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THURSDAY, JULY 28, 2016

Fire blight attacking local apple orchards

By Rachel Newcombe Special to The Record

It's a disease that spreads like fire. Fire blight is currently causing a big problem for apple farmers in Quebec, particularly in the Laurentians and parts of the Eastern Townships.

Caused by a bacteria called Erwinia amylovora, fire blight affects the branches and leaves of apple trees. There are several different strains that emerge depending on the time of year. While the strain under discussion does not directly touch the fruit the infected trees bare, it can hurt production levels and limit growth.

Apple farmer Anne Forget has been battling fire blight since May of this year at her orchard, Ferme St. Catherine in Sherbrooke. According to Forget, fire blight has infected 100 per cent of her orchard, and it is a constant battle to stay ahead of it.

"The branches die. We have to cut them off," she explained. "It's a lot of work to go through the trees," she added.

It's not only a lot of work; it's repetitive work. Forget mentioned that since they aren't able to cut off all the branches, they are constantly having to check the orchard, continuously pruning both the apple and pear trees for the infection.

After approximately three months of practice, Forget commented that it was all about speed. "The sooner we cut the branches, the better chance we have," she explained. It's not a permanent solution, but when asked if she was considering replanting, Forget said no.

"For now, we don't plan to replant," she said. Forget's hoping that she and other farmers who are combating the

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Little red schoolhouse a hidden Township treasure



RACHEL NEWCOMBE

They've added some parts to it, but the schoolhouse is still full of that 1800's charm.

By Rachel Newcombe Special to The Record

In a small red-sided building in Milby over 190 years of history coexist within one schoolroom. Secondary education student and summer intern Mark Freedman is eager to share it with the community.

Freedman, who as part of his internship gives tours to interested visitors, explained that the schoolhouse, dubbed the Hyatt Schoolhouse, was moved down the road from its original location

because of the deterioration of the ground. It underwent some renovation and restoration work, and was finally opened to the public in 2002.

The schoolhouse was first documented as a school in 1822. It operated as a school until 1948, when it was then given to the Milby Women's Institution. Then, in 1988 the Lennoxville-Ascot Historical and Museum Society (LAHMS) purchased it. The current owners, Bev and Milt Loomis, purchased it in 1994 with the support of the Little Forks chapter of the United Empire Loyalists

Association of Canada.

"I really like local history and heritage," Freedman said, pointing out many of the preserved, original pieces of the schoolroom, like two wood slats that were turned into part of a blackboard in 1822 using a recipe of ash egg whites and ash from the fire. "All history has its importance," he added.

The job at the schoolhouse appealed to Freedman, who is interested in both history and education.

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## Weather



**TODAY:**  
CHANCE OF THUNDERSTORMS  
HIGH OF 27  
LOW OF 16



**FRIDAY:**  
RAIN

HIGH OF 26  
LOW OF 15



**SATURDAY:**  
CLEARING

HIGH OF 25  
LOW OF 13



**SUNDAY:**  
SUNNY

HIGH OF 25  
LOW OF 13



**MONDAY:**  
MIX OF SUN AND CLOUDS

HIGH OF 26  
LOW OF 13

# Summer self-lovin', happened so fast...



ROSS MURRAY

I'll never forget that summer romance when I was 16. Neither can the girl involved, I suspect, except in her case it's probably "Why can't I forget that summer 'romance' when I was 16!"

I remember everything being so intense and wonderful: that first shy meeting, the hot-and-heavy hand-holding, finally getting to second base, which in 1982 meant acknowledging that your affection had reached the next level, or "base." [Editor's note: This is not what "second base" meant in 1982.]

I'm too old and too married now for summer romances. Still, I miss the thrill. That's why I've decided this year I'm going to have a summer fling with myself.

I can picture it now: I go out to my back yard to sit in my favourite lawn chair only to discover I'm already in it. "Oh, I'm sorry," sitting me says. "Is this seat mine?" "No, please," I tell myself, "sit. I insist."

Overwhelmed by my kindness and suave beardiness, I begin to chat with myself, and instantly I feel a connection. I have so much in common. I like long

walks on the beach, and I like long walks on the beach! It's amazing, the chemistry, like I'm the same person!

"Maybe I'll see me later," I say.

"If I pass a mirror I will," I reply coyly. Good looking and funny? I think I love me!

Later, I "accidentally" run into myself at the pharmacy. Except it's completely embarrassing because I catch myself picking up hemorrhoid cream. "It's for my eyes!" I explain, to which I reply, "Then I think I'm using it wrong." I laugh, and I explain that, no, it's good for reducing eye wrinkles, and I smile, neither I nor me realizing that a man worrying about eye wrinkles is kind of swishy.

The encounter leads to coffee, coffee to an evening stroll. As the sun begins to set, I tentatively reach out and take my hand. And I walk, hand in hand, talking to myself like I've been talking to myself all my life.

But then I go and say something stupid, like "So. How do I feel about Justin Trudeau?" And immediately I can see myself go awkward and inarticulate as I mutter about positivity and Canadian values but my eyes betray a deep wariness. I'm quiet after that, and when I reach my door, I try to give myself a goodnight kiss on the cheek, but I miss.

Later that evening, I get an email from myself apologizing for my behaviour. "It wasn't me," I write, "it was me." Then I confess that I do have feelings for me and would like to spend some time getting to know me better.

After that, I'm inseparable. I spend every minute I can with me. When I'm

apart from me, I'm just not myself.

Is there physical attraction? Yes, of course there is, but it's more than that, almost spiritual. And the amazing thing is, I'm not even repulsed by my clusters of nipple hair.

I take it slow because I don't want to scare myself off. "I've been hurt before," I say. "I would never hurt me," I reply.

Things progress. One beautiful, unforgettable night, I get to third base. [Editor's note: I'm not sure what he means this time and I don't want to know.]

Of course, it's not all bliss and endless ice cream. At one point, I get angry with myself for giving up on "Breaking Bad" halfway through season two. And I have my first real argument about being so self-centred. "Why does everything always have to be about me!" I shout at myself. I agree, which only makes things worse.

The thing is, I both know it will have to come to end. This is just a summer fling. Once September rolls around, I have to go back to my own life, and I to mine.

Finally, the day comes when I have to say goodbye. There are tears in my eyes, and I cry a little too. I promise to write to myself, Skype with myself once a week, without fail. "Every time I offer someone a piece of ID," I say, "I'll think of me."

I stay in touch with me for a while, but soon I move on. Life gets busy. Before long, I understand that what I had with me was special, magical, something I'll never forget. But a little part of me knows that if I had spent more time together, I would eventually get sick of myself.

## Fire Blight

CONT'D FROM PAGE 1

disease will get some much-needed help from the government, particularly the Ministry of Agriculture, Fisheries and Food.

Minister of Agriculture, Fisheries and Food, Pierre Paradis, issued a statement indicating the government was looking into some options. He stated that orchards in the Laurentians would undergo inspections in mid-August and took the opportunity to remind growers of the financial tools offered through La Financière agricole du Québec that

could help them through this difficult time.

"It's kind of an emergency. It's getting worse and worse," she said, commenting that the government tends to work slowly in these matters and that help may come too late.

While Forget is battling the blight, other orchards in the Eastern Townships are not having those issues.

A spokesperson at Au Paradis Des Fruits in Dunham said to The Record that they were not worried about fire blight. "Where we are is the warmest place in the winter," he explained, indi-

cating that location and weather were a factor in the spreading of the disease.

The owner of Heath Orchard in Stanstead, Chris Rawlings, commented that his farm also had no signs of fire blight. "Things here are looking normal and no fire blight has been observed," he said, adding that fire blight can be a big worry.

It is a worry that Forget saw come to life, and is worried she will see for the foreseeable future. Once fire blight infects the trees, it sticks to them, making it hard to find a permanent solution.

## Ben by Daniel Shelton



# LOCAL NEWS

Neault celebrated the event's role as a significant tourist destination and a core part of Sherbrooke's identity.

## Sherbrooke to celebrate the cultures of the world

By Gordon Lambie

its 19th year in 2016. Taking place from the 10th to the 14th of August at Quintal Park next to the Julien Ducharme Center in Fleurimont, the festival is planning to once again bring the cul-

tures of the world together for a five-day celebration of diversity and artistic expression.

"The Festival des Traditions du Monde de Sherbrooke has developed over the years into a veritable global village," said Louis-André Neault, Vice Chair of the festival's Board of Directors speaking at an event held to launch the programming of the event on Tuesday night. "Year after year this theme has grown stronger."

Calling the festival a gathering point that highlights the importance and value of cultural diversity, Neault celebrated the event's role as a significant tourist destination and a core part of Sherbrooke's identity.

Over the course of the five-day festival more than 600 artists will perform 200 concerts and shows on eight different performance stages spread around the site. Different cultural groups will also operate 17 internationally themed restaurants giving visitors a taste of the flavours of the world.

"This is an event that draws thousands of people from all across Quebec and abroad," said Danielle Berthold, City

Councillor in the Borough of Fleurimont, referring to the festival as an opportunity for discovery, exchange, and openness to others, "This is a tour of the world in five days."

Neault, was enthusiastic about the innovation involved in keeping the festival growing year after year. The Vice Chair was one of several event organizers who spoke with enthusiasm on Tuesday night about the new "Americas Shack" which is being introduced this year as a venue for music relating to First Nations cultures as well as Creole, Reggae, and Quebecois music, amongst others.

The public can access to all five days of the festival with a passport, available for only \$15 or \$10 if purchased in advance. Per-day access is \$5 although the festival remains free for children 14 years old and younger. Tickets can be purchased at local Metro Stores and participating Jean Coutu pharmacies in the Eastern Townships. More information about the festival is available online at [www.ftms.ca](http://www.ftms.ca)

The Festival des Traditions du Monde, Sherbrooke's annual festival of world traditions, is going into



COURTESY

Malika Bajjaje, Executive Director and Louis-André Neault, Vice Chair of the Festival des traditions du monde de Sherbrooke, with the musicians of Danse TRAD Sherbrooke and Ramon Chicharrón. Credit: Jocelyn Riendeau.

## Little red schoolhouse

CONT'D FROM PAGE 1

"I could talk for days about this stuff," he laughed. Besides facilitating tours, Freedman has a lot of ideas he wants to work with the Loomis' to put into action. "I have some creative freedom that way, with what I can do."

The immersive quality of the actual room and the richness of the history made the job even more appealing to Freedman.

"This room is the history. You feel it," he said. The replica desk built by Milt Loomis and the replica costumes made by Bev Loomis increase the authenticity that the original pieces in the room, like the chimney and the schoolbooks, provide.

Restoration work and replicas were made based on clues the building gave them. The milk-based paint originally used never fully came off, and patterns it created showed them the shapes of the desk, the height of the teacher's platform, and even some shapes they are still unable to figure out.

"It's like detective work," Freedman commented, adding that he enjoyed trying to piece it all together.

What really makes it remarkable is that even years after the school has stopped operating, there are still personal connections to it. Freedman mentioned a woman who had taught at the school in 1917 came to the opening in 2002, when she was 101 years old.

He also mentioned some amusing stories about a former student, Lloyd George, who was a big supporter of the school despite his troublemaking ways when he was a student.

George attended the school from 1929 to 1937 before becoming a pilot in

World War II. After the war, he wrote a book that detailed some of the shenanigans he got up to in his classroom days.

Freedman laughed as he recounted George's tale about how whenever he went up to the teacher's desk, he would push the clock hand ahead. He managed to get himself and his fellow classmates out for the day an hour early.

This is only one of the amusing tidbits of history that Freedman believes makes the schoolhouse a must-see historical spot. The only problem is that not a lot of people are seeing it.

"I don't think too many people know about it," Freedman said. The beautiful, yet middle-of-nowhere location on McVety Road in Milby doesn't help. He hopes to change this by creating a website and a social media presence. "The website I'm hoping will make a difference," he added, stating that he hoped to have it up and running very soon.

Once that is finished, Freedman, a Bishop's student, said he hoped to get the school, particularly the history department, involved. "We'd like to start forming a kind of relationship with Bishop's," he explained.

Freedman's internship, which ends in August, will not mark the stop of his in-

volvement with the schoolhouse. He explained that while during the year they could not keep the schoolhouse open on a regular basis, he would be staying on as a volunteer, and doing what he could to help people see and experience it.

It is Freedman's hope that with an in-

creased online presence, and a willing, eager volunteer, more people will become aware of, and enjoy, the little red schoolhouse and the history inside it.

The schoolhouse is open from Wednesday to Sunday, 1-7 p.m.



RACHEL NEWCOMBE

Ready to educate: an aspiring teacher and history buff, Freedman felt that working at the schoolhouse and helping share local history with the Townships was the perfect job for him.

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# Qualified lifeguards hard to find

Record Staff  
SHERBROOKE

Lifeguards for the region's municipal pools are becoming increasingly hard to find, according to a report in Sherbrooke's La Tribune.

Each spring, the report says, municipal authorities face the challenge of finding qualified people to ensure the safety of swimmers during the summer, but holders of National Lifeguard Qualifications aged 17 and over and available for work for the ten weeks between the June 24th holiday and Labour Day are not so easy to find.

For example, the Sawyerville public pool was forced to open three weeks late and that at three days a week only.

To make the job more attractive, the municipality of Cookshire-Eaton had to "adjust working conditions and compensate for travel, so that with five years of experience, a lifeguard coming from Sherbrooke earns no less than \$20 an hour.

At Camping Compton, where three lifeguards and a lifeguard assistant are hired every summer for two pools, the matter seemed settled until a lifeguard quit and has been looking for a replacement without luck for four weeks.

In Sherbrooke, at Domaine Mont Joly in Fleurimont, the same problem exists where only one of the two lifeguard positions could be filled, leaving the single guard sometimes working 56 hours a week.

Safety Regulations for public pools require the presence of supervisors as soon as a pool or a lake is accessed and operated for public swimming. The number and qualifications of employees are determined by several criteria, including the number of swimmers, the size of the pool, or the length of the beach. The presence of a certified lifeguard 17 years old or over is in most cases a minimum

requirement, unless there is a documented shortage in which case the Régie du bâtiment du Québec permits relaxations regarding the age of supervisors.

Pool authorities point the finger at the rigid requirements of National Certification, which can require at least 120 hour of training across four stages, and competition from larger cities with indoor pools and year-round employment hours, as sources of the shortage.

A National Lifeguard must also acquire an additional 20 hours of training to work at a water park, on the beach of a lake or river, or the ocean. The license is valid for two years.

# Tibbits Hill raises questions of cycling standards

By Gordon Lambie

Robin Moore of Foster said that when he saw work crews out resurfacing Tibbits Hill Road in recent weeks, he immediately planned to take a bike trip over the new asphalt. Expecting a road made friendlier to cyclists, the former Town of Brome Lake council member and engineer said that he was quite disappointed by the outcome.

"I was very disappointed to use it for the first time and discover that the line is all the way over on the edge of the asphalt," Moore said. "Unfortunately we found that the paving was not done to provide any shoulder whatever. This makes the road very dangerous for cyclists and indeed cars as there is zero margin beyond the white line before hitting the soft shoulder."

In a letter addressed to several different representatives of the town, the former councillor shared his frustrations and recommendation that the road should be bordered by a shoulder of at least a metre on each side.

Carl Fiset, an engineer with the Town of Lac Brome, responded to Moore's concerns explaining that Tibbits Hill is a narrow road to begin with, and that widening the shoulder would prove to

be a significant challenge.

"Usually we put roughly a foot and a half of crushed stone underneath (the pavement)," Fiset explained to The Record. "If you want to widen the road you have to widen and shift the ditches as well. You need to have a substantial amount of shoulder on each side in order to prevent the pavement from sinking."

In the case of Tibbits Hill, the engineer said, the already narrow road and steep narrow ditches makes it unlikely that the shoulder could be made any safer for cyclists. He said that he would be out to measure the road to see if it is possible to shift lines in the future, but clarified that such a change might only result in two to three inches more space on either side.

If the work were to be undertaken, Fiset added, it would need to be clear that it was being done as a result of a clear need.

"I'm a bicycle rider myself and always think of improving roads to make room for pedestrians and cyclists," the engineer said, "but I haven't seen cyclists on the road."

Fiset argued that the nearby Route Verte path along Brome Road is well maintained and accessible, ultimately

offering a safer route for cyclists than Tibbits Hill would even if it was modified.

"Tibbits Hill doesn't link to any safe bicycle path" Fiset said. "If we were to widen it and create a path, we would need to think beyond that."

Moore called the lack of cyclists on the road a "chicken and egg" situation.

"The way the bike network has been laid out, the official Route Verte comes from Sutton up through Brome Village, along Brome Road, into Bromont and continues. If people are coming from Sutton and going to Bromont then no, they won't use Tibbits Hill at all," Moore said. "Anyone who wants to go towards Knowlton, though, and especially anyone like me who wants to ride around in the area, we certainly would use it but haven't been because it's been in such crappy shape."

The cyclist said that up until the repaving, the road was "three kilometers of potholes and mess," that made cycling very unfriendly.

"People tend to avoid it now because it was in such bad shape," Moore said. "Is that a justification to continue to not maintain it in a way that would encourage bicycle traffic though? I'm of the opinion that it's not."

Drawing on his eight years in public office, Moore said that he understands the limits of municipal budgets and didn't make any demands for immediate action. Instead he simply suggested that the town consider a more uniform approach to cyclist safety.

"They should have a standard that says any new pavement or re-pavement will provide this width," the former councillor said. "If we can't it's because a) the traffic is less than so much per week, month or whatever or b) there's an extra cost."

Similarly, he said, the town should have set criteria for what defines levels of bike traffic and unacceptable costs so that those baseline figures can be used to help make decisions.

"My thought is that we should be trying to make all of the road network at least reasonably accessible to bicycle traffic," Moore explained, saying that he has seen positive examples of this sort of thinking in other local communities. "Other municipalities are trying to do things, but Brome Lake seems to be doing things in half steps. There's some desire but there's not enough structure."

# Major residential project planned for Ascot

Record Staff  
SHERBROOKE

A new neighborhood of 1,700 new addresses will be coming to the Ascot District of Sherbrooke at the intersection of Belvédère and Bel-Horizon on a 78-hectares plot of land that will include single family and semi-detached homes and buildings with fewer than 18 apartments. The project, promoted by les Entreprises Bimon and Gestion L. Elias, Belvedere Square, will develop over the next 15 years.

"When a project like this comes around, there are several steps," said Ascot Councillor Robert Pouliot. "There are always changes to be made because there are constraints that must be respected, so we are still in design and adjustments stage."

According to documents obtained from the City of Sherbrooke by Radio-Canada, the area includes eight wetlands, two of which are considered to have a considerable ecological value and will be saved. The others will be destroyed.

Prior to beginning work, the developers must obtain a certificate of authorization of the Ministry of Sustainable Development, Environment and the Fight against Climate Change for the destruction of the wetlands and an equivalent land area provided in compensation.

When asked about this, project sponsor, Luke Elias, told the public broadcaster that no new road will open before the end of 2018 after a commercial area on Belvédère Street is prepared. "We want to beautify an area that has been forgotten for 40 years. We want to give people a reason to come there."

"If you look at the Municipality of Ascot development plans from 15 years ago, we had everything that is in the project planned," Pouliot added. "We waited a developer who would build momentum. When you want to offer local services, you have to have the clientele that ensures that businesses that open have enough customers to make it profitable. With this project, we will certainly consolidate the businesses that exist and

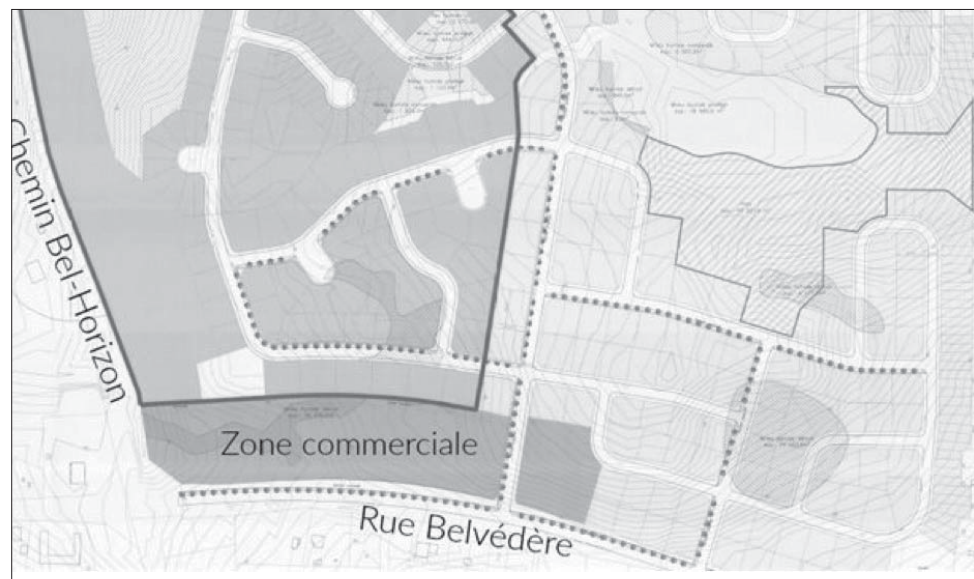
help to develop others."

Pouliot says the area could use show repair shops, clothing stores, and another grocery store, among other businesses.

A public area with 180 degree observation points is also part of the plan, tak-

ing advantage of the area's natural forests and elevation.

Public consultations are planned for this project and opposition is already growing among some residents.



COURTESY VILLE DE SHERBROOKE

# No filter required

## Manoir Hovey celebrates recent honour with Instagram contest

By Rachel Newcombe  
Special to The Record

**S**napping pictures for the popular social media platform Instagram could get you a two night stay at the resort and inn recently voted number one in Canada.

Manoir Hovey, located in North Hatley, recently claimed both this title and the number nineteen spot on the world

rankings. Now they are capitalizing on that milestone by offering Instagram users the chance to stay there free of charge.

Using the hashtag #WorldsBestGetaway in the caption, Instagram users that follow Manoir Hovey on the site are encouraged to post photographs of them participating in their favourite couple activity.

The contest will run until the end of August. The winner will be picked on September 14, and will receive transportation to North Hatley, a two night stay, including meals, and a tour of some of the Eastern Townships most notable landmarks and historical spots.

Marketing representative Florian Gavinaitis said the idea for the contest was created during a brainstorming session

with the public relations team, and it grew from there.

He commented that the contest is already off to a good start. "We're already seeing some participation," he said, adding that the contest has been in effect since the beginning of July.

Whoever the winner ends up being, they'll be able to Instagram every moment of their prize.

# Wireless lobby sues Quebec over law banning access to some online gaming sites

By Giuseppe Valiante  
THE CANADIAN PRESS

**A** new Quebec Internet law that would ban access to some online gambling sites is unconstitutional, says Canada's wireless telecom lobby, which filed court papers on Wednesday challenging the legislation.

Rules governing the country's telecom industry fall strictly under federal jurisdiction and Quebec's new law violates the Telecommunications Act by forcing Internet companies to control or influence content, said Marc Choma, a spokesman for the Canadian Wireless Telecommunications Association.

The lobby wants Quebec Superior Court to declare the new law invalid.

Quebec Finance Minister Carlos Leitao has said his law \_ which was passed last May \_ is necessary to ensure online gambling companies maintain responsible gaming rules.

It grants provincial gaming authority Loto-Quebec the right to draw up a list of online gambling companies operating outside provincial rules.

Internet service providers would then be forced \_ under threat of financial penalty \_ to block Quebecers' access to these sites.

The government argues health problems associated with gambling fall under provincial jurisdiction.

"I think that we will leave that up to the court to decide," Choma said in an interview.

Choma said Quebec's law forces his association's members, such as Bell and Videotron, to choose between complying with federal or provincial law.

He said as far as he knows the Quebec government has not yet delivered a list of banned websites to Internet companies.

Aside from jurisdictional issues, legal and Internet experts have criticized Quebec's law on freedom-of-speech grounds.

They say it violates the principle of "net neutrality," which is understood to mean Internet companies should be neutral carriers of content and not favour some sites over others or block access to certain sites.

The federal government included the principle in the 1993 Telecommunica-

tions Act, which states "Except where the Commission (the CRTC) approves otherwise, a Canadian carrier shall not control the content or influence the meaning or purpose of telecommunications carried by it for the public."

Critics have also pointed to the fact the 2015-16 Quebec budget documents described the drive to block access to competing online gaming sites as a revenue-generating measure.

The documents stated that forcing all online companies to go through the province's gaming authority "would increase the dividend that Loto-Quebec pays to the government by \$13.5 million in 2016-17 and \$27 million a year thereafter."

# Wellington North fountain coming down

Record Staff

**T**he City of Sherbrooke has decided to demolish the fountain at the north end of Wellington Street across from City Hall after October 15, when outdoor terraces close. Its needed repairs would have been too costly

The city will rebuild sidewalks and install benches and vegetation in its place. Businesses in the area have been consulted and no objections to the fountain's removal were recorded.



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# EDITORIAL

In today's scenario buyers expect the kids to have their own room and, as I pointed out earlier, their own bathroom.

## When one bathroom is never enough



TIM BELFORD

The love of my life is fond of watching several of the home shows on the tube. You know the ones, they deal with everything from young couples looking for their dream home to couples renovating for resale. There are also shows dedicated to home improvement, buying vacation getaways and navigating the buyers' market.

What strikes me as odd is what I consider the general disconnect between what these same buyers want and what they really need. Take, for instance, bathrooms. In this day and age everyone seems to want at least three bathrooms in every home. A lack of an en-suite facility in the master bedroom is often a "deal breaker" and anything less than two loos and a powder room is just inconceivable.

What is the problem? Is it that more people today are plagued with incontinency? Is there a twenty-four seven rush to use the available space? Having been raised in a family of six with one toilet

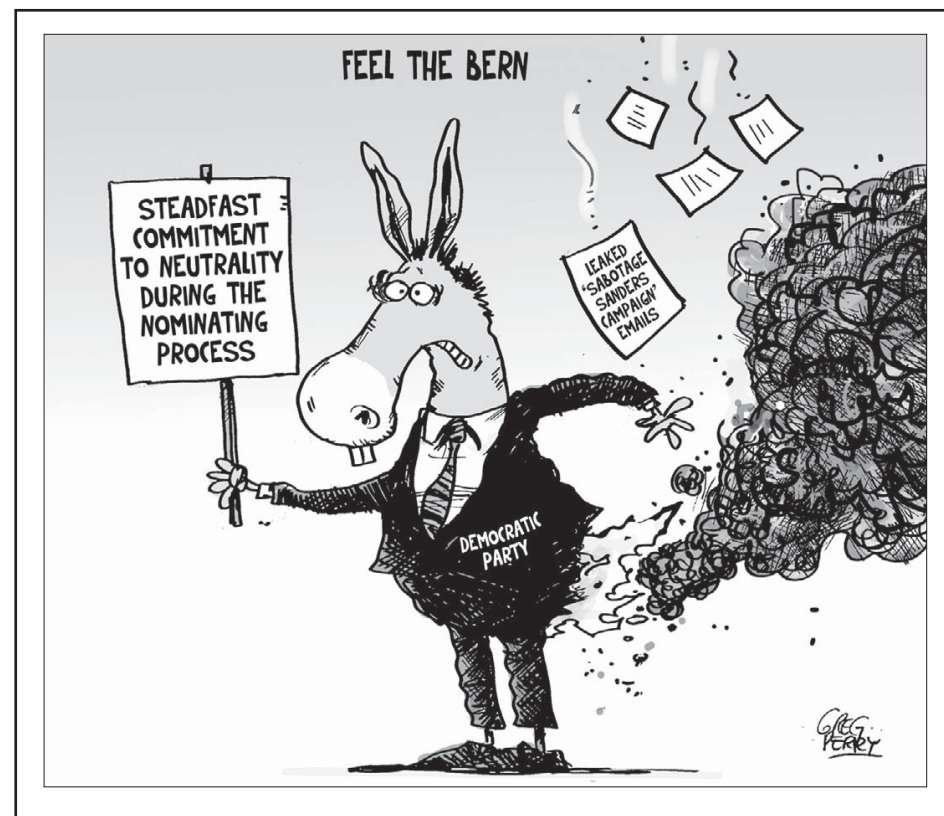
and one shower I must have forgotten how horrible it all was. Surely, if I wrack my brain, I can come up with an image of a daily line-up, but no. No memories of pleading with my brothers or parents to hurry up. No hammering on the door demanding my turn. Somehow we got along.

The other fascinating demand of so many couples when it comes to toilet facilities is the two-sink bathroom. Personally, the thought of my bride and myself, side by side, first thing in the morning, performing our daily ablutions is terrifying. I can think of few elements outside of adultery and physical abuse that would end a marriage more quickly than sharing a gargle and a spit and rinse.

It's not just the insistence on multi bathrooms that mark today's homebuyers. There's also the matter of the kitchen.

In an age where we are told families spend less and less time cooking and dining, as a unit there is a demand for bigger and bigger kitchens. Some of the homes featured on the television possess kitchens that appear to be slightly larger than my entire house. There are twin sinks, double ovens and a refrigerator capable of holding an entire side of beef with room left over for juice, milk, vegetables and all the other necessities of life.

The room includes a separate prep island with cutting board that also features seating for six. A built-in wine



fridge is a must along with a dishwasher, microwave oven and cupboard space for a mid-sized catering service. All this for a modern family that relies five days a week on take-out.

In the past, the average house consisted of two or possibly three bedrooms. Parents got one and children divided the other one or two accordingly. Admittedly this was complicated if the children were split along gender lines with the girls going in one direction and the boys in the other. In my case it meant my sister, the princess as she was affectionately

known, got a room to herself while my brothers and I bunked together.

In today's scenario buyers expect the kids to have their own room and, as I pointed out earlier, their own bathroom. They also need a separate play room. (Older readers will recognize this although we referred to it as the basement or in some instances the backyard.)

All this to say, there may be a housing crisis in this country but perhaps it's not so much a supply and demand thing as it is a question of what exactly we're demanding.

## William and Kate are coming to Canada for their second visit this fall

### The Canadian Press

The Duke and Duchess of Cambridge will pay a visit to Canada this fall, their second since getting married five years ago.

Prince William and his wife, Kate, will visit British Columbia and Yukon later this year, Gov. Gen. David Johnston announced Wednesday.

"Our true Canadian pride and spirit will shine and be at the very heart of this

visit so they can feel at home," Johnston said in a statement.

It's the royal couple's second visit to Canada. Their first, following the 2011 wedding, took them to Ottawa, Montreal, Quebec City, Charlottetown, Summerside, Yellowknife, Calgary and Slave Lake after that community was ravaged by a forest fire.

The then-newlyweds drew large crowds wherever they went, including a packed Canada Day gathering on Parli-

ament Hill.

The visit was also seen as a way to engage young Canadians with the monarchy, given the perception of waning interest compared to that of older Canadians.

In a statement, Prime Minister Justin Trudeau said the visit will present a chance for Canadians of all background to meet with the Duke and Duchess "and learn more about our heritage, traditions, and institutions."

B.C. Premier Christy Clark likened the upcoming visit to other milestone events hosted by the province.

"Like the Olympics, Women's World Cup, Expo 86 and other international events, the royal tour will focus global attention on B.C. and showcase everything British Columbians take pride in, from our unmatched natural beauty to our thriving, diverse communities," Clark said in a statement.

The federal government is to release more details of the tour at a later date.

There was also no immediate word whether the couple's children, George and Charlotte, would accompany them to Canada.

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QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

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The Duke and Duchess of Cambridge take a canoe ride at Lake Blachford Lake, N.W.T., lodge on July 5, 2011. The couple will visit British Columbia and the Yukon this fall.

CANADIAN PRESS

# Social and material deprivation in the Townships linked to higher mortality

Record Staff  
SHERBROOKE

The current issue of the CIUSSS-CHUS Estrie bulletin, *Vision santé-publique* focuses on Material and Social Deprivation Index, a valuable tool for monitoring social inequalities related to health (ISS). The index helps identify areas of deprivation in the Eastern Townships and examine the relationship between deprivation and mortality.

The index itself was developed at the National Public Health Institute of Quebec (INSPQ) and relied upon six socioeconomic indicators from the census. The results were divided into quintile (quintile = 20 per cent) of the population. Quintile 1 represents the most favored population (Q1), and conversely, Q5, the most disadvantaged (Q5).

## Material Components

1. The proportion of the population aged 15 years or over who are working.
2. The proportion of people 15 years or more without certificate or high school diploma.
3. The average income of persons 15 years or older.

## Social Components

1. The proportion of people aged 15 or over living alone in their homes.
2. The proportion of people aged 15 or more separated, divorced or widowed.
3. The proportion of single-parent families.

## Across Communities

Since 2007, the Estrie Public Health Department has been actively involved in community development. In this context, a working tool has been developed at the community level to provide data on a number of variables. The delineation of these communities is devel-

oped in collaboration with partners in each of the MRC territories, taking into account a number of considerations, such as the dynamics of community life, the sense of belonging of the local population, social networks, mutual aid, land use, the mobility of people in their daily lives, and economic backgrounds. The goal was to define as homogeneously as possible geographical units that are still large enough to ensure statistical robustness for data released on this scale (around 5000 people).

To account for the Estrie territorial reality in force since April 2015, the work has been carried out in collaboration with representatives of La Pommerai and Haute-Yamaska regional service centres in June 2015 to consolidate some of their local, less populated areas in order to form "statistical communities" whose population size provides more power statistically. With the addition of 30 new communities in the Eastern Townships brings the total to 96.

## Most Vulnerable Communities

In the Estrie, the 15 most disadvantaged communities on the material and social scale are located mainly in the city centers of Sherbrooke, Granby, and Magog.

Various indicators relating to health and its determinants, as well as service consumption can be comparing disadvantaged areas to those more favoured. For example, the Public Health Department, data on sexually transmitted infections (STIs), as well as on certain types of cancer have been analyzed at the level of local communities.

## Deprivation and Mortality

The premature mortality rate is an indicator to measure the frequency of deaths before age "usual" death, in this case the average annual number of deaths for individuals under 75 for a spe-

cific period, based on the total population aged under 75. Several deaths before age 75 are due to causes not necessarily requiring additional medical knowledge or new equipment. A premature death is often "avoidable" because it is associated with habits that are known and modifiable.

A premature death is one that occurs before 75 years, an age lower than the average life expectancy in Quebec in 1980.

In Quebec, the extension lifespan and the aging population have led to an increase in the average age at death. From 2007 to 2011, 62.3 per cent of deaths in the Eastern Townships affected those over 75 compared to 60.7 per cent provincially. Thus, the cause of death statistics are more a reflection of mortality at the highest ages, limiting their use in assessing prevention needs. That's why public health officials are concerned with premature mortality.

From 2007 to 2011 premature deaths struck slightly more than 1,300 people on average annually in the Estrie region, or 37.7 per cent of all deaths. However, this proportion is very different according to gender. Nearly one in two (46.4 per cent) compared to just under three in ten women (28.9 per cent) die prematurely. Premature deaths are proportionately much more common in men than in women (800 v. 500 on average annually).

The rate of premature mortality in the Eastern Townships is statistically lower than that observed in the entire province (318 deaths vs. 331 deaths per 100 000 persons). From 2007 to 2011, the leading causes of premature deaths recorded in the region are:

- Malignant tumors (46.7%)
- Heart disease (14.1%)
- Unintentional injuries (6.4%)
- Suicides (5.1%)
- other causes (27.7%)

Each preventable cause of death can often be associated with a method of prevention. In this sense, various actions can be addressed:

- changing individual behaviors related to physical activity, excessive alcohol consumption, smoking, driving, etc.;
- support people through the care system, especially clinical prevention (vaccination, counseling, screening);
- measures to make the living environments (homes, neighborhoods, schools, workplaces, etc.) and public policies conducive to health.

Geographic disparities and social inequalities

Compared to the province, 15 of 96 local communities in the region (15.6 per cent) have a higher premature mortality rate. Gradually, as the level of material and social deprivation increases in a territory, the rate of premature mortality from all causes also increases gradually. Comparing the most disadvantaged populations to those more wealthy, this mortality rate almost double, from 231 deaths per 100,000 to 438 deaths per 100,000. These statistics demonstrate the importance of taking preventive actions targeting disadvantaged backgrounds.

Least favoured areas can record mortality rates of almost four times greater than the most favoured by proportions from respiratory causes, and from two to two and a half times higher for deaths from cancer, accidents, digestive problems, and circulatory issues. Overall, the rate of premature deaths from all causes in disadvantaged areas is double that of those most favoured.

For a complete summary of the report, visit the Quebec Health and Social Services website at

<http://www.msss.gouv.qc.ca/sujets/organisation/en-bref/gouvernance-et-organisation/reseaux-locaux-de-services>

# Montreal homes greenest, Edmonton at bottom: new UBC emissions study

The Canadian Press

Homeowners in Edmonton generate, on average, almost four times the amount of greenhouse gas emissions as their counterparts in Montreal, according to a study released Wednesday by the University of British Columbia.

The study from the university's faculty of land and food systems estimated average household emissions in major cities across Canada between 1997 and 2009, based on factors such as weather, population density and the type of energy used for home heating and electricity.

Montreal homes were ranked the

greenest \_ at 5.4 tonnes per year \_ largely because of the widespread use of clean hydroelectric power. The city's dense population also means motorists spend less time commuting and guzzling gas.

"If you live in Montreal, you can walk to your grocery store, you can walk your kids to school. You don't have to be driving everywhere, whereas in Edmonton, unfortunately, you do," professor Sumeet Gulati, one of the report's two authors, said Wednesday.

Edmonton, followed closely by Calgary, was at the bottom of the pile at 20.7 tonnes per year, partly because of the use of coal-fired home energy and a spread-out population. The colder weather in the two biggest Alberta cities

also means more energy is needed to heat homes.

Vancouver, despite its very mild temperatures, ranked second behind Montreal because of the West Coast city's use of natural gas in residential utilities. Natural gas is available throughout Montreal, but it is more expensive than hydro.

Winnipeg ranked third-lowest for emissions, ahead of fourth-place Toronto. Despite its bone-chilling winters, Winnipeg scored well because of its use of hydro power.

"The implications from our analysis are fairly straightforward," the report reads. "If we encourage high-density devel-

opment or encourage development of low-carbon energy, households lower their greenhouse gas emissions."

The report found a positive trend in all cities \_ greenhouse gas emissions per household dropped by about 16 per cent over the 12-year study period as people, governments and utilities became more energy-conscious.

"I think it's actually very hopeful," Gulati said.

"In Alberta, we're getting a new carbon tax and Alberta's committed to reducing coal in its electricity generation."



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# The Border Report

*In this case the highlight of the project is the way that the rink will open up a door to the world of sports that would otherwise be inaccessible.*

## Camp Massawippi scores a new rink

By Gordon Lambie

This Friday will be a big day for Camp Massawippi in Ayer's Cliff. Thanks to a donation from the Montreal Canadiens Children's Foundation, the bilingual sleep-away camp with a focus on offering specialized programming for campers who are living with a physical disability, who are deaf or hearing impaired, or who are blind or visually impaired, will be inaugurating its first ice rink.

"This rink will allow Camp Massawippi to be a true ambassador for adapted sports, on the water and now on land," said Camp Director Nathalie Roy, explaining that the installation of the new rink will open the door to winter activities such as sledge hockey and adapted

skating while also allowing campers in wheelchairs to engage in adapted sports that would otherwise be impossible on grass.

Since its inception in August of 2000, the Montreal Canadiens Children's Foundation has donated over \$20 million to 697 different charitable endeavors throughout the province of Quebec working for the well-being of underprivileged children.

The Foundation fulfills its mandate in two ways: first, through a unique flagship project – the BLEU BLANC BOUGE program – which consists of building community refrigerated and multisport rinks; and secondly by providing financial support to organizations whose projects and programs enable children to adopt healthy lifestyles by being more

active.

In this case the highlight of the project is the way that the rink will open up a door to the world of sports that would otherwise be inaccessible. In a press release published by the foundation, the camp highlighted the fact that sports promote balance, coordination, gross motor function, agility, and body awareness – each of which are important therapeutic goals. It also increases cognitive skills such as spatial awareness, timing, as well as split second decision-making and strategic thinking.

In addition to those physical boosts, the groups also pointed out that sports help children learn sportsmanship and how to make new friends. They learn real-life values, such as acceptance of people's differences, inclusion and col-

laboration through their engagement in the game. Parents learn that their child can participate in activities with others their age, and come to recognize new opportunities for their child. By setting and reaching goals that once seemed unattainable, children with physical impairments learn the value of endurance and gain self-confidence and self-esteem.

Sport, the release emphasizes, provide a welcome escape from an often inactive lifestyle and from the social isolation often felt by children with disabilities.

This is the second major donation by the Foundation in the Eastern Townships in the last year. In December of 2015 it was announced that the city of Sherbrooke would be the



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### FRONTIER ANIMAL SOCIETY

## Featured Pet: Nicka

Nicka is an owner surrender who came to us when her family's situation changed and as a result, she was regularly left alone for 12-15 hours a day, 5 days a week. That's no life for a dog but still, finding herself in a strange new place, away from the people she knew best, the very people she trusted the most, can't be easy for this sweet and sensitive girl.

If only we could explain to Nicka that her time at the shelter is temporary; that one day soon, her forever family will whisk her away to a wonderful new life where she will get all the love and attention she deserves. But unfortunately, we can't.

What we can do, is make sure that she feels safe and loved and make every effort to ensure she settles into a comfortable and familiar routine. She is a lovely dog and a pleasure to be with so we're more than happy to indulge her as much as we can.

Nicka so enjoys her morning walk in

the woods and loves to spend time playing in the stream that marks the end of the trail. She walks quite well on the leash but when she sees the water, her excitement gets the better of her so we have no choice but to pick up our pace so she can wade into the water. It's always nice to see her smile while she cools off and enjoys a little fun-time in the stream.

At approximately 5.5 years of age, Nicka, who is a husky/lab mix, is not overly energetic and her preference while out in the dog park is to just chill and hang out rather than run around or play a game of fetch. Nicka knows her basic commands and we are told that she is well behaved in the home.

Although her former owner would often take her out with other neighbourhood dogs, she can be selective when choosing her doggy friends so proper introductions are important. Overall, she seems to do better with males than females.



# Canada needs cyberbullying laws that allow for non criminal solutions

By Michael Tutton  
THE CANADIAN PRESS

Canada needs cyberbullying laws that curb unwanted sharing of sexual pictures without always requiring police investigations, a law professor said Tuesday.

Nova Scotia had a Cyber Safety Act — the first in Canada — from the fall of 2013 until the legislation was struck down by the Supreme Court of Nova Scotia near the end of 2015, when a judge ruled that it infringed on charter rights of freedom of expression.

During a meeting of the International Society for the Reform of Criminal Law in Halifax on Tuesday, several experts said that since the law was struck down, victims of online harassment have to turn either to complicated police investigations or expensive civil court suits.

Wayne MacKay, who teaches human rights law at Dalhousie University, said in an interview he's eager for the province to follow up on a promise to amend and reintroduce its cyberbullying law and bring an investigative unit

back into action.

He says the new law should allow for informal requests to swiftly take down offensive words and images, and allow for civil court actions that would hold people accountable for distributing intimate images.

"I think there's some degree of urgency," the former chair of the Nova Scotia Task Force on Bullying and Cyberbullying said after a seminar at the conference.

"We're allowing people to get back into bad old habits."

Roger Merrick, the director of public safety investigations with the province's Justice Department, said there is no firm timeline for the amended legislation, but a legal team is working to have it ready "as quickly as possible."

He provided statistics indicating there were about 820 investigations by the CyberScan unit over the two years before the law was struck down, and in over 100 cases there were informal resolutions to the problem.

"We could resolve the complaint informally without having to go to court.

That's the benefit of the civil law," he said.

He said in 13 cases the unit went to court seeking orders against online harassment.

"There's certainly a gap ... There's a gap now because we don't have the ability to deal with cases that aren't criminal but are just as damaging."

During his presentation, Merrick also said there were 118 investigations of "domestic cases," where the cyberbullying occurred between people who had been in a relationship for a period of time.

MacKay said he's concerned about a growing trend of so-called "revenge pornography," where intimate images are shared on the internet after relationships end.

He said it's happening more often as people come to consider it normal to share private images online, without considering how those images might be used in the future.

The professor said Manitoba has an Intimate Image Protection Act that was introduced in January that is proving useful. Manitobans dealing with revenge

porn can contact the Canadian Centre for Child Protection to report cases of non-consensual sharing of sexual pictures.

The legislation provides remedies such as having the images removed from social media and having investigators contact individuals to request they remove or delete the image.

Under the act, victims can also sue in civil court to hold a person accountable financial for distributing sexual pictures without consent.

MacKay also noted the federal anti-cyberbullying legislation introduced in late 2013 after the high-profile death of Nova Scotia teen Rehtaeh Parsons.

The bill became law in March 2015 and allows for criminal prosecutions when sexual pictures are shared without consent and when there was a reasonable expectation the images would be kept private.

Parsons attempted suicide and was taken off life support after a digital photo of what her family says was a sexual assault was circulated among students at her school in Cole Harbour, N.S.

# Canadian Madeleine Thien and Canada born David Szalay get Booker Prize nods

The Associated Press

Two Canadians are among 13 novelists nominated for Britain's prestigious Booker Prize for fiction.

Madeleine Thien of Vancouver and Canadian-born David Szalay got nods for their novels "Do Not Say We Have Nothing" and "All That Man Is" respectively.

Celebrated South African novelist J.M. Coetzee and U.S. Pulitzer Prize winner Elizabeth Strout are also among the contenders announced Wednesday.

Coetzee's "The Schooldays of Jesus" and Strout's "My Name is Lucy Barton" are among the best-known titles on a 13-book longlist that spurned big-name writers including Ian McEwan and Don DeLillo in favour of less famous authors and first-time novelists.

Coetzee, who lives in Australia, is the early bookies' favourite and would become the first triple Booker winner if he takes the prize. He won in 1983 with "Life and Times of Michael K" and in 1999 with "Disgrace."

Strout won the fiction Pulitzer in 2009 for "Olive Kitteridge," which was turned into a HBO miniseries starring Frances McDormand.

The eclectic list features four first nov-

els — David Means' "Hystpoia," Wyl Menmuir's "The Many," Ottessa Moshfegh's "Eileen" and Virginia Reeves' "Work Like Any Other" — alongside established authors such as A.K. Kennedy for "Serious Sweet" and Deborah Levy for "Hot Milk."

There's also a rare nomination for a crime thriller, Graeme Macrae Burnet's "His Bloody Project."

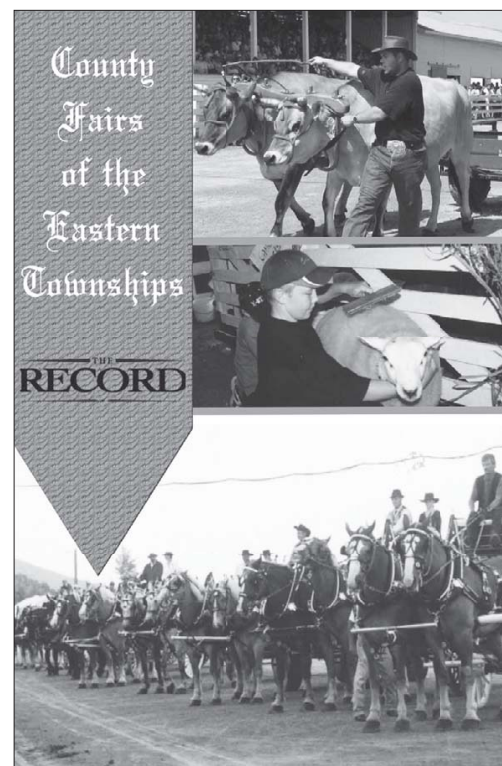
Biographer Amanda Foreman, who chairs the five-member judging panel, said the books had "provoked intense discussion and, at times, passionate debate, challenging our expectations of what a novel is and can be."

Previously open to writers from Britain, Ireland and the Commonwealth, the Booker expanded in 2014 to include all English-language authors. Despite fears of U.S. dominance, there has not yet been an American winner of the prize, which usually brings the victor a huge sales boost.

Six finalists will be announced Sept. 13 and the winner of the 50,000 pound (£86,000) prize will be named on Oct. 25.

Founded in 1969, the award is named after its sponsor, financial services firm Man Group PLC.

Available August 15

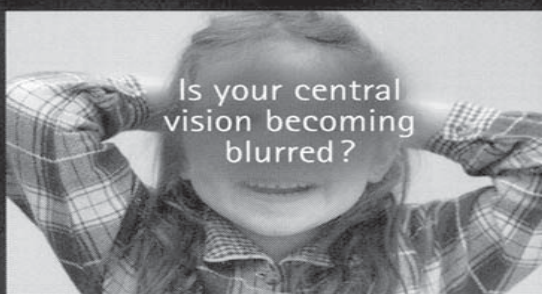


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# Local Sports

"A broken bone was the only thing that could keep me from competing in the Olympic Games," Margelidon said

## Speed Skating Canada introduces members of its Long Track National Teams for 2016-2017

Speed Skating Canada is pleased to introduce the athletes who have been named to the Long Track National Teams for 2016-2017.

The 34 skaters have been named in one of these three categories following their performances last season: the National Elite, National Senior and National Development pools.

The National Elite and Senior pools contain 19 selected senior athletes based on their performances at the 2016 World Single Distance, World Sprint or World Allround Championships and/or World Cup standings last season.

The Elite pool will be led by athletes who won medals at the 2016 World Single Distance Championships or finished in the top 10 in this competition, i.e. Ivanie Blondin (world champion in the Mass Start), Ted-Jan Bloemen (silver in the 10,000m), Alex Boisvert-Lacroix (bronze in the 500m) and Jordan Belchos who won a bronze medal in the team pursuit with Bloemen and Ben Donnelly. This group also included Gilmore Junio, Laurent Dubreuil, William Dutton and Alexandre St-Jean who, with Boisvert-Lacroix, allowed Canada to have five athletes in the top 13 in the 500m World Cups final rankings.

Four-time Olympic medalist Denny Morrison, who is recovering from a cerebrovascular accident which happened April 23, is also appearing in the Elite pool.

"Following my cerebrovascular accident and several conversations with the medical team, I had an angiogram surgery June 21st to place two stents into the carotid artery in my neck in order to repair the damage in that area", explained Denny Morrison. "I now have a plan to safely work back up to maximal effort training without disturbing the healing process of the stents in my

carotid artery and I'm about halfway through that process. So far, I've mostly been riding my bicycle at a relaxed pace to keep myself in shape and to keep a smile on my face. I've also been on ice a couple of times although I can only complete about 1/10th of the program so far. One more reason I'm excited is that I will be able to increase my aerobic threshold next week."

"I've also been on blood thinners since early June and will continue that prescription until late September, at which point I will move to a smaller dosage of blood thinners, which I may stay on for a year or more. I'm looking to have clearance to do maximal training efforts again late September."

The Senior pool is comprised of athletes who finished in the top 11 to 25 in one or many events in the 2015-2016 ISU World Cup overall rankings.

The National Development pool includes younger athletes who took part in the 2016 World Junior Championships or were identified to the NextGen program by Speed Skating Canada, based on the Long Track Athlete Pathway, a model that Speed Skating Canada started implementing last year with its sport system partners, including Own the Podium and Sport Canada.

This 15-athlete Development Pool includes members of last year's Junior National Team, such as Ben Donnelly, Christopher Fiola, Tyson Langelaar and Béatrice Lamarche. While Donnelly was crowned 2016 World Junior Long Track Champion after collecting three gold medals, two silvers and one bronze, Fiola won three silver medals and Lamarche, two bronze medals.

Langelaar (Winnipeg, MB), as well as Lamarche and Noémie Fiset, both from Quebec City, QC, Graeme Fish (Moose Jaw, SK) and Maddison Pearman (Ponoka,

AB) are part of the National team as a supported athlete for the first time.

Athletes in the Elite and Senior Pools will train at the National Centres at the Olympic Oval in Calgary or at the Gaétan Boucher Oval in Quebec City, while receiving specialized services as well as carding support from Sport Canada.

Those athletes designated to the Development pool will train at a National or Provincial center, while receiving specialized services. Some of these athletes have also qualified for additional funding through Sport Canada carding and/or Speed Skating Canada's program funding.

### Members of the 2016-2017 National Elite Pool

BELCHOS, Jordan (Markham, ON)  
BLOEMEN, Ted-Jan (Calgary, AB)  
BLONDIN, Ivanie (Ottawa, ON)  
BOISVERT-LACROIX, Alex (Sherbrooke, QC)  
De HAÏTRE, Vincent (Cumberland, ON)  
DUBREUIL, Laurent (Lévis, Saint-Étienne-de-Lauzon borough, QC)  
DUTTON, William (Humboldt, SK)  
HUDEY, Marsha (White City, SK)  
JUNIO, Gilmore (Calgary, AB)  
McLEAN, Heather (Winnipeg, MB)  
MORRISON, Denny (Fort St. John, B.C.)  
ST-JEAN, Alexandre (Quebec City, QC)

### Members of the 2016-2017 National Senior Pool

CHRIST, Kali (Regina, SK)  
IRVINE, Kaylin (Calgary, AB)  
JANSSENS, Alec (Chilliwack, B.C.)  
JEAN, Olivier (Lachenaie, QC)  
SPENCE, Josie (Kamloops, B.C.)  
WAPLES, Stefan (Winnipeg, MB)  
WATSON, Robert (Whitby, ON)

### Members of the 2016-2017 National Development Pool

CLOUTHIER, Braden

(Dawson Creek, B.C.)  
DECKERT, Sam (Winnipeg, MB)  
DONNELLY, Ben (Oshawa, ON)  
DUBREUIL, Daniel (Lévis, Saint-Étienne-de-Lauzon borough, QC)  
FIOLA, Christopher (Montréal, Mercier-Hochelaga-Maisonneuve borough, QC)  
FISSET, Noémie (Quebec City, Sainte-Foy-Sillery-Cap-Rouge borough, QC)  
FISH, Graeme (Moose Jaw, SK)  
GRAHAM, Jacob (Dawson Creek, B.C.)  
HENKELMAN, Jordan (Calgary, AB)  
HUNTER, Cooper (De Winton, AB)  
LAMARCHE, Béatrice (Quebec City, Sainte-Foy-Sillery-Cap-Rouge borough, QC)  
LANGELAAR, Tyson (Winnipeg, MB)  
PEARMAN, Maddison (Ponoka, AB)  
RUEL-GARVEY, Alex (Calgary, AB)  
WEIDEMANN, Isabelle (Ottawa, ON)

### About Speed Skating Canada

Speed Skating Canada (SSC) is the governing body for competitive long track and short track speed skating in Canada. Founded in 1887, the association is comprised of 13 provincial and territorial branches representing more than 14,000 individual members, and counting. SSC believes that sport is an apprenticeship for life and prizes respect for others, integrity, excellence of effort, as well as a safe, healthy environment. SSC recognizes and values its outstanding volunteers who give freely of their time and expertise. It also celebrates the 63 Olympic medals won by Canadian athletes since 1932, as well as the coaches, officials and other dedicated individuals who helped them on their journey.

SSC is proud to be affiliated with partners that share the same vision and values including our premium sponsors Intact Insurance, as well as our funding partners, the Government of Canada, Own the Podium, City of Montreal, Calgary Olympic Oval and WinSport Canada.

## Montreal's Margelidon to miss Olympic judo tournament with broken bone

### The Canadian Press

Arthur Margelidon will miss the Olympic judo tournament in Rio de Janeiro with a broken radial bone.

The 22-year-old from Montreal had been named to the Canadian Olympic judo team to compete in the men's under-73-kilogram division.

Judo Canada said in a release Wednesday

that Margelidon was trying to throw an opponent during a training session when his arm got stuck.

"A broken bone was the only thing that could keep me from competing in the Olympic Games," Margelidon said in a statement. "If it was a ligament or another more common judo injury, I could bandage it up or take a cortisone shot before my matches. A broken bone is a rare thing to happen."

Canada head coach Nicolas Gill said that hopes that the injury was minor were quickly shattered.

"We knew it was bad even before the X-ray or the diagnosis," Gill said. "Arthur has some grieving to do now, and how he handles it will factor into his recovery. Injuries are part of the sport. In his case, there is no such thing as quick healing, so that makes the whole thing a bit more dramatic."

Even though he won't be competing, Margelidon is going to Brazil to watch the Games with his father, who had already booked plane tickets and a hotel room to see his son compete.

"I'll be right there in the bleachers watching the competition I should be a part of," he said. "I don't want a wrist injury to be the end of my career, and I will give it my all in the next four years."

**Death**



**Gisele Compagna Danforth**

Gisele Compagna Danforth passed away Wednesday, July 27, 2016 in her 90th year at the St-Vincent de Paul residence. Daughter of the late Exilia Gosselin and the late Moise Compagna. Predeceased by her loving husband Phillip Edward Danforth.

Gisele leaves to mourn her children Midge (Rene Parent), Robert (Susan Langlois), Rita, Debra (Andre Daigneault), Phyllis (Alain Rouleau), and Philip (Renée Bibeau), her 15 grandchildren, and her 23 great-grandchildren. She also leaves to mourn her sister Georgette Compagna and sister-in-law Monique Joley Compagna (late Paul). Also survived by the extended family of Phillip Edward Danforth. Gisele was the sister of the late Lionel Compagna, the late Paul Compagna and the late George Compagna.

Resting at Cass Funeral Home, 3006 College, Sherbrooke (Lennoxville), on Friday, July 29, 2016 from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m. The family will be present at St. George's Church, 84 Queen, Sherbrooke (Lennoxville), on Saturday, July 30, 2016 from 10 a.m. to 11 a.m., followed by the funeral service at 11 a.m. with the Ven. Dean E. Ross officiating. Interment in Malvern cemetery.

A sincere and heartfelt thank you to the devoted staff of the Résidence St-Vincent de Paul 2A.

In lieu of flowers a donation can be made to the Fondation Vitae, attention du comité de loisirs, 300 rue King Est, Sherbrooke, QC J1G 1B1 or to the Cancer Research Department at the CHUS.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
cass@casshomes.ca

**PHONE: 819-564-1750**  
**FAX: 819-564-4423**  
www.casshomes.ca

**Death**

**Death**

**Death**



**James Frederick NOYES**

Suddenly, at the CHUS Fleurimont, Que., on July 22nd, 2016, James Frederick Noyes passed away in his 72nd year, beloved husband to Jean Cass and son of the late Etta Louise Sutton and the late Reginald Noyes.

Other than his wife, Mr. Noyes leaves to mourn his stepchildren Kathy Cass (Jean Fluet) and Allen Cass as well as his brothers Brian (Kitty) and Jonathan. He is predeceased by his brother Walter (late Lois). He is survived by his 3 nephews and their families, his lifetime friend Doug Leithead as well as many other relatives and friends from Canada and the United States. He will be missed by his dog Buddy.

Family and friends may pay their respects at the Cass Funeral Home, 900 Clough St., Ayer's Cliff, Que., on Friday, July 29, 2016 from 4:00 to 7:00 p.m. A gathering for relatives and friends will also be held at the Wheelock Wood Yard, 1008 Dry Pond Rd., Rte 16, Glover, VT (exit 25 off Rte 91) on Saturday, July 30, 2016 from 1:00 to 4:00 p.m. (bring lawn chairs).

The family wishes to extend their sincere appreciation to the caregivers of the cardiac unit at the CHUS - Fleurimont, as well as to the many relatives and friends for their support and kind gestures.

As a memorial tribute, donations to the Pet Connection Lennoxville, 1730, Wellington South, Sherbrooke, QC J1M 1K9, would be appreciated by the family.

**CASS FUNERAL HOMES**  
900 Clough St., Ayer's Cliff QC  
cass@salonfunerairecoaticook.com

**PHONE: 819-876-5213**  
**FAX: 819-876-5213**  
www.casshomes.ca

**Death**

**In Memoriam**



**Leslie LACKEY (1935-2016)**

At the Edmundston Regional Hospital, July 14th, 2016, Mr. Leslie Lackey passed away at the age of 81 years old. He is survived by his partner, Cecile Cosgrove, his children, Karen Ann Lackey, Leslie Kim Lackey (Linda), Kelly Lynn Lackey Gilman (Ralph), Kerry Leah Lackey, Kyle Tyler Lackey and his many grandchildren and great-grandchildren along with the mother of his children Elsie Gage Lackey.

The service will take place on the 6th of August, 2016 at 2 p.m. at the United Church in Stanbridge East followed with a reception at the Memorial Hall in Stanbridge East.

In lieu of flowers donations to the Stanbridge East Firefighters association would be appreciated.

**BRUNELLE, Jim** - In loving memory of my husband, July 28, 2015.

*Jim, I cannot believe that it has already been one year. As each day passes I think the next one will be better. That has not yet happened. I am so lonesome without you. You were so courageous in your suffering asking very little and always enjoying family, friends, fishing and a house full of people. You suffered a long time and I will miss you always but I know you are at peace now.*

**Forever in my heart,  
YOUR WIFE SHIRLEY**

**In Memoriam**

**PAGE, Alfred** - In loving memory of a very dear husband, father, brother, grandfather, great-grandfather and friend who passed away on July 24, 2005.

*11 years ago, heaven received another angel and the night welcomed another shining star. Your memories give us endless smiles, joy and warmth.*

**Forever in our hearts,  
CECILIA (WIFE)  
CAROL (DAUGHTER)  
TODD, DARREN, LAURA, SCOTT  
& FAMILIES**



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**THURSDAY, JULY 28, 2016**

Today is the 210th day of 2016 and the 39th day of summer.

**TODAY'S HISTORY:** In 1914, Austria-Hungary declared war on Serbia, marking the official beginning of World War I.

In 1932, President Herbert Hoover ordered the U.S. Army to evict the Bonus Army protestors from government property in Washington, D.C.

In 1945, heavy fog caused a diverted U.S. military B-25 bomber to crash into the Empire State Building in New York City, killing 14 people.

In 2005, the Irish Republican Army renounced violence as a political tactic and ordered its units to disarm and cease all terrorist activities.

**TODAY'S BIRTHDAYS:** Beatrix Potter (1866-1943), children's author/illustrator; Jacqueline Kennedy Onassis (1929-1994), first lady; Bill Bradley (1943- ), basketball player/U.S. senator; Jim Davis (1945- ), cartoonist; Sally Struthers (1947- ), actress; Hugo Chavez (1954-2013), Venezuelan president; Scott Pelley (1957- ), TV journalist; Dana White (1969- ), UFC

president; Manu Ginobili (1977- ), basketball player; Cain Velasquez (1982- ), mixed martial artist.

**TODAY'S FACT:** Jacqueline Kennedy Onassis was fluent in French, Spanish and Italian.

**TODAY'S SPORTS:** In 1989, Vince Coleman's stolen-base streak ended at 50. The Cardinals outfielder's record-setting streak included six steals from the 1988 season.

**TODAY'S QUOTE:** "Thank God I have the seeing eye, that is to say, as I lie in bed I can walk step by step on the fells and rough land seeing every stone and flower and patch of bog and cotton pass where my old legs will never take me again." — Beatrix Potter

**TODAY'S NUMBER:** 126 — postseason games won together (as of July 2016) by San Antonio Spurs teammates Manu Ginobili, Tim Duncan and Tony Parker, the most by any trio of players on a single team in NBA history.

**TODAY'S MOON:** Between last quarter moon (July 26) and new moon (Aug. 2).



**Muscular Dystrophy Association of Canada**  
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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

## NORTH HATLEY

The Village of North Hatley presents: Free Concerts at the Gazebo in Dreamland Park (Capelton & Main). Every weekend during July and August. This weekend: Saturday, July 30 at 7:30 p.m. - Juliana & Jesse; Sunday, July 31 at 1 p.m. - Brassax. In case of rain, concerts at the North Hatley Community Centre (3127 Capelton).

## MELBOURNE

St Andrews Presbyterian Church, 1169 Route 243 Melbourne, is holding a Rummage Sale on Saturday, July 30 at 8 a.m. Hamburger & Hot Dog BBQ at 11:15 a.m., Silent Auction ends at noon. For more info contact Robin Converse at 819-826-5717.

## AYER'S CLIFF

Miscellaneous Items Sale & Craft Show on Saturday, July 30 at the Ayer's Cliff Fair Grounds, 977 Main St., Ayer's Cliff. 9 a.m. to 3 p.m. Craft Show. 8 a.m. Sale. To reserve a table for craft show call Raymond 819-876-2537. Benefit the Stanstead County Horticultural Society.

## WATERVILLE

Advance notice. Three Link Fraternity, Union Encampment #3, IOOF will be holding their annual "Craft Sale and Barbecue" on Sunday, September 18 from 10:30 a.m. to 3 p.m. at the Odd Fellows Hall, 4150 Route 147 in Waterville (Huntingville). A limited number of tables are available for rent at a nominal charge. For more information or

to reserve a table, please contact Thomas at tjbartoni@yahoo.ca or Nancy at 819-562-3222. Please help support our community projects.

## RICHMOND

The 26th annual Mastine Family Reunion is taking place on Saturday, July 30, 2016 at the Centre des Loisirs Community Center, 800 rue Gouin in Richmond, Quebec, starting with the 12 noon potluck lunch and ending at 11 p.m. Come and join us for a fun-filled afternoon and evening for the whole family. A small registration fee is charged for ages 5 and over. For those interested in attending the annual meeting it starts at 10 a.m. For more information call 819-826-6134.

## LENNOXVILLE

Uplands Cultural and Heritage Centre invites you to its new art exhibition featuring the work of Annie Abdalla. Her paintings will be displayed all summer from July 28 to September 18. The invitation is also extended to come meet the artist at the vernissage which will be held on Thursday, July 28, 5 p.m. to 7 p.m., at 9 Speid Street in Sherbrooke (Lennoxville). Admission is free.

## SAWYERVILLE

Advance notice. Once again Sawyerville United Church is having their annual Roast Turkey Supper to be held at the Sawyerville Catholic Church on Thursday, September 8, 2016 starting at 4 p.m. Menu: Roast Turkey with all the trimmings, vegetables, homemade rolls and pies, tea and coffee. No change in price. All are welcome. Mark your calendars. Sponsored by the U.C.W. and the church congregation.

## NORTH HATLEY

The inside scoop about the writers you love to read: Hear master editor-publisher-storyteller Doug Gibson at The Piggery giving lively portraits of Alice Munro, Michael Ondaatje, Margaret Atwood, and many others. New stories from his new book, Across Canada by Story. Sunday, July 31, at 8 p.m., The Piggery, 215 Simard Road, Ste-Cather-

ine-de-Hatley. Get your ticket from UUEstrie; proceeds help repair the bell tower. Reserve now: 819-842-4177 or 819-842-4146, info@uuestrie.ca, www.uuestrie.ca, Facebook UU Estrie.

## BURY

At the Centre Communautaire de Brookbury on August 2 we will be having another 500 card party at 1:30 p.m. with lunch included. The hall is located at 571 Route 255 Bury. Also on August 9, a Military Whist at 1:30 p.m. with lunch included. For this one, please call Brenda Bailey at 819-884-5984 to reserve your table.

## BROOKBURY

Annual Cemetery Flower Service at St. John's Cemetery, Brookbury on Sunday, July 31 at 2 p.m. Bring flowers, or not, to place on family grave sites. Will be inside church if weather does not cooperate. Light refreshments will follow. All are welcome. Please bring your lawn chair.

## LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinics on Tuesdays, August 9 and September 13, 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 a Blood Pressure clinics on Tuesdays, August 2 and September 13, at the Town Hall from 10 a.m. to 11 a.m.

## NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Pressure clinic on Fridays, August 5 and September 2, at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

## RICHMOND

Richmond Fair annual Beef Barbecue, with all the fixings, will be held on Saturday, August 13 at 6 p.m. Music: Bonnie Loiselle at 8:30 p.m. For tickets, call Valerie at 819-826-2997. Admission charged. All are welcome.

## HUNTINGVILLE

Three Link Fraternity, Unity Lodge #8, IOOF

would like to invite you to our Grandma's Style Roast Beef Supper on Sunday, July 31 at 4150 Route 147, Waterville (Huntingville). Delicious roast beef and all the fixings' just like Grandma used to serve! We will be pleased to serve you from 4:30 p.m. to 6 p.m. We have a family price. Remember we are handicapped accessible! We still offer take-out! Give us a call and we will get it ready (819-820-5672) or just show up. Show up at our Hall to sit, eat and visit with friends or drop in for takeout, have a great meal and help us help your community. If you would like more information on any of our projects or for information about applying for a scholarship please come to our supper or contact Unity Lodge, IOOF at unity8ioof@yahoo.ca or 819-820-5672. See you on July 31!

## BROOKBURY

A service of worship, led by Eddie Harvey will be held at Grace united Church on Sunday, July 31 at 10:30 a.m. followed by a potluck lunch at the Brookbury hall. All are welcome

## STANSTEAD

Come and dance the night away with Mike & Kylie at the Stanstead Legion on Saturday, July 30 from 8 p.m. to closing. Admission charged. Light lunch served. All members and non-members welcome. Come and support our local Legion.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

# Reckoning with music

THURSDAY, JULY 28, 2016

## Annie's Mailbox

Dear Annie: I can't stand R.E.M. (the band, not the sleep cycle). I just never understood their appeal. I was born in the early '80s and went to college in the late '90s and early 2000s, so a lot of people around me loved the band. One insufferably "alternative" guy I went to school with had a giant R.E.M. tattoo on his back.

This hasn't really been an issue for me as an adult. The lead singer, Michael Stipe, stays out of the public eye, and when my satellite radio station puts on "It's the End of the World as We Know It" for the billionth time, I simply change the station to one that's playing a song by Taylor Swift, Drake or Adele. But this does become a problem sometimes - whenever I'm with my wife.

It's not what you think. She's not like some big R.E.M. superfan. I'm not sure I could have made that work. The thing is that her brother, who is my age, had a rough time in high school. He was depressed, even to the point of being suicidal, and claims that R.E.M. saved his life.

I know depression is real, and I am glad my brother-in-law is doing well (he's married with two kids), but I can't help myself. I still think R.E.M. is unlistenable. When they come on the radio, my wife turns it up and talks about how special the band is. Why does this bother me so much? - Losing My Religion

Dear Losing: What about finding some compassion? We all have our pet peeves. I'm not the biggest R.E.M. fan, either. But I want you to try - sincerely try - to put

your grievances with the band aside for 5 1/2 minutes and listen to their song "Everybody Hurts." Imagine how someone who feels utterly alone might be comforted by its message.

Yes, it's hard to remember to be tolerant when annoying things flare up, but empathy works like a muscle; the more you exercise it the more it grows. You'll be stronger for the effort.

Dear Annie: It was my 25th birthday recently, and my fiancé and I had a specific themed party on that day, but it was all of his friends who came over. I am on the shy side and didn't wish to make my birthday a big deal, so I thought it'd be fun to have this party for the guys. After they all found out it was my birthday and showered me with positive vibes, one of the guys asked me why I wasn't out with my friends. He didn't mean anything harmful by it, and I didn't think too hard about the question in the moment. But later on, it had me thinking of the answer: "Because I have no friends." After graduating college, my closest friends all dispersed into the world, and I found myself no longer surrounded by them.

I do live with my best friend - my fiancé. However, I feel a bit sad with the realization that I have no other friends. I love spending time with my guy, but I don't have a close-knit group like him anymore. His friends are great, but I want some, too. Am I silly for wanting this? - Locally Lonely

Dear Locally: You're not silly for wanting friends, but you are silly if you think they're going to magically appear at your doorstep.

Surely, some of your fiancé's friends have girlfriends. Try reaching out to them. Say yes to more things. Become an active part of your community. Check out websites designed to connect people around specific interests, such as Meetup. Commit to doing something every week that nudges you out of your comfort zone, because you're not going to find anything new inside it.

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

## Happy 95th Birthday

on July 19, 2016  
to Fred Gilman



FRED I. GILMAN

love all his family

### 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.

“XY'Z EBBF YB AT MAHT YB HMPEK  
MY VBPLZTHN MGF YKT RLBAHTUZ VBP  
NMST XG HXNT. ZTGZT BN KPUBL SMG  
ZMIT VBP.” — UMLEMLTY SKB

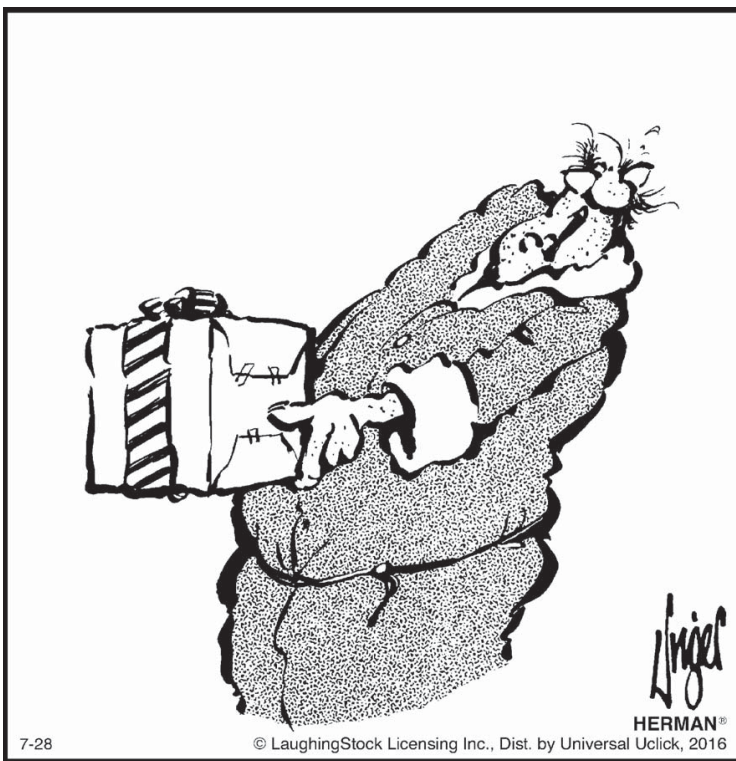
Previous Solution: “As far as I can tell, comedians are pretty serious people, and that’s why they make fun of things all the time.” — Maria Bamford

TODAY’S CLUE: A sjanbe I

### REALITY CHECK

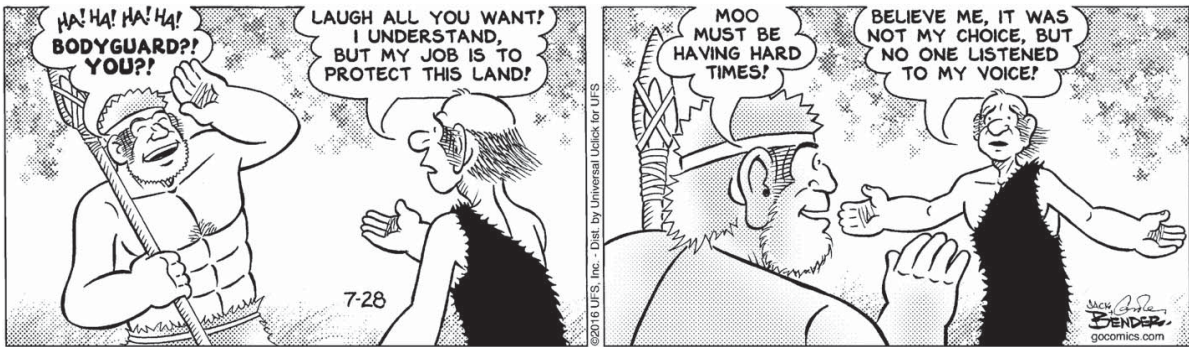


### HERMAN

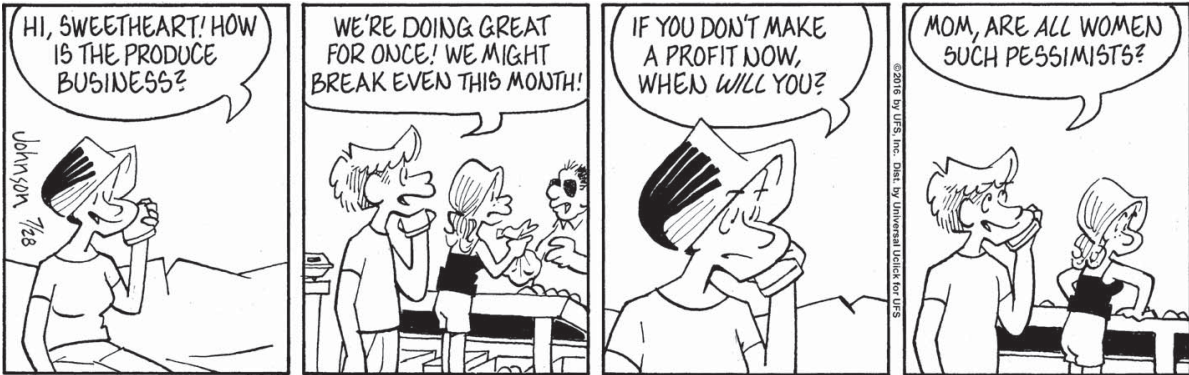


“Quick! Your mother sent me a birthday present. Get a bucket of water.”

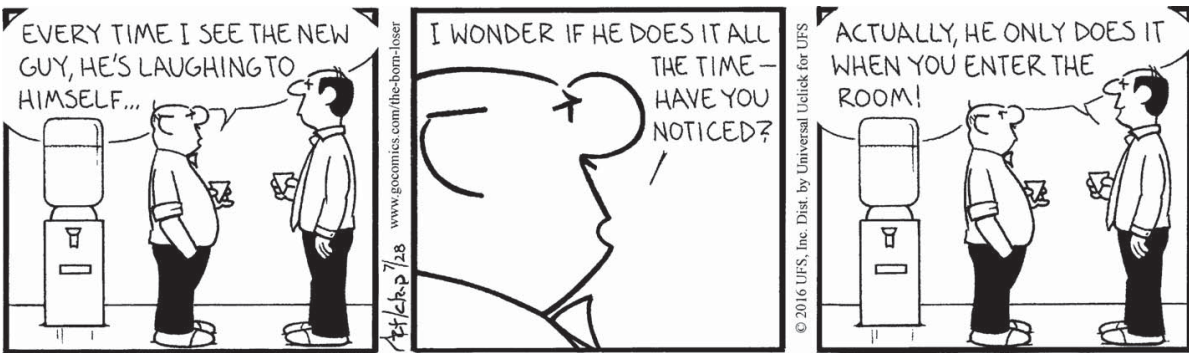
### ALLEY OOP



### ARLO & JANIS



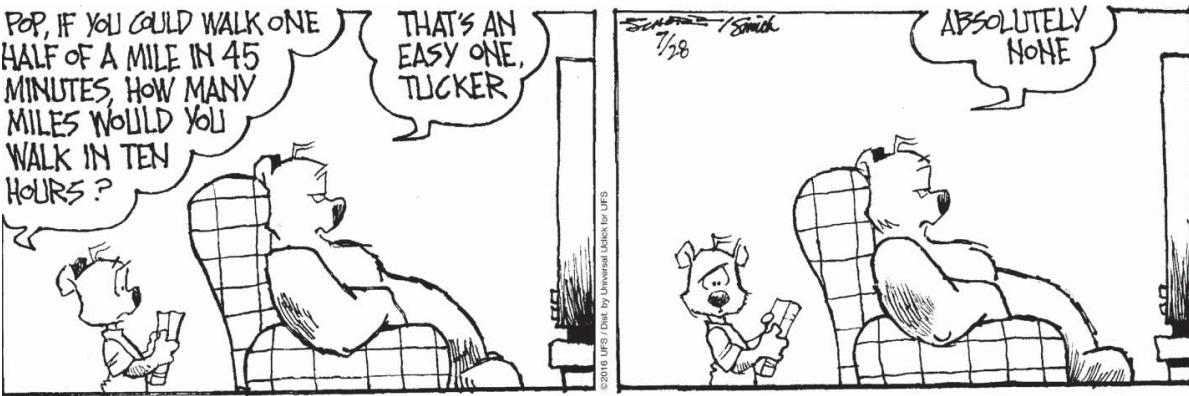
### THE BORN LOSER



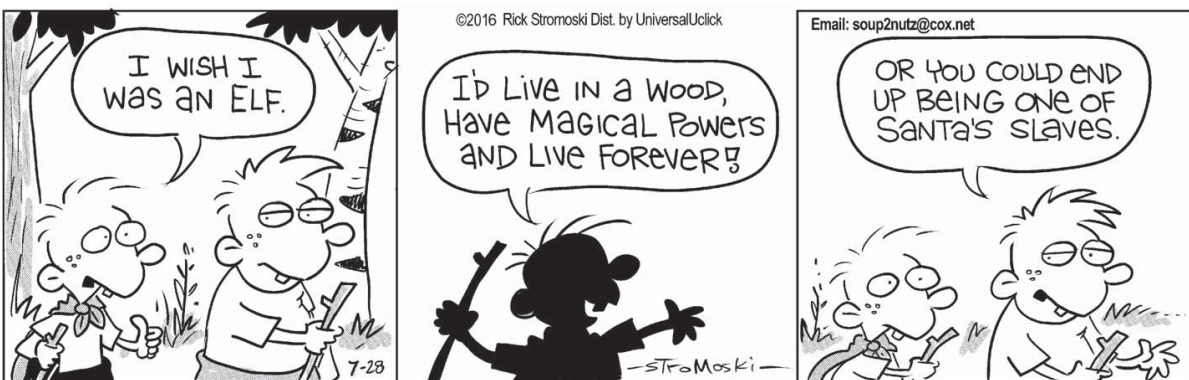
### FRANK AND ERNEST



### GRIZWELLS



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# CLASSIFIED

## Spider veins are unsightly but pose no medical threat

**ASK DOCTOR K**  
 By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** I have developed many small, thin veins on my legs. I would like to get rid of them. What is the most effective treatment?

**DEAR READER:** Superficial leg veins, sometimes called "spider veins," occur when tiny veins appear just below the surface of the skin, causing red, blue or purple discolorations. Spider veins get their name from the shape of the discolorations. Some cases of spider veins can be quite small; others are more noticeable. They may make you feel self-conscious, but they are harmless. (I've put an illustration of spider veins on my website, AskDoctorK.com.)

Spider veins are a sign that there are abnormalities in the deeper veins of the legs. Those deep veins have little valves in them. Blood in the veins of the legs is returning from the legs to the heart. When we are sitting or standing, gravity is pulling the blood downward, away from the heart. The valves prevent gravity from doing that.

As we get older, the valves become less effective. The extra blood that gravity pulls down into the leg veins causes the pressure in the veins to rise. Ultimately, that increased pressure swells the tiny veins beneath the skin — leading to spider veins.

Spider veins are most common on the thighs, ankles and calves. They are more common in women than men, and they can run in families. Some cases are related to pregnancy, use of birth control pills or weight gain. Spider veins may be permanent, or they may disappear on their own, especially if they are caused by pregnancy or certain medications.

Spider veins do not require treatment for any medical reason. Treatment is usually done for cosmetic reasons only.

In some people, support stockings may decrease the size of existing spider veins and help to prevent new ones. If that doesn't do the trick, the two most common cosmetic treatments for spider veins are sclerotherapy and laser treatment:

— Sclerotherapy involves having a salt solution injected directly into the affected area. This liquid causes irritation and inflammation of the vein, leading to its collapse. The area may be tender for a few days. Any bruising should fade over a few weeks. Sclerotherapy may require multiple treatments. The injections can be slightly painful.

— Laser treatment directs pulses from a laser light to the spider veins, causing tiny blood clots to form. The blood vessels that form the legs of the "spider" become blocked off and are reabsorbed by the body.

Each treatment has its pros and cons. Sclerotherapy is better for larger veins, but it involves needles and injections. Laser therapy can be as effective for smaller veins, but it may result in loss of skin pigment. In studies comparing the treatments, sclerotherapy is more likely to be successful.

Maintaining a healthy weight and staying physically fit tend to reduce the pressure inside leg veins. Wearing support hose can further protect against the development of more spider veins. To get rid of the ones you have, talk to your doctor about the alternatives I've described.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

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**340 Garage Sales**

**MELBOURNE** St. Andrew's Presbyterian Church, 1169 Route 243, Melbourne is holding a garage sale on Saturday, July 30 at 8 a.m. Hamburger & Hot Dog Barbecue at 11:15 a.m. Silent Auction ends around noon. Rent tables, contact Robin Converse at 819-826-5717.

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Difficulty: 4 (of 5)

1		7		8				
	9							5
		5	7	6		4	8	
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7-28-16

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**PREVIOUS SOLUTION**

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

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

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# Your Birthday

THURSDAY, JULY 28, 2016

Remembering certain experiences will help you put things in perspective this year. Take your time, be thorough and don't leave anything to chance. It's up to you to turn your ideas into reality. Take one step at a time to ensure that you achieve the results you desire.

**LEO** (July 23-Aug. 22) — Letting emotional problems seep into your professional life will not lead to advancement. Offer your skills and a positive attitude, and confront domestic issues with peace and love.

**VIRGO** (Aug. 23-Sept. 22) — If you search for information, you will discover something that will clear up confusion about a personal matter. Your effort to excel will pay off.

**LIBRA** (Sept. 23-Oct. 23) — Speak up on behalf of someone who cannot do so for him- or herself. Your ability to offer a reasonable alternative will make you a hero. Love should be a joyful end to a hectic day.

**SCORPIO** (Oct. 24-Nov. 22) — Jealousy will stand in your way. Step back and consider whether it's worth getting upset over something you cannot change. Focus on what you can do, not on what you cannot.

**SAGITTARIUS** (Nov. 23-Dec. 21) — A healthier lifestyle will save you from slipping into bad habits. Demonstrating discipline and a desire to be your best is favored. Love yourself and the people who support your efforts.

**CAPRICORN** (Dec. 22-Jan. 19) — You

need to move forward, regardless of what others do. An unpredictable situation is best handled with caution. Rely on your experience to guide you in order for a positive turn of events to unfold.

**AQUARIUS** (Jan. 20-Feb. 19) — Good fortune will develop through patience, love and understanding. If you are sincere and consistent in your treatment of others, you will enhance your relationship with loved ones.

**PISCES** (Feb. 20-March 20) — Listen to what's being said and make adjustments based on what works for you. Trust in your knowledge, intuition and ability to visualize. Don't let mixed emotions lead you astray.

**ARIES** (March 21-April 19) — If you network and show off your skills, you will be offered a chance to take on something new and exciting. Contracts and negotiations look promising.

**TAURUS** (April 20-May 20) — Put your emotions aside and become a participant. The experience you gain and the connections you make will be worth your while. Don't give in to someone using emotional tactics.

**GEMINI** (May 21-June 20) — Play it safe and ask questions if you are in doubt. Common sense should tell you who is offering you the truth and who isn't. What you discover will help bring about personal change.

**CANCER** (June 21-July 22) — Dream on and proceed to make your dreams a reality. Carve out a working space in your home that is conducive to creativity and personal growth.

THURSDAY, JULY 28, 2016

# Signals, discards, ruffs and winners

By Phillip Alder

J.M. Barrie wrote, "I am not young enough to know everything." I can relate to that. Some 10 years after moving from high school teaching into bridge full time, I bumped into a former pupil. After informing me that he was the sous chef at a famous restaurant, he said, "You know, sir, I now realize that you aren't as stupid as I thought when you were teaching me."

A bridge player never knows everything. But to defend well, it helps to have the full arsenal under control: leads, signals, discards, and counting of winners, losers and high-card points.

In this deal, how can the defenders defeat two spades?

West, since his opponents had stopped in an eight-card fit at the two-level, might have made a second takeout double. This would have risked ending in three hearts in a 4-3 fit, but here it would have worked well because three diamonds was makable.

West leads the club ace. East drops the seven, starting a high-low with a doubleton. West cashes his club king and continues with the club queen. What should East discard?

East is making an attitude signal, and

				North	07-28-16	
				♠	Q 8 3	
				♥	J 10 9 8	
				♦	K J	
				♣	J 10 9 8	
West				East		
♠	7 4				♠	6 5 2
♥	K 6 3				♥	A 7 2
♦	Q 10 6 2				♦	9 7 5 4 3
♣	A K Q 5				♣	7 2
				South		
				♠	A K J 10 9	
				♥	Q 5 4	
				♦	A 8	
				♣	6 4 3	
Dealer: South						
Vulnerable: East-West						
South	West	North	East			
1♠	Dbl.	2♣	All Pass			
Opening lead: ♣ A						

it is preferable to throw an encouraging card. Here, East signals with the heart seven.

West, who knows this is high, shifts to his heart three (low from an honor). East wins with his ace and returns the heart two. Even if South cleverly plays his queen smoothly, West should win and lead his last heart, which East ruffs to defeat the contract.

Now for the tough question: How does West know East is out of hearts? Because if he had begun with A-7-5-2, he would have led back the five at trick five, the higher of his remaining cards.

# CROSSWORD

**Across**

- 1 Novelist celebrated on Bloomsday
- 6 Leaves on a shelf?
- 11 Pampering place
- 14 Spheres of study
- 15 Like 1-Across
- 16 Granola grain
- 17 Host of a program also known as "The Factor"
- 19 "What a cutie!"
- 20 Pampas weapon
- 21 Slanted text: Abbr.
- 22 "A" on many a cornerstone
- 23 He or I
- 24 Feature of some German nouns
- 27 Lee material
- 29 Locks
- 30 Half a repartee
- 32 Stick around
- 33 Berliner's direction

- 34 '60s-'70s sitcom whose four original family members were married over the course of the series
- 37 Wee amount
- 39 "Glee" extra
- 40 Backing
- 41 Belgian diamond center
- 43 Expressive tweet space-savers
- 47 Virus symptom, perhaps
- 51 Cries of clarity
- 52 Temptation garden
- 53 "O, beware, my lord, of jealousy" speaker
- 54 Banks on a runway
- 55 Place for a screwdriver
- 56 Private details ... or what's found in this puzzle's circles
- 59 Before, to Byron
- 60 Action movie climax
- 61 Toys in laps, briefly

- 13 If all goes wrong
- 18 Edge
- 22 Short reply?
- 25 Clutch
- 26 Pooh's gloomy pal
- 28 Monster High doll maker
- 31 "Done!"
- 32 C-SPAN fig.
- 34 Complained under one's breath
- 35 Retaliatory act
- 36 "Oh, it's fine"
- 37 Low-risk wager

- 38 How some foolish things are done
- 42 Pallid
- 44 Tribute song on John Lennon's "Imagine"
- 45 Rattled
- 46 Mom's argument-ending words
- 48 More than see
- 49 Birth city of most of the Osmonds
- 50 Seafood delicacy
- 56 Hotel amenity
- 57 Org. with 30 franchises
- 58 Hawaiian Tropic lotion letters

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

**Down**

- 1 Elbowed
- 2 Player with an orange-and-black logo
- 3 Federal Reserve chair after Bernanke
- 4 Great misfortune
- 5 Anka's "\_\_\_ Beso"
- 6 Michelangelo statue
- 7 Courier alternative
- 8 Manufacturer of Venus razors
- 9 Immigrant's subj.
- 10 Uncomfortable in singles bars
- 11 No-goodniks
- 12 "Dances With Wolves" natives

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



**Wise customers read the fine print:** \*, \*\*, ^, Δ, ∞, Ω. The offers of this ad apply to retail deliveries of select new and unused models purchased from participating retailers as of July 1, 2016 and during the current month only. Offers are subject to change and may be extended without notice. Prices and lease offers include freight charges (\$1,795) and A/C charge (when applicable). No fees will be added to the all-inclusive purchase prices of the advertised models. Prices and lease offers exclude license, insurance, duties on new tires (\$15) and applicable taxes, and will be required at signing. A down payment may be necessary (when applicable). Retailer trade may be necessary (when applicable). Retailer may sell or lease for less. See participating retailer for complete details and conditions. -\$14,000 in Total Discounts apply to select new 2016 Ram Diesel Heavy Duty 2500/3500 models and consist of a Consumer Cash Discount of \$11,000, that will be deducted from the negotiated price before taxes, and a Loyalty/Conquest Bonus Cash of \$1,500. Some conditions apply. Valid on in-stock units only. \*Consumer Cash Discounts are offered on select new 2016 models and are deducted from the negotiated price before taxes. \$12,500 Consumer Cash Discount is applicable on 2016 Ram Diesel Heavy Duty 2500/3500 models. \$11,000 Consumer Cash Discount is applicable on select 2016 Ram 1500 Regular Cab 4x2 and 4x4 models, that are eligible for a \$5,500 discount. See participating retailer for complete details. \*\*Starting From Price for 2016 Ram 1500 Crew Cab Laramie Limited HEMI® V8 4X4 (DS6R91 + 26V) shown, including total discounts of up to \$12,500, consisting of \$11,000 in Consumer Cash Discount (deducted from the negotiated price before taxes) and \$1,500 in Loyalty/Conquest Bonus Cash. \$56,290. Starting From Price for 2016 Ram 3500 Crew Cab Laramie 4X4 DRW with Turbo Diesel Cummins® engine (D28P92 + 2EH + WLA) shown, including total discounts of up to \$14,000, consisting of \$12,500 in Consumer Cash Discount (deducted from the negotiated price before taxes) and \$1,500 in Loyalty/Conquest Bonus Cash. \$67,090. Starting From Price for vehicles shown include Consumer Cash Discounts/Bonus Cash and do not include upgrades (e.g. certain paint colours). Upgrades available for additional costs. Models shown may differ slightly from the models commercialized in Canada. \*\$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase or lease of a select 2016 Ram 1500 model (excluding Reg Cab models), 2015/2016 Ram 2500/3500, 2015/2016 Ram Cab & Chassis or 2016 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include current owners of a Dodge or Ram pickup truck or current owners/lessees of any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before July 1, 2016. Proof of ownership/lease agreement will be required. Customers that are licensed skilled tradesmen or are acquiring a skilled trade are also eligible. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. Proof of Trade License/Certification will be required. Some conditions apply. Offer valid during the current month only. ΔLease Loyalty/Conquest Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase or lease (on approved credit) of select 2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating dealers and will be deducted from the negotiated price after taxes. 2016 Chrysler 200 LX, Jeep Cherokee Sport, Jeep Patriot Sport, Jeep Compass Sport, Dodge Dart, Dodge Challenger Hellcat, Dodge Journey SE and SE Plus, Dodge Grand Caravan SE, Dodge Viper, FIAT 500 Pop, FIAT 500L Pop and Ram 1500 Regular Cab models are excluded. LIMITED-TIME OFFER. Eligible customers are individuals who are currently leasing a Chrysler, Dodge, Jeep, Ram, FIAT, or any competitive vehicle with an eligible lease contract in their name on or before July 1, 2016. Proof of Registration and/or Lease agreement will be required. Offer not combinable with the Finance Pull-Ahead \$1,000 Bonus Cash nor with the 1% Rate Reduction. Trade-in not required. See your dealer for complete details. \*Finance Pull-Ahead \$1,000 Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/financing of 2017 Chrysler Pacifica models, 2016 Dodge Journey models (excluding SE and SE Plus models), 2016 Dodge Grand Caravan models (excluding Sport models), 2016 Jeep Wrangler models (excluding Sport models), 2016 Jeep Patriot models (excluding Sport models), 2016 Jeep Renegade models, 2016 Jeep Cherokee models (excluding Sport models), 2016 Jeep Grand Cherokee models, 2016 Ram 1500 models (excluding Reg Cab models) and 2016 Ram 2500/3500 models, at participating retailers, from July 1 to August 2, 2016, and will be deducted from the negotiated price after taxes. 1% Rate Reduction applies to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Dodge, Jeep, Ram or FIAT models with an eligible standard/subvented finance contract maturing after July 1, 2016. Offer not combinable with the Lease Loyalty/Conquest Pull-Ahead Bonus Cash. Trade-in not required. See dealer for complete details and exclusions. ΩSubprime financing available on approved credit. 4.99% financing available on 2016 Ram 1500 (excluding Reg Cab models). Financing example: 2016 Ram 1500 Crew Cab Laramie Limited HEMI® V8 4X4 (DS6R91 + 26V) with a Purchase Price of \$56,290 (including total discounts of up to \$12,500, consisting of \$11,000 in Consumer Cash Discount, deducted from the negotiated price before taxes, and \$1,500 in Loyalty/Conquest Bonus Cash), financed at 4.99% for 84 months with \$0 down payment, equals 182 bi-weekly payments of \$366.73, a cost of borrowing of \$10,454.86 and a total obligation of \$66,744.86. Some conditions apply. See your retailer for complete details. †Based on MS Automobile/Polk Canadian Total New Vehicle Registration data comparing calendar year end market share and volume gains for 2010 versus 2015 in the Light Duty Large Pickup Truck segment, as defined by FCA Canada Inc. Ram 1500 counts include both Ram and Dodge. ‡Based on 2500/250 and 3500/350 class pickups. When properly equipped. Metric: Tonne = 2,200 pounds. Based on 3500/F-350 full-size pickups and competitive information available at time of publication. Based on max towing comparison between 2016 Ram 3500 (up to 31,210 lb), 2015 Chevrolet 3500 (up to 23,200 lb) and 2016 Ford F-350 (up to 26,500 lb). ††Based on Canadian 2015 calendar year sales. †††SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. Chrysler • Dodge • Jeep • Ram Dealer Advertising Association

GET TOTAL \$**14,000**<sup>Ω</sup> DISCOUNTS OF UP TO

**BIGGEST CASH DISCOUNTS - OF THE YEAR -**



ON 2016 RAM DIESEL HEAVY DUTY MODELS

**ANY MAKE, ANY MODEL LEASE PULL-AHEAD CASH \$1,500<sup>Δ</sup>**  
IN A CURRENT LEASE? GET \$1,500 PULL-AHEAD CASH ON SELECT MODELS.



Starting From Price for 2016 Ram 1500 Crew Cab Limited HEMI® V8 4X4 shown, including total discounts of \$12,500\* (consisting of \$11,000\* in Consumer Cash Discount and \$1,500<sup>Δ</sup> in Loyalty/Conquest Bonus Cash); \$56,290\*\*

**2016 RAM 1500**  
RAM 1500 - CANADA'S FASTEST-GROWING LIGHT DUTY PICKUP<sup>Ω</sup>

GET UP TO **\$12,500**

IN TOTAL DISCOUNTS INCLUDING \$1,500 IN LOYALTY/CONQUEST BONUS CASH IF YOU CURRENTLY OWN A RAM OR ANY OTHER COMPETITIVE PICKUP TRUCK OR IF YOU ARE A SKILLED TRADESMAN OR ARE ACQUIRING A SKILLED TRADE.<sup>Δ</sup>

Excluding 2016 Ram 1500 Regular Cab models.

**2016 RAM HEAVY DUTY**  
BEST-IN-CLASS TOWING<sup>Ω</sup>

UP TO **31,210 LB** | UP TO 3.5 TONNES  
MORE THAN THE COMPETITION<sup>Ω</sup>

**BEST-IN-CLASS 900 LB-FT TORQUE**

(CUMMINS® ENGINE WITH AISIN® AUTOMATIC TRANSMISSION)<sup>Ω</sup>



Starting From Price for 2016 Ram 3500 Crew Cab Laramie 4X4 DRW with Turbo Diesel Cummins® engine shown, including total discounts of \$14,000\* (consisting of \$12,500\* in Consumer Cash Discount and \$1,500<sup>Δ</sup> in Loyalty/Conquest Bonus Cash); \$67,090\*\*

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CANADA'S #1-SELLING AUTOMAKER<sup>Ω</sup>



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