednesday at 6:30 p.m. at 257 Queen Street in Lennoxville at a cost of \$5 for women's centre members or \$15 for non members.

Le Renaissance remembers



COURTESY OF LE RENAISSANCE ST-FRANCIS MANOR

Le Renaissance Manoir St-Francis had a lovely service, orchestrated by Ron Olson, on Friday November 10th. Here are some photos of our residents at the head table ready for lunch on this special day. Le Renaissance wishes to thank, once again, the men and women from Le Renaissance who have worn the uniforms of the armed forces.

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The winner of the
V.I.P. TICKETS AND DINNER
for the **WASHBOARD UNION** concert
on November 26 is:

Sharron Kirby.

Congratulations.



My, my, how time flies

Another year, another Black Cat Birthday



MATTHEW MCCULLY



PERRY BEATON



AL BARBER

2017
Lennoxville's Black Cat Books celebrated 19 years in business yesterday. Keeping with tradition, co-owner Janice LaDuke invited customers to pop by for a piece of cake to celebrate. Here are a few pictures from previous anniversary celebrations.

2008
Lennoxville's Black Cat Books celebrated its 10th anniversary on Friday and like every year, co-owner Janice LaDuke (right) invited all for a piece of celebratory cake. Customer, Betty Ride was one of many who indulged in some birthday cake served in the store throughout the day.

2004
Black Cat Books co-owner Janice LaDuke offers a piece of pumpkin cake with cream cheese icing to shoppers on Saturday, Nov. 13 to celebrate the English bookstore's sixth anniversary. "It was a celebration that we still have a bookstore," said LaDuke. "There weren't great crowds, but there was a steady stream of well-wishers. We sold books and people were munching on cake all day long."

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Richmond area Remembrance Day ceremonies

By Claudia Villemaire

Nov. 9 was the date set for Remembrance ceremonies at St. Francis Elementary School in Richmond and had the traditional turn out, complete with legionnaires in full dress blazer, proudly wearing their medals at the South Durham war memorial monument. Every youngster that could be mustered was bundled up and joined the crowd of elementary students as they walked from their school to the monument. Standing spellbound, without a

murmur, they watched attentively as Last Post sounded, and Reveille echoed through this small town's streets. Prayers by the local priest and members of the legion, laying of wreaths and finally, a 'mix and mingle' with students and legionnaires brought another of several ceremonies in different locales, this legion helps with, to a close.

Next stop was Foyer Wales Home on Saturday, Nov. 11 precisely at 11 a.m. There, the largest hall was filled to capacity with residents, family and friends and once again, Branch 15 turned out, marching on the colors, and forming a line of honour while poems, stories and song completed the usual program of the Last Post and Reveille. To the onlooker, this expression of respect and remem-

brance seemed a most important event to one and all, the youngsters at the schools and the elderly residents at the Foyer.

Later Saturday, the Veterans' Banquet got underway with, once again, the flags being marched in to a room filled with Legionnaires and veterans in full parade dress, blazers, grey flannels, medals glinting. Tradition also extended to the empty chair where a helmet, rifle and 'mess' tins were set underlining the importance of remembrance. Toasts to fallen comrades, the Queen and community preceded awards presentations including certificates of merit, the Legionnaire of the Year Award and others.

But this busy Branch 15 wasn't quite finished their yearly traditions which have been ongoing for over two decades.

The annual parade to Memorial Park slated for 2 p.m. Sunday attracted a large crowd bringing out members of local organizations such as Girl Guides and Scouts, the St Patrick's Society, Richmond County Historical Society, local mayors and dignitaries and families and friends who took the time for a special remembrance. Once again the Last Post echoed across the St Francis, followed by the mute of silence and Reveille, prayers and speeches and laying of many wreaths, many crafted by local groups, and finally, marching off the colours one last time, bringing to a close the yearly, determined effort of the local Legion Branch 15 to remind everyone how important taking time to remember and honour Canadian veterans is a work of pride and respect.



Wales Home Remembrance Day banquet



PHOTOS BY CLAUDIA VILLEMAIRE

Remembrance Day service in South Durham



The Remembrance Day parade, Sunday in Richmond

Price

CONT'D FROM PAGE 1

stream. I took commercial because I needed practical skills like typing and bookkeeping."

A little later on, he also took night courses at Bishop's University in business law and accounting. He never earned the degree in electrical engineering that he had envisaged as a young teenager, but he did become Vice-President of Bishop's University.

As an electrician, he was selective about the jobs he did. "I had no patience with running wires through unfinished walls," he states. "What I did enjoy was trouble shooting. I liked the problem solving aspect of electricity and as a result I did a lot of industrial work."

Price's political penchant first showed itself when he became president of the Eastern Townships chapter of the Corporation of Master Electricians of Quebec. He also became president of the Eastern Townships Agricultural Association, better known as the Sherbrooke Fair.

Some 30 years ago, with his friend Robert Downey, Price co-founded the Lennoxville-Ascot Chamber of Commerce in an effort to promote and stimulate commercial activity in the area. In 1989, wanting a stronger voice for commerce and industry, Price threw his hat in the political ring and was elected town councillor. Then, in 1993, he was elected mayor of Lennoxville. The fact that he spoke French, he will tell you, played a significant role in his ascension to the mayor's chair.

It was Jean Charest who drew David Price out of the mayor's chair. "I'm a life-long Liberal," Price says, "but I ended up

helping Jean Charest in the lead-up to the 1997 federal election. Shortly after the campaign started, the Progressive-Conservative candidate who was supposed to run in the Compton-Stanstead riding withdrew."

Jean Charest persuaded David Price to step into the unexpected vacancy. "I certainly never expected to win," he continues. "I lived in Lennoxville so I was a parachuted candidate. I was an Anglophone and the incumbent was a member of the Bloc Quebecois. I was as surprised as anyone when I won the seat."

Three years later, in 2000, he won reelection, although this time under the Liberal banner. "The truth is that regardless the party you run for, you'll never be 100% in accord with the party's platform. There are always aspects of the platform that you believe in strongly and others that you question or disagree with. I'm not left-leaning, nor am I right wing. I'm very much main-stream, and both the Liberals and the Progressive Conservatives were, at the time, main stream parties. It was a time when members of parliament were much more collegial, much less partisan, than they are today."

During his time in government David Price travelled frequently to Europe as he was very involved with NATO. He also became a member of the Privy Council.

His experience with NATO gave him some insight into the electoral systems of numerous European countries. "I'm not against proportional representation," he says, "but there are several different formulations of proportional representation and I'm not sure which one would best suit Canada."

Like many others, David Price found that lawyers made up a disproportionately large percentage of Canada's legislators. "I didn't meet any other electricians in parliament," he said. "I did meet several farmers, doctors, social workers and media people, who, like me, decided to run for office."

To avoid conflicts of interest, when Price found himself in government, he sold Price Electric. "I sold it to my three employees," he says. "Since then, they've all retired. The company still exists and has the distinction of being the oldest construction company on the south shore."

David Price's career in federal politics came to an end in 2004 when he lost his seat, ironically, to a Bloc Quebecois candidate, France Bonsant. He ran again, in 2006, and again lost to Bonsant.

Three years later, in 2009, he returned to municipal politics and was elected President of Sherbrooke's Lennoxville borough, a position he held until November 5th when his name did not appear on the ballot.

For David Price, it was time to retire. "I never thought I'd be this old," he says with a smile. "In recent years I have become a mentor of sorts. A few different people have sought me out to ask advice about entering politics, including Marie-Claude Bibeau, who's the MP for Compton-Stanstead and Minister of International Development and of La Francophonie in Justin Trudeau's government."

"Education and background are definitely important factors for someone seeking political office," he continues. "I think an elected official has to be a good listener, and has to be honest, transpar-

ent. Someone can get himself elected for many different reasons, a charismatic persona or a clever way with media. But there can be quite a gap between having what it takes to get elected, and having what it takes to serve in public office."

What does retirement hold for the long-time Lennoxville politician? "I'm not going to travel any longer," he asserts. "I'll probably continue doing volunteer work, in particular with the Grace Village Foundation, the Dixville Foundation, and Global Excel, which does a lot of very good work in the community and abroad."

Community, clearly, has always been important to David Price, and it is just as clear that, even though he will no longer be Lennoxville's best-known politician, he will remain involved in his community and, at least on occasion, he will still be acting as a trouble shooter.



GORDON LAMBIE

EDITORIAL

Regardless of anyone's worldview, it is imperative to understand that our system of law is predicated on the idea that we are created beings, that free will is a characteristic with which we have been endowed...

Commentary

A Governor General must be carefully chosen

By: Kevin Richard
(opinionkrichard@gmail.com)

For a great many Canadians the office of Governor General is thought to be little more than a useless and wasteful ceremonial position. The long series of stable governments that Canada has enjoyed has certainly contributed to this belief, much like an expensive insurance policy from which we never make a claim. As a result, Prime Ministers have become somewhat careless in their task of nominating one. Instead of giving it the careful consideration it deserves, PM's appear to have used it as a means to reward accomplishment and to curry favour from voters by choosing someone with general appeal.

In 2008, this approach proved to be a mistake. In December, a mere two months after a federal election, the Conservative minority government was facing a vote of confidence which would have likely done them in. A proposed coalition between the Liberals and the NDP, with the backing of the Bloc, was in the works. In an attempt to suspend the vote and save his government, Prime Minister Harper asked the Governor General of the time, Michaëlle Jean, to pro-rogue parliament until January.

Not being used to such instability, Canada suddenly had a constitutional crisis on its hands. The media was in frenzy, and all eyes fell on the Governor General. What would she do? Our insurance policy would now come in handy.

I recall my disappointment, when hearing a former Martin Liberal cabinet minister, turned political pundit, embarrassingly admit that Michaëlle Jean had been selected on the basis of how well she represented the country, not on her ability to actually make these types of important decisions. As her true role of safeguarding our institutions came into

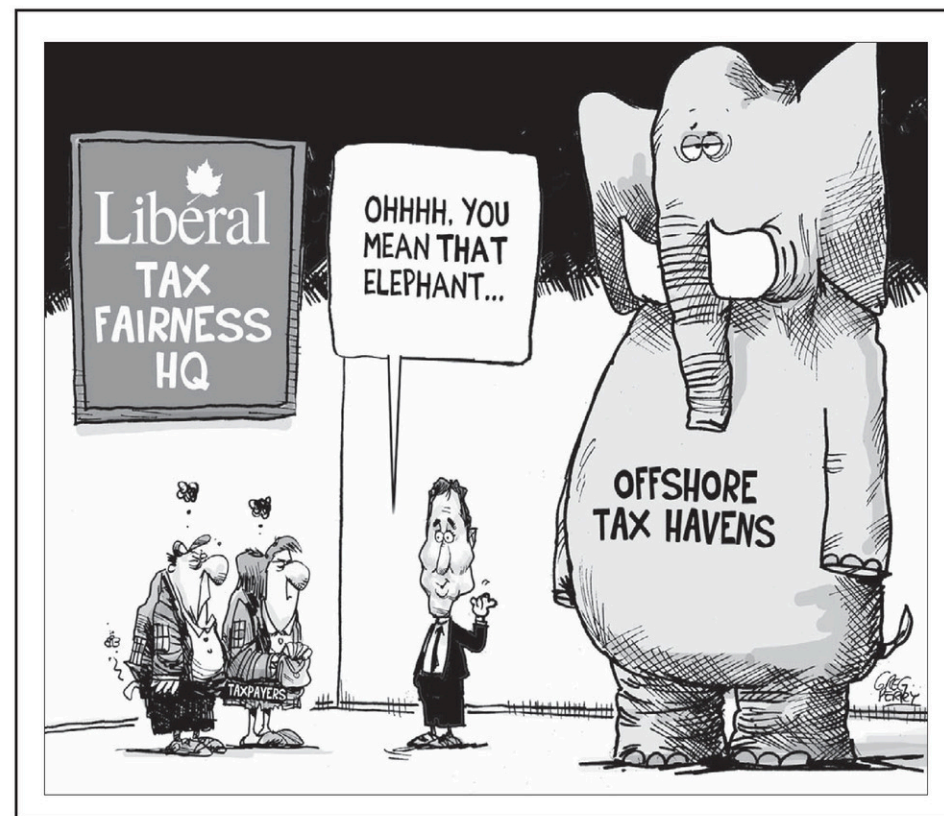
focus, the traits of wisdom and foresight suddenly became important, as was a profound knowledge of our constitution and our centuries-old traditions.

In a speech she gave to a group of scientists last week, our current Governor General, Julie Payette, disappointingly demonstrated a lack of these much needed qualities. She scornfully mocked those who would dare believe that life is the result of divine intervention rather than the result of a long series of random processes. Many critics have correctly pointed out that this was an error in judgement on her part, and that she has compromised her impartiality as a result. I would suggest, however, that it is actually worse than that.

Regardless of anyone's worldview, it is imperative to understand that our system of law is predicated on the idea that we are created beings, that free will is a characteristic with which we have been endowed, and that at the core of us all is something unique and sacred. This recognition is what gives us equal value as human beings under the law, and it is what secures and legitimizes the inviolability of our liberty. It is a defining feature of a free society, and the fact that these principles and ideas have been successfully translated into reality, and that they have become the cornerstone of our system of law, is an amazing historical achievement.

If Julie Payette, like many other Canadians, simply doesn't share in these principles and beliefs, that is one thing. If, however, as Governor General, she cannot even acknowledge, respect, and appreciate the magnitude of their achievements, if she openly ridicules them, then how can she be expected to properly guard the very systems and institutions built on their foundation?

Her statements go beyond a simple error in judgement and a failure to re-



main neutral; they reveal an incompatibility between her character and the office she holds. They reveal a lack of knowledge and respect for our history, a failure to engage in diligent thought, and an inclination to undermine that

which she should uphold. Though our Governor General is a highly accomplished and likeable person, we can nonetheless conclude that the Prime Minister failed in his duty of carefully selecting the proper candidate.

Letters

Remembrance Day Parade and Poppy Drive

Thank you from the President

In the name of the Royal Canadian Legion Branch 15, Richmond, I would like to extend a sincere thank you to everyone who participated in our Armistice Service at the Wales Home, our Armistice Banquet on November 11th, and our Remembrance Day Parade on November 12. Thank you especially to RRHS students Hannah Frost and Hailey Lodge who shared their VIMY RIDGE experience with us.

At this time I would also like to thank those who gave generously to our Poppy Fund campaign. Your support over the years has been greatly appreciated and we look forward to continuing being of service to our community.

DEBRA KNOWLES, PRESIDENT

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Local Sports

Amélie Provencher, 1st year student, came in a remarkable 43rd place (out of 130 girls). Her progression is steady and she can expect and work toward a top 25 next year.

Sherbrooke ends losing streak on the road in Saint John

Phoenix earn 3 points in Maritimes road trip

By Dylan Konecny

The Sherbrooke Phoenix's losing streak ended at seven games after making their trip into Atlantic Canada for three straight games against Maritimes division opponents in QMJHL action.

After playing three teams in three days, the Phoenix ended up going 1-1-1 in their weekend games. In their first game of the Remembrance Day weekend; Sherbrooke beat the Saint John Seadogs by a score of 5-4, lost to the Moncton Wildcats 3-1 and fell to the Halifax Mooseheads in overtime 3-2.

Against the Seadogs in Harbour Station Arena, Sherbrooke and Saint John

traded goals and chances throughout the game before Nicolas Poulin scored the game winning goal. For the winner, Poulin scored on Alex D'Orio with a quick snapshot from the top of the left circle with just over two minutes remaining in the third period. Poulin's game-winning goal was his second score of the game as he earned the game's first star with two goals and an assist in the win.

In the short turnaround, the Phoenix stayed in New Brunswick for their second game of the trip taking on Moncton. Against the Wildcats, the Birds were unable to earn a second straight win falling by a score of 3-1 after the Wildcats ended Sherbrooke's chance to force overtime

with a late game empty netter.

Sherbrooke had the lead by getting on the board first with a goal from Nicolas Poulin. However, Moncton scored three unanswered goals including two from Brady Pataki to hand the Phoenix the loss. Evan Fitzpatrick was in net for the first two games stopping 53-of-59 shots in the two games.

In the Phoenix's final game of the weekend, the Birds finished off their road trip with a hard-fought overtime loss against the league's sixth ranked team. Despite the Birds being outshot heavily, Sherbrooke and Halifax were in a deadlock tied 2-2 after 40 minutes and needed the extra-frame to determine a winner after a scoreless third period. Un-

fortunately for the Phoenix, Halifax goalie Blade Mann-Dixon couldn't be solved; stopping all the shots he faced while Cregan kept the puck out of the Phoenix net for as long as possible. In the loss, Cregan stopped 36-of-39 shots while his counterpart Mann-Dixon stopped 21-of-23 shots. In the overtime, Raphael Lavoie ended the game hopping on a rebound in the blue paint after Cregan stopped a point-blank shot from the slot.

Sherbrooke next will play their fifth straight Maritimes division opponent when they host the Acadie-Bathurst Titan on November 17th and will host the Gatineau Olympiques afterwards on the 19th.

James Pantemis and Thomas Meilleur-Giguère sign MLS Contracts with Montreal Impact

The Montreal Impact announced on Monday that goalkeeper James Pantemis and defender Thomas Meilleur-Giguère have signed first-team contracts as MLS Homegrown Players, valid at the start of the 2018 season.

"We are happy to sign James and Thomas to MLS homegrown contracts. They are players who have come through our Academy system and have been part of the Canadian youth national team programs," said Impact technical director Adam Braz. "They have shown that they deserve to take the next step into the first team and we look forward to helping them to continue to develop as players."

Pantemis joined the Academy in 2014, coming from Lakeshore. He played with the Impact U18 for two seasons, before

joining FC Montreal in the USL in 2016, playing two games.

He has also been a part of many national team camps, as he was first called up to the Canadian U15 team in 2012. He also played with the U16, U17, U18 and U20 teams, before being called up for two senior team camps in 2017. This summer, he started for Canada-Québec in the three games played at the Jeux de la Francophonie in Abidjan, Ivory Coast.

"It means a lot to me to be given the opportunity to represent my hometown club," said Pantemis. "It's an honour and I am ready to give everything I got to help this club succeed in the future."

Meilleur-Giguère joined the Impact Academy in 2013, coming from his amateur club of L'Assomption. He played with the Impact U16 and U18, before

spending one season with FC Montreal in the USL, in 2016, where he started 21 games, playing 1,866 minutes, as well as scoring two goals.

In 2016, he was also captain of the U20 Canadian national team and took part in the CONCACAF Men's Under-20 Championship.

In 2017, he played with Ottawa Fury FC, the Impact's affiliated club in the USL. He also captained Canada-Québec's team at the 2017 Jeux de la Francophonie.

"This MLS contract was an objective I had," said Thomas Meilleur-Giguère. "It represents even more to be able to play for my beloved club."

Transaction: Montreal Impact signs James Pantemis and Thomas Meilleur-Giguère to Homegrown Players contracts

on November 13, for the 2018 season.

JAMES PANTEMIS:

Position: Goalkeeper

Height: 6'2"

Weight: 168lb

Date of birth: February 21, 1997

Place of residence: Kirkland, Quebec

Previous team: FC Montreal

Date acquired: November 13, 2017

THOMAS MEILLEUR-GIGUÈRE

Position: Defender

Height: 6'0"

Weight: 165lb

Date of birth: November 13, 1997

Place of residence: L'Assomption, Quebec

Previous team: Ottawa Fury FC

Date acquired: November 13, 2017

Cougars cross-country team go to CCAA Canadian Championship

Five runners from the Cougars cross-country team were representing their school at the CCAA Canadian Championship, among 34 other institutions from all over the country. This event took place in Blainville. The women's race was 6km and the men's race was 8km.

The field of runners was certainly

very strong, considering other competitors are as old (and physically mature) as 24 years old.

Amélie Provencher, 1st year student, came in a remarkable 43rd place (out of 130 girls). Her progression is steady and she can expect and work toward a top 25 next year.

The men's team (Matthew Lebolloch,

Miguel Laroche-Marcotte, Raphael Christin and David Trepanier) were all in their first experience in a National Championship. They came in 74, 80, 105 and 109th place.

As for now, Amélie has one more race, which is the Civil Canadian Championship (Kingston, Ont) in 2 weeks. The boys' crew will now enjoy the next 2

weeks away from running, recovering, before they head to a Track & Field program (through Athlétisme Sherbrooke) to enhance their physical fitness, preparing for next the next cross-country season.

PHOTOS COURTESY OF CHAMPLAIN COLLEGE



Celebration of Life

GOODSELL, Roger - Forever in our hearts. Please join Darlene and family to celebrate the life of Roger Goodsell on Sunday, November 19 at the Royal Canadian Legion, 15 Maple Street, Stanstead from noon to 2 p.m. We will be gathering to share our stories, memories and laughter.

Datebook

TUESDAY, NOVEMBER 14, 2017

Today is the 318th day of 2017 and the 54th day of autumn.

TODAY'S HISTORY: In 1851, the first American edition of Herman Melville's "Moby-Dick" was published.

In 1889, New York World reporter Nellie Bly set out to travel around the world in less than 80 days, inspired by Jules Verne. It took her 72 days.

In 1995, the U.S. federal government temporarily closed national parks and museums as a result of a budget standoff between Democrats and Republicans in Congress.

In 2008, the first G-20 economic summit began in Washington, D.C.

TODAY'S BIRTHDAYS: Robert Fulton (1765-1815), inventor; Claude Monet (1840-1926), painter; Aaron Copland (1900-1990), composer; Joseph McCarthy (1908-1957), politician; Ed White (1930-1967), astronaut; Wendy Carlos (1939-), composer; P.J. O'Rourke (1947-), journalist/author; Prince Charles (1948-), Prince of Wales; Condoleezza Rice (1954-), former secretary of state; Yanni (1954-), musician; Patrick Warburton (1964-), actor; Curt Schilling (1966-), baseball player; Josh Duhamel (1972-), actor; Betsy Brandt (1973-), actress.

TODAY'S FACT: In 1910, the first airplane takeoff from the deck of a ship occurred near Hampton Roads, Virginia.

TODAY'S SPORTS: In 1970, a plane carrying 37 Marshall University football players, as well as the team's coach, doctors, athletic director and 25 team boosters, crashed outside an airport near Huntington, West Virginia, killing all on board.

TODAY'S QUOTE: "Keeping house is as unpleasant and filthy as coal mining, and the pay's a lot worse." - P.J. O'Rourke, "The Bachelor Home Companion"

TODAY'S NUMBER: \$87.3 million - highest amount paid for an original Claude Monet painting. "Le Bassin aux Nymphéas" was sold at a Christie's auction in London on June 24, 2008.

TODAY'S MOON: Between last quarter moon (Nov. 10) and new moon (Nov. 18).

Artificial tears and omega-3's can help with dry eyes



ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: My eyes are so dry, they often feel as if I have sand in them. I use drops, but they don't always work. Is there anything else I can do? And will this hurt my vision over time?

Dear Reader: No doubt you're frustrated. If it's any comfort, your doctor probably is too. People suffering from dry eyes are frustrated because of the constant irritation; doctors are frustrated because they don't have a miracle cure. The symptoms of dry eyes vary. Like you, many patients complain of a gritty or sandy sensation. Some also report red or watery eyes, a burning feeling, light sensitivity, blurred vision or a combination of these symptoms. Paradoxically, excessive tearing can also be a sign of dry eyes. Rarely, however, does prolonged dry eyes lead to scarring of the cornea or permanently altered vision.

That's fortunate, because 14.5 percent of Americans report having regular dry eye problems, and the likelihood increases with age. The condition is more common in women, especially those undergoing menopause, as well as in people with certain chronic illnesses such as diabetes and Parkinson's disease. People who have had laser eye surgery, wear contacts or use medicated eye drops also have a greater rate of dry eyes, as do people who have allergies.

As for treatment, it's important to look at the possible cause. Some medications, such as antihistamines, antidepressants, niacin, estrogens and the arrhythmia drug amiodarone can cause dry eyes. So can the autoimmune disease Sjogren's syndrome, which leads to inflammation of tear ducts, death of cells in the ducts and decreased formation of tears. Sjogren's, which is accompanied by dry mouth, can be diagnosed with blood tests and other screenings that evaluate production of tears and saliva. Other conditions can affect the tear ducts as well, such as sarcoidosis, lymphoma and diabetes.

Eyelid health is also important. Normally, Meibomian glands in the eyelid produce an oily substance that prevents tear evaporation and helps trap tears upon the eyeball. Inflammation of the lid margin, termed blepharitis, causes these glands to malfunction, leading to dry eyes. Treatment of blepharitis includes lid scrubs (using baby shampoo and a warm wet cloth), lid massage, warm compresses and artificial tears.

Speaking of artificial tears, these drops add viscosity to the fluid surrounding the eye and thus maintain a natural tear covering the eye. Adding one drop to each eye three to four times per day will improve symptoms. Note that some people have sensitivity to the preservatives in artificial tears, so using preservative-free tears may be helpful.

For people with inflammatory conditions such as Sjogren's syndrome or blepharitis, the immunosuppressive eye drop cyclosporine, applied twice a day, can significantly improve the symptoms of dry eyes.

A newer eye drop, lifitegrast, decreases inflammation in the eye, with twice-a-day application leading to significant improvement of symptoms. Note, however, that the medication can also cause eye irritation and taste abnormalities.

Not all treatments are drug-related. Omega-3 fatty acids with EPA, DHA and flaxseed oil can enhance tear production, decrease tear evaporation and improve overall symptoms. Similarly, diets deficient in omega-3 fatty acids have been linked to increased rates of dry eyes.

In summary, give artificial tears a try, and increase your intake of omega-3 fatty acids. Also, please see an ophthalmologist. He or she can determine whether an inflammatory disorder, such as blepharitis or Sjogren's, is the cause of your symptoms.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

Lennoxville Golden Agers

A pleasant afternoon was held on November 7.

Four tables of 500 cards were played. The winners were Ladies' High: Glenda Huff. Ladies' Low: Fern Lapointe, Mens' High: Renaud Pare and Jack Kimpton, Mens' Low: Wayne Nutbrown.

Winners of the half and half were: Monika Mosberger, Helen Nobes and Bill Heyman.

Door Prizes: Fern McConnell, Isobel Nelson and Bill Heyman

Mr. Mathieu Lalonde from the Borough of Lennoxville spoke to us about incorporating our Club. Questions were asked by several members. Pat Decoteau

and Eugene Naylor will find out more information to see if this is an advantage or disadvantage for our Club. After this, a vote will be taken by the members to see if we want to be incorporated.

A delicious meal was prepared and served by Billie Lidstone.

Next meeting is November 21. Tickets for the Christmas Party will be sold at this time.

Elaine Lebourveau became a new member. New members are welcome.

Submitted by
Glenda Huff

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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: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

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TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, November 14 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

WATERVILLE

The Lennoxville and District Community Aid will be holding Blood Pressure clinic on Tuesday, November 21 at the Town Hall from 10 a.m. to 11 a.m.

LENNOXVILLE

Lennoxville United Church annual Christmas Bazaar and Turkey Supper will be held from 3 p.m. to 7 p.m. on Saturday, November 18 at the Gertrude Scott Hall, 6 Church Street, Borough of Lennoxville. Admission charged, 5 years and under free. For supper reservations, please call: 4:30 p.m. Wendy Durrant 819-346-6448, 5:30 p.m. Frankie Noble 819-842-1035, 6:30 p.m. Joan Gill 819-849-7202. Bazaar opens at 3 p.m. Something for everyone! Attic treasures, fish pond, wish table, food table, silent auction, knitting & crocheting, candy, jewellery, 2018 Church calendars.

STANSTEAD

Archives of the Stanstead Historical Society Open House - For all and Free. Come and discover the treasures hidden within and learn more about the history of our region and those who preserve it. Would like to know what types of documents are available to you for research and consultation? Would you like help finding out information about your ancestors or on land that would have belonged to your family in Stanstead County? Activity in collaboration with the Société d'histoire de Magog. Saturday, November 18 from 10:30 a.m. to 2:30 p.m. Colby-Curtis Museum, 535 Dufferin, Stanstead, www.colbycurtis.ca.

LENNOXVILLE

The gallery at Uplands Cultural and Heritage Centre is proud to present the works of six Aboriginal and local artists from November 12 to December 17, 2017: Christine Sioui Wawanoloath, Joyce Panadis, Ena Greyeyes, Debbie Everett, Lucy Doheny and Caroline George. The exhibit wraps up the series of activities presented as part of Uplands' Canada 150 project, "From Nikitotegwas to Lennoxville", discovering the richness of Aboriginal history, culture and arts. Uplands, 9 Speid Street, borough of Lennoxville is open Wednesday to Sunday from 1 to 4:30 p.m. Info: (819) 564-0409.

RICHMOND

The Wales Home Knitters' Club will be holding a sale of an excellent array of items of various sizes, and of knitting supplies, on Tuesday, November 14, 1:30 to 3:30 p.m., in the main living room,

Wales Home, 506 Route 243 N. Everyone welcome. All proceeds to go to the Wales Home Foundation.

STANSTEAD

Christmas Sale and Coffee Time on Saturday, November 18, 9 a.m. to 11:30 a.m., at Christ Church Hall, 540 Dufferin. Sales tables of food, Christmas gifts and crafts. Drawing for a Christmas stocking full of surprises. All welcome for coffee and yummy treats.

SAWYERVILLE

Sawyerville Elementary School's parent committee invites you to their annual "This, That and Holiday All Sale" on Saturday, November 18, 9 a.m. to 2 p.m., at the school, 51 Cookshire Street, Sawyerville. Here you will find a little of everything, including a canteen for lunch. We hope to see you there!

LENNOXVILLE

Need help with your computer/tablet? Come to Lennoxville and District Community Aid to ask us any question(s) you may have! If you have a laptop or tablet (for example, iPad), bring them along so that we can better assist you. We may not have all the answers, but we will see how we can help, or refer you if needed. When: November 14 between 1:15 p.m. and 2:30 p.m. Please call us for an appointment 819-821-4779. Where: Community Aid office, 164 Queen, suite 104, Lennoxville.

AYER'S CLIFF

Sunday Brunch on Sunday, November 19 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked

meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

LENNOXVILLE

Victorian Christmas Tea. The Lennoxville-Ascot Historical and Museum Society will be holding its much awaited annual Victorian Christmas Tea on December 2 at 12:30 p.m. and 3 p.m. (2 sittings). Enjoy tea, sandwiches and Christmas treats while experiencing the ambiance of the Uplands heritage house specially decorated for the holidays! Call us to reserve, limited space! 819-564-0409. 9 Speid St., Sherbrooke (Lennoxville).

NORTH HATEY

Join us on November 18 & 19 for the annual North Hatley Christmas Craft Fair in the Community Centre, 3127 Capelton Road, North Hatley, Saturday from 10 a.m. to 4 p.m. and Sunday from 10 a.m. to 4 p.m. There will be several new vendors as well as many old friends. Enjoy the warm and friendly atmosphere while looking for the perfect gift for someone on your holiday list. A light lunch of soup and a roll will be available for those interested. We look forward to seeing you.

LENNOXVILLE

St. George's Church, 84 Queen St., annual Christmas Bazaar and Tea, Saturday, November 25 from 1:30 p.m. to 4 p.m. The Silent Auction, delightful muddle, home cooking, candy, jewellery and hand knit or crochet items, along with other hand crafted items make interesting sales tables. Admission charged for the tea. All welcome.

Ostracized because of parentage

TUESDAY, NOVEMBER 14, 2017

Dear Annie

Dear Annie: I need your advice. In my social life and at my places of employment, I used to tell people that the man who raised me with my mom was not my biological father. At work, customers and co-workers would say unkind things to me about that. Then, a few weeks later, I would get let go for no logical reason, or it would turn into a hostile work environment and I would be forced to quit. The final straw came when I was leaving church and the clergy person shook my hand goodbye and at the same time pushed me out the door. I had a DNA test done, and it turns out that my dad is my biological father.

I don't feel I owe people an explanation, and even if I did, they would probably not believe me anyway. How do I handle these horrible people? — Really Dad's Little Girl

Dear Really Dad's Little Girl: I'm thinking there must be more to the story than you've included in your letter, because their behavior sounds bizarre. Your biology is none of their business. If you were terminated because of your parentage, you should have legal recourse. Contact an attorney.

Dear Annie: My wife and I are in our late 20s and have been married since we were 18. We have two wonderful children. The problem I'm having is dealing with my wife's mother.

We recently moved to a new city so my wife could be closer to her side of the family, which was fine with me because she never really had much of a relationship with her mother growing up. We have now lived in this city for three years, and in that time, my wife's mother has never made an attempt to re-establish any type of relationship with my wife — or our children, for that matter.

Every time there is a family function going on, my mother-in-law does everything in her power to keep my wife from finding out about it so that our family is excluded. And whenever we host family functions, my wife's mother always has an excuse for why she won't be able to attend.

In addition, my wife and I have not had one night to ourselves since we were in high school. We even took our firstborn on our honeymoon because we couldn't get a baby sitter. I think that is where grandparents

and other family members should be involved. It's hard on my wife. We have two very well-behaved kids, and it's killing my wife that her mother won't watch our kids.

I know that my wife wants to create a relationship with her mom that she never had, just as she wants our children to have a grandmother in their lives. I am so sick and tired of watching my wife reach out to her mom. Am I wrong for wanting to protect my wife from certain heartbreak? Or should I let this go and let my wife handle her mother? Any advice would be greatly appreciated. — Protective Husband

Dear Protective Husband: Your mother-in-law sounds like a real piece of work, but there isn't much you can do about changing her attitude or behavior. You can and should continue giving your wife support and encouragement, but ultimately her relationship with her mother is between the two of them and not you. As for getting away together alone for a night or weekend, what about other members of her side of the family? If no one will help, then maybe you could consider moving closer to your side of the family.

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

Military Whist at St. Anne's

The weather forecast was grim with snow coming in, but on Thursday evening, November 9, even after two tables cancelled, fifteen tables of players showed up at St. Anne's Church Hall, Richmond. Play got underway and everyone had a good time. All the required plays being made, everyone rushed to the buffet table for the lovely lunch that is always provided by parishioners and friends.

The table with high score, 27 flags, was Norma Morin, Nicole Clarke, Elizabeth Mastine and Jim Stevens. Twenty-six flags earned the table of Joyce Mastine, Debbie Knowles, Allie VanderWal and Carol Nixon

second place. Low score was earned by Carol & Peter Boisvert, Donna Ham and Bob Dunn. No one had any special hands.

Door prizes were chosen by Nicole Clarke, Shirley Beasley, Jacqueline Pellequin, Marie-Berthe Skerry, Jacques Dubois, Marie-Paule Pariseau, Larry Frost, Shirley Patterson, Raymond Fortier, Bob Dunn, Wendy Ridley, Valerie Fowler, Sylvia Morin, Suzanne Tremblay, Ghyslaine Redburn, Micheline Handfield, Helen Knowles, Amanda Woodford, Gordon Irwin, Norma Murray, Linda Badger, Rita Trudeau, Collette Pageau, Joyce Mastine, Noel Gregoire, Lise Boisvert and Gerald

Skerry. Carol Nixon chose the groceries.

Once again, a sincere thanks to all who helped out in any way to make this another successful event for St. Anne's.

Please note: The December Military Whist card party will be held on Thursday, December 7 — one week earlier — because we don't want to interfere with people wishing to attend the Scott Woods concert. Call Elizabeth at 819-826-6134 for more information.

Submitted by
Loretta Irwin and Jean Storry

CELEBRITY CIPHER

by Luis Campos

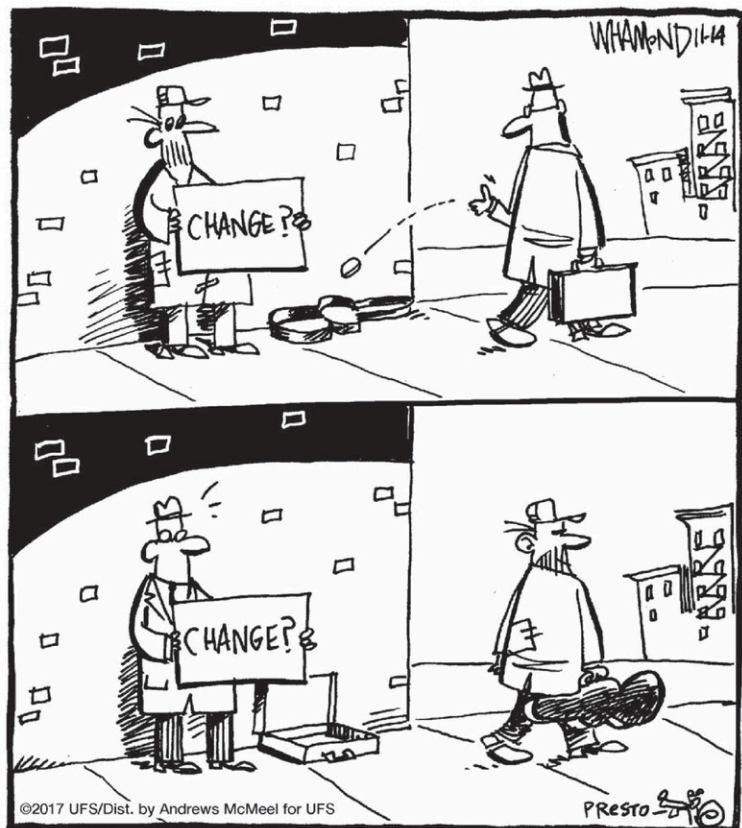
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"VHO, KYH NH XNH GJNHIKSNO J
 XGDJNH, KYH DXTHNJIFO. XBKDXM.
 KYH NH XNH DXMV PSSG GJNHIKSNO."
 — DXNF NVGHBB

Previous Solution: "No other filmmaker has gotten a better shake than I have ... I've never had to direct a film I didn't choose." — Robert Altman

TODAY'S CLUE: K equals F

REALITY CHECK



HERMAN



"You told me on the phone that you were a six-footer!"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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Help for bladder leaks

FROM CONSUMER REPORTS(R)
 By the editors of Consumer Reports

Bladder-control problems are remarkably common, affecting more than half of women and 30 percent of men ages 65 and older, according to the Centers for Disease Control and Prevention.

If you leak unexpectedly or sometimes have such a strong urge to urinate that you fear you won't make it to a bathroom in time, you could use products such as absorbent pads or underwear. Or you might be considering a drug or procedure you've seen advertised. But what's most effective?

Consumer Reports talked to some experts. Here's their advice:

— Start with your doctor. If you feel uncomfortable talking about the problem, consider that your primary care doctor has probably discussed it with many patients. (If he or she hasn't treated bladder conditions, see a doctor who has, such as a gynecologist, urologist or urogynecologist.) "A doctor can determine if a medication side effect or a condition like diabetes or a urinary-tract infection might be causing urine leakage," says Consumer Reports' chief medical adviser, Dr. Marvin M. Lipman.

— Try nondrug therapy. Exercises or bladder training should be the first treatment tried, says the American College of Physicians. Kegel exercises — repeatedly tightening and relaxing the

muscles that stop urine flow to strengthen them — are especially helpful for women with stress urinary incontinence, or leaking when they laugh, cough, sneeze, lift heavy objects or exercise.

Bladder training involves keeping a diary of urination and accidents, then slowly increasing the time between bathroom visits. It's most effective for men and women with urge incontinence, a sudden, urgent need to urinate. Kegels haven't been proved to be effective for men, but experts say trying them is reasonable. Women with both types of incontinence can try bladder training and Kegels.

Both strategies can help. Using the correct muscles to do Kegel exercises is key to success, so don't hesitate to ask your doctor for advice. And be patient; it can take several weeks to see a benefit.

— Know drug pros and cons. Several drugs are approved for urge incontinence (or overactive bladder), such as prescription mirabegron (Myrbetriq), oxybutynin (Ditropan XL and generic), solifenacin (Vesicare) and tolterodine (Detrol and generic). The little evidence available suggests they might work as well as nondrug therapy. But according to Consumer Reports' Best Buy Drugs experts, more than half of those who take incontinence drugs stop within six months because of side effects including constipation, drowsiness, dry

mouth, blurry vision and dizziness. Botulinum toxin type A (Botox) injections into the bladder muscle are also approved for this condition and may reduce the urge to urinate. But they have been associated with urinary-tract infections and incomplete bladder emptying requiring catheterization.

"Medications should only be considered for those who continue to have bothersome symptoms despite having tried lifestyle changes and therapy exercises," says Michael Hochman, M.D., M.P.H., an assistant professor of clinical medicine at the University of Southern California's Keck School of Medicine.

— Think twice about surgery. Several surgical procedures are available for stress incontinence. The most common is midurethral-sling surgery, where strips of synthetic mesh are implanted to support the urethra. It can be effective. In a study of several hundred women published in the New England Journal of Medicine in 2013, 85 percent of those who had the surgery said they no longer leaked. Only 53 percent of those who did physical therapy alone got relief after a year.

But the surgery carries risks, including infection, difficulty urinating and an increase in the severity of incontinence. "Surgery should only be considered as a last resort," Lipman says.

To learn more, visit:
ConsumerReports.org

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440 Miscellaneous

I WOULD LIKE to thank those who voted for me; and to those who did not vote for me, you are as wise as you are cautious. **Roy Paterson.**

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100 Job Opportunities

THE RECORD

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THE RECORD

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Hearty home-cooked meals in 15 minutes or less

(NC) Everyone loves good homemade meals, but most of us don't have time to prepare them. Take the stress out of meal preparation with a flip of a switch — whether you're cooking for one or five, slow cookers are a great way to save time and deliver delicious comfort food.

With the right recipe, slow cookers do most of the work for you and require minimal clean up and prep time. Opt for one where the raw meat can be placed directly into the slow cooker. For the best flavour, choose a high-quality pork that has been humanely raised and without antibiotics, like duBreton.

This boneless pork shoulder roast slow cooker recipe can be prepped in less than 15 minutes and will have you coming home to a delightful meal at the end of the day. Try serving with rice and broccoli for a full meal, or on a bun for a quick and easy pulled pork sandwich.

Pork Shoulder Boneless Roast with Asian Caramel Sauce

Prep time: 10-15 minutes

Cook time: 8 hours

Serves: 4

Ingredients:

- 1 (1kg) pork shoulder roast
- 2 tbsp (30mL) minced ginger
- 2 tbsp (30mL) minced garlic
- 1/2 cup (125mL) brown sugar
- 1/2 cup (125mL) oyster sauce
- 1/2 tsp (1mL) cayenne pepper
- 1/2 cup (125mL) water or Shaoxing wine
- 1 tbsp (125mL) Chinese 5 spice powder
- 2 tbsp (30mL) soy sauce
- 1 cup (250mL) chicken broth, vegetable broth or water

Directions:

1. Slice pork in half and set in slow cooker insert.
2. Mix together remaining ingredients and pour over pork.
3. Cover and cook on low for 8 hours. Cook time may vary depending on the power of your slow cooker.
4. Remove pork and shred using two forks to remove excess fat. Top with remaining sauce and serve.

Find more delicious recipes online at dubreton.com.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

11/14

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PREVIOUS SOLUTION

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

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

Your Birthday

TUESDAY, NOVEMBER 14, 2017

Concentrate on personal changes this year. Trying to live a healthier lifestyle and putting more effort into lowering stress and breaking bad habits will bring you satisfaction and a new outlook on life. Build a bright future and don't look back.

SCORPIO (Oct. 24-Nov. 22) — A domestic change looks promising. Explore new ideas and develop plans that will help you get ahead. A partnership will fare well. If you collaborate with someone, good things will happen.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider your options and whether they are doable. Get your facts straight before you make a move. Don't let anyone charm you into undertaking something that will be stressful.

CAPRICORN (Dec. 22-Jan. 19) — Stay calm and do what's expected of you. If you lash out or let your emotions get the better of you, it will affect the decisions you make. Think matters through.

AQUARIUS (Jan. 20-Feb. 19) — A good idea can turn into a lucrative pastime if you take time to develop and promote what you have to offer. Take care of your health and avoid excess.

PISCES (Feb. 20-March 20) — Be careful when dealing with individuals who tend to ask for too much. Don't let anger take the reins. Be prepared to offer solutions that don't involve your time, money or physical effort.

ARIES (March 21-April 19) — Emotions will skyrocket when dealing with rela-

tionship issues. Stay calm, use your imagination and look for solutions that will benefit everyone involved. You can achieve greater stability.

TAURUS (April 20-May 20) — Don't waste time arguing with someone who doesn't share your beliefs. Consider what you can do to make your life and future better. Attend a reunion or reconnect with old friends.

GEMINI (May 21-June 20) — Getting out and doing things that help to relieve stress will clear your mind and give you a chance to rethink your next move. Plan your actions carefully.

CANCER (June 21-July 22) — Don't let personal situations get to you. Concentrate on your work, personal growth and self-awareness. Now is not the time to get into a sensitive discussion. Take care of your needs first.

LEO (July 23-Aug. 22) — Plan a short trip, or get together with someone who understands you and share your thoughts and plans. Initiate a change before someone takes over or forces you to make a move.

VIRGO (Aug. 23-Sept. 22) — Partnerships should be your priority. Discussing your life and what you want to achieve will help you gain support and encouragement from someone special. Reconnect with old friends.

LIBRA (Sept. 23-Oct. 23) — Channel your emotions and energy into something concrete. A plan that will help you get ahead or improve a situation at home would be a good place to start.

TUESDAY, NOVEMBER 14, 2017

A near-certainty, not a highly likely

By Phillip Alder

Stanislaw Leszczynski, King of Poland, Grand Duke of Lithuania, Duke of Lorraine and a count of the Holy Roman Empire who died in 1766, said, "To believe with certainty we must begin with doubting."

In bridge, you prefer a certain line of play, but often guesswork will be required. In this deal, for example, South is in four hearts. What should he do after West leads a low spade?

I like North's one-no-trump rebid, showing hand type and strength as quickly as possible. Yes, if South has to pass, North-South might miss a preferable spade contract. But that is unlikely, and keeping the defenders in the dark about North's spade length could prove beneficial.

At one table, where West led the diamond king (ace, nine, two), South was torn. He could see the threatened diamond ruff, but to cash the heart ace and king risked losing two trump tricks if a defender had started with queen-fourth. Instead, declarer took the trump-suit percentage play of cashing his ace, crossing to dummy with a spade and running the heart 10. However, disaster struck. West won with his queen, cashed the diamond queen and gave East a diamond

North 11-14-17			
♠ A Q 6 4			
♥ 10 4			
♦ A J 10 4			
♣ Q J 9			
West		East	
♠ J 5 2		♠ 10 7 3	
♥ Q 9		♥ 8 6 3	
♦ K Q 7 6		♦ 9 3	
♣ 8 4 3 2		♣ A 10 7 6 5	
South			
♠ K 9 8			
♥ A K J 7 5 2			
♦ 8 5 2			
♣ K			
Dealer: North			
Vulnerable: Neither			
South	West	North	East
		1♦	Pass
1♥	Pass	1NT	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ 2			

ruff. Then East tabled the club ace to defeat the contract.

When the lead is a spade, though, South should have no problems. He takes that trick and immediately plays a club to drive out the ace. Here, if East perseveres in spades, everything works for declarer. If East shifts to the diamond nine, South wins that on the board and discards his remaining diamonds on the club queen-jack. Then he can afford to run the heart 10.

CROSSWORD

Across

- 1 Fancy pillowcase
- 5 Not as expensive
- 9 Stats for sluggers
- 13 Lotto variant
- 14 Actress Davis played by Susan Sarandon in TV's "Feud"
- 15 "Alice's Restaurant" singer Guthrie
- 16 *2010 Grammy winner for Best Metal Performance
- 18 Opinion sampling
- 19 2,000 pounds
- 20 French possessive
- 21 __-Ball: midway game
- 22 Discreetly, in slang
- 26 Nag, nag, nag
- 28 Black-eyed __
- 29 Electrified particle
- 31 Without an escort
- 32 Bygone Honda sports car
- 33 Impassive type
- 35 Dry-sounding deodorant brand

- 38 ICU drips
- 39 *TV cooking competition hosted by Padma Lakshmi
- 41 Sch. in Columbus
- 42 Tiny laugh
- 44 Bundle of papers
- 45 Put into service
- 46 Airline to Tel Aviv
- 48 Flub it
- 49 Letter-shaped hardware item
- 50 Sinuous ski race
- 52 Gets in the way of
- 54 H.S. exams
- 55 Dripping
- 57 SEAL's org.
- 58 Tech news site
- 59 Paint choice ... and what the first word of the answers to starred clues can literally be
- 64 Longfellow's "The Bell of __"
- 65 Standoffish
- 66 Just sitting around

- 17 "The Simpsons" bartender
- 22 Footnote ref.
- 23 __-racking: very stressful
- 24 *Money-saving investment accounts
- 25 Belt holders
- 27 Chief of __: Army leader
- 30 Wall recess
- 33 Make off with
- 34 Sorbonne sweetie
- 36 Point to debate
- 37 Collaborative 1993 Sinatra album
- 40 Half a winter warmer
- 43 Stretchy

- 47 Like 1% milk
- 49 Wimbledon sport
- 50 __ Domingo: Dominican capital
- 51 __ Yello: soft drink
- 53 23rd Greek letter
- 54 Picket line crosser
- 56 New Mexico town known for its art scene
- 60 Lean-__: shacks
- 61 Wash. neighbor
- 62 Tricky
- 63 Guys

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

Down

- 1 Word before bum or bunny
- 2 "Tell __ About It": Billy Joel hit
- 3 "That's __-brainer!"
- 4 Wall calendar pages
- 5 Welcoming prop on "Hawaii Five-O"
- 6 Scheduled takeoff hrs.
- 7 Opposite of cheap
- 8 Taste and touch, e.g.
- 9 Nas or Nelly
- 10 *Started a construction project
- 11 More green around the gills
- 12 Shoe bottom
- 14 Old Western villain

1	2	3	4		5	6	7	8		9	10	11	12			
13					14					15						
16					17					18						
				19				20		21						
22	23	24				25		26		27						
28						29		30		31						
32						33			34		35		36	37		
38						39				40			41			
42						43				44			45			
				46				47		48			49			
				50				51		52		53				
54								55		56		57				
58								59			60			61	62	63
64								65					66			
67								68					69			