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THURSDAY, FEBRUARY 27, 2014

Sherbrooke Man barricades himself, threatens police

By Gordon Lambie
The Record

A man caused the closure of a significant section of Sherbrooke's downtown after he barricaded himself in his apartment, and uttered threats to both building inspectors and police Wednesday.

According to Martin Carrier of the Sherbrooke Police (SPS), officers were called to the apartment located over top of the Le Rock store on King Street West at 8:30 in the morning to support building inspectors who were already present.

Police presence was escalated when the individual barricaded himself in his apartment and began calling threats against the inspectors and police out the window into the street.

In order to protect the local population, King Street was closed between Wellington and Depot Streets.

As of early afternoon Carrier reported that there was also a fire department presence on the scene.

"We have reason to believe that he may have gas in the apartment with him," the SPS officer explained, "so our colleagues from the fire department are here as well."

As of this writing the man remained barricaded in his apartment.

Pretty in pink



COURTESY BCS

Bishop's College School participated in Pink Shirt Day on Feb. 26. This day of action was inspired by the brave gestures of two students from Nova Scotia. On the first day of school at Central Kings Rural High School in 2007, a new student showed up wearing a pink shirt and was subject to bullying. David Shepherd and Travis Price went out to buy 50 pink shirts and distributed them to their friends. The next day, they all wore the pink shirts and effectively silenced the bullies. At BCS and at schools around the world, everyone was encouraged to wear pink to show that we as a society will not tolerate bullying in any form.

Champlain College invites high schools to talk about bullying

By Gordon Lambie

Champlain College hosted the students of five different local schools for an anti-bullying round table event Wednesday. Sheila Quinn, student Activity Technician with the college, invited students from Bishop's College

School, the Eastern Townships Learning Centre, Alexander Galt Regional High School, Massey-Vanier High School, and Richmond Regional High School to engage in a series of organized conversations on the topic of conflict resolution and management in association with Pink Shirt day, a national day of advocacy

on which people are asked to wear a pink shirt in support of those who are bullied.

Students, in groups, were asked to create an extensive profile of a person in crisis, naming the nature of the problem, the people involved, and the feelings,

CONT'D ON PAGE 3



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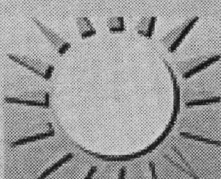
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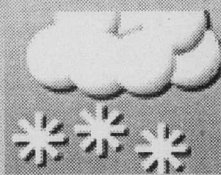
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CLOUDY,
LIGHT SNOW

HIGH OF -9
LOW OF -20



FRIDAY:
SUNNY

HIGH OF -13
LOW OF -18



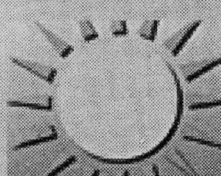
SATURDAY:
CLOUDY,
FLURRIES

HIGH OF -6
LOW OF -23



SUNDAY:
PERIODS
OF SNOW

HIGH OF -3
LOW OF -7



MONDAY:
SUNNY

HIGH OF -10
LOW OF -25



DISHPAN HANDS

In 1984-85, our frequent visits to our grandparents' home in N.D.G. became connected to a few rituals. My two brothers, three cousins and I ruled the basement there, a warm brown cave with wood paneling on the walls, a big orange couch, and a t.v. and v.c.r. The rituals revolved around sandwiches filled with a variety of cold meat (from our grandfather's little fine grocery store, Chatfield's, located on the corner of Sherbrooke and Claremont in Westmount), and a pile of movie rentals.

Every visit from that year until Bamps and Grammy sold the house in 1992 featured two movies in that pile - The Goonies and Ghostbusters.

With actors Dan Ackroyd as Dr. Ray Stantz, Bill Murray as Dr. Peter Venkman, Harold Ramis as Dr. Egon Spengler and Ernie Hudson as Winston Zeddemore, this quartet were nothing shy of our biggest heroes. The ad lib feel to the delivery of their lines, the slapstick nonsense, the way they pretended to know most of what they were doing...until they were actually busting real

Farewell, Egon!

ghosts...well, we were sold hook line and sinker as fans.

Then there was Ray Parker Jr.'s theme song, used for a good part of that period of time, interspersed with Huey Lewis and The News' The Power of Love, from the Back to the Future movie, as our soundtrack for the warm-up run at the beginning of gym class. It played at every school dance.

Watching Ghostbusters with my boys was such an exciting thing - seeing my youngest so wide-eyed and as taken as we were did my heart a strange sort of good. I am always up for him liking his own things...yet there's something about new enthusiasm for something we loved as kids that just feels great. When I overheard him talking to himself while playing Lego and saying, "No one steps on a church in MY TOWN!" I think it brought a tear to my eye.

There was a sequel to Ghostbusters several years later, and it was quite good, but nothing could top the first. We learned every line of dialogue. We never grew tired of them. We were so taken with their antics, their mess, their mistakes, their disasters, their stick-to-it-iveness, and remain so to this day. I don't think a year has gone by that I haven't seen someone dressed up with a vacuum cleaner strapped to their back, and a big Ghostbusters symbol on their shirt.

In 2012, I learned of the Eastern Townships Ghostbusters fan club, and met Jesse, Dany and Jamie, three mega fans who had invested in recreating and purchasing Ghostbusters costumes. I was in awe of their love of this great franchise of pop culture. They came to events set up by The Starship Obready (the Town-

ships' Star Trek fan club), and everyone was always thrilled to see them.

This Christmas we picked up the video game Just Dance 2014, a video game designed for dancing along with the characters on the screen. In the selection of songs that are featured is...you guessed it...the Ghostbusters' theme song. When the family is launching themselves around the living room, it's a favourite of the whole clan.

Tuesday, actor Harold Ramis died, following complications related to autoimmune inflammatory vasculitis. He was 69 years old. Egon Spengler! The bespectacled, ultra-serious, deadpan obsessed modern mad scientist...was gone! For years there had been talk and speculation about a third Ghostbusters film. Part of me hoped it would happen, craving the feeling of hearing brilliantly written jokes delivered in the midst of what you knew was some equally brilliant ad-libbing. Part of me hoped it wouldn't, as I feared that it would somehow tarnish the legacy of two truly fun, simple sci-fi comedy flicks.

While I know it doesn't rule out the possibility that Hollywood could still attempt to create another Ghostbusters, it just wouldn't be the same without Egon.

Harold Ramis was also a writer-director on Ghostbusters, on the film Stripes (in which he also acted), Caddyshack, National Lampoon's Vacation, Groundhog Day, and Analyze This. He was one of the original writers (and actors) on SCTV and one of the screenwriters on National Lampoon's Animal House.

Goodbye to one of Hollywood's comedy greats, and one of our childhood heroes. Farewell, Egon!

Cardin digs in for Moisson Estrie

SHERBROOKE

Sherbrooke MNA and vice-president of the Public Administration Commission Serge Cardin presented a discretionary contribution of \$5,000 to the Moisson Estrie food bank yesterday, an amount in addition to the \$88,000 handed out to over 190 organizations over the last financial year or about \$465 per group, and represents the largest contribution from Cardin's discretionary parliamentary budget.

The support is geared to support Moisson Estrie's mission fight against poverty, which itself must deal with a shortage of resources.

"People tend to think of the most disadvantaged when the holiday season approaches, but we must remember that

people need food aid throughout the year," Cardin said. "The reserves were lacking and I wanted to make my contribution to support this organization, which is much more than a food bank. With this contribution, I am of course supporting the work of Moisson Estrie, but I also want to point out its important role in the quality of life of our economy."

I hope that my action will help raise awareness about the food shortage which Moisson Estrie faces each spring."

The \$5,000 will replenish the shelves with non-perishable food, but also with fresh food and personal hygiene items. Moisson Estrie Director-General Genevieve Côte says the contribution allows the body to devote its energies to providing services. Moisson Estrie has several sources of funding and supplies

for the food aid service, but we still endure a slump after the holidays. This contribution meets an urgent need to re-supply and allow our team to put more energy into the development of complementary services rather than looking for contributors."

In addition to providing food assistance, Moisson Estrie also offers community-based social referral, in addition to coordinating a community kitchen and Culture at Heart Program, an initiative begun in Sherbrooke that facilitates access to culture. "Moisson Estrie is primarily an intervention and support environment, which gives citizens going through a difficult period the necessary tools to promote their independence, regain their momentum, and succeed in the community," Cardin said.

Ben by Daniel Shelton



ETSB preparing for possible provincial election

By Matthew McCully
Special to The Record
MAGOG

Strong indications that an election is approaching raised concerns about where the board will stand financially for the coming school year. During Tuesday night's council of commissioners meeting, Director General André Turcotte's report focused on an analysis of the proposed provincial budget, and addressed the likelihood of it being rejected.

"They have not deposited the spending credits to various ministries, such as education, but there are indications that system costs will probably be covered," Turcotte said, adding "one important item that is not clear is Bill 63, which deals with the possible reimbursement to taxpayers of close to \$100 million in school taxes over the next two years. If implemented, this would have an impact on our budget."

Turcotte mentioned that the proposed budget also references the possible amalgamation of smaller school boards in an effort to cut costs by \$125 million. This, he said, would be challenging for English school boards, which already cover large territories and maintain low administrative costs.

Turcotte's report concluded by saying everything remains tentative until the budget is actually passed. "Even if the bud-

get were to be voted on in the current National Assembly, both opposition parties have said they would not support it. Unfortunately the timing could leave school boards without a lot of information on which to build their budgets for the next school year."

In the beginning of his report, Turcotte praised bus drivers, teachers, support staff and administrators for ensuring the safety of students who arrived at ETSB schools on Feb. 14, a day that in retrospect, he agreed, schools should have been closed. "Rest assured that there has been a lot of reflection and discussion on how to better make these decisions in the future," he stated.

The board confirmed Éric Campbell in the position of secretary general, communications and community development, following a mandatory one-year probation period.

Pauline Lazure was appointed as returning officer for the upcoming school board elections in November. Lazure made an appearance at the meeting to accept the appointment, saying that she looks forward to working with the board. Secretary-general Éric Campbell was appointed as election clerk.

Chairman Mike Murray's report focused on the evolution of the educational environment as technology progresses, and the need to stimulate innovative

thinking on the part of students, educators, and the community.

"We need future leaders who don't think or act like us. We need leaders now who understand they are accountable for preparing their successors to transform everything," Murray went on to talk about the challenges students will face in the years to come. "We must prepare young people for jobs that don't exist yet, using technologies that haven't been invented yet to solve problems that haven't been identified yet," he said.

During the tabling of the committee reports, commissioner Dan Brodie announced the communications committee's three-year plan, which will go to the board for approval.

Kandy Mackey, Assistant Director General & Director of Pedagogical Services, mentioned an EdCamp, which she described as an "un-conference," due to take place in April. The day-long event, which is free and open to all educators, will be a free flowing series of short seminars, the topics of which will be decided by the attendees. The EdCamp, scheduled for April 26, will be the first of its kind in Quebec.

Chairman Murray mentioned that the ETSB will be included on a list of boards that will ensure an open, flexible and inclusive learning environment for Lesbian, Gay, Bi, Transgender, Questioning (LGBTQ)

students.

For the recognition of excellence portion of the meeting, the board congratulated all personnel involved in making the fifth edition of the Hooked on School Days program a success between Feb. 10-14. Twenty-eight schools and centres throughout the ETSB organized activities to promote and celebrate school perseverance.

The commissioners also congratulated the Lennoxville Vocational Training Centre, as well as Bishop's University and the Université de Sherbrooke, on being selected by the Borough of Lennoxville for their Outstanding Achievement Awards for 2014. The three schools were recognized in the Arts and Culture category, for their involvement with the creation of the Summer Canada Games 2013 Cauldron.

During the comments period, commissioner Richard Gagnon informed the rest of the board about a computer glitch, jeopardizing the privacy of apple product users. The problem is with the safari browser. An update is currently available for iPhones and iPads, but because laptops are not yet secure, Gagnon recommended using a browser other than safari if entering personal or banking information.

Commissioner Mary Kirby referenced a random acts of kindness program that she heard about at another school

board, and suggested it could be a good program to consider at the ETSB. Other commissioners agreed with the merits of encouraging students to be altruistic, and added that there are some programs currently in effect in some ETSB schools, including a pay it forward project, and a fill your bucket initiative, encouraging good deeds.

Four commissioners were absent from Tuesday's meeting. No members of the public were in attendance.

Following the meeting, Chairman Murray responded to a letter to the editor published in Wednesday's Record raising concerns about administrative positions at the ETSB being advertised in French in La Tribune, but not in English papers locally, or in Montreal.

Murray said that positions at that level require an educational background, and believes any qualified English applicants are already in the system, where all positions are posted internally.

"They are either in the system already, or they don't exist," Murray said. The reason for publishing ads in French, is to extend the reach as far as possible. In Montreal, Murray said, the board sends postings directly to post-secondary institutions to recruit candidates. Communications coordinator Sharon Priest added that cost was a factor in advertising in newspapers in Montreal.

Champlain College

CONT'D FROM PAGE 1

thoughts and actions that they are engaging in. Groups were then asked to divide the problem up into its separate components: emotional, behavioural, cognitive, and systemic, in an effort to look at the hypothetical issue from all sides and try to explore every possible way that the person or people in crisis could be helped.

The goal, according to Quinn, was to encourage the students

across the different school environments to engage each other on a topic that is of concern to everyone and to encourage the sharing of ideas and plans between students and schools who might not otherwise meet up with each other.

Tany Moreland, Spiritual Life & Community Animator at Massey-Vanier High School explained that the event was appealing to the schools largely

because of the way that bullying is a problem that affects students across all levels and institutions.

"We asked teachers for students who would be good communicators," Moreland explained, when asked how it was determined which students would come to the event.

Kristal Maguire, who brought students from RRHS, explained that that school sent represen-

tatives mainly from its LGBT group.

Asked what the groups intended to do with their new experiences and knowledge upon returning to their respective schools, Moreland said that there was still some discussion to take place.

"That's part of the question for the hour car-ride home," she explained, "to see what we could do for our next step."

The event was also planned in coordination with the visit of Glen Canning to the college. Canning is the father of Rehtaeh Parsons, the Nova Scotia girl who was the subject of extensive cyber-abuse following a sexual assault in 2011, to the point that she committed suicide in April of 2013. Canning spoke at the school Tuesday night, but was also present at Wednesday's roundtable.

Acid spill clears U de S Science building

Record Staff

An acid spill forced the evacuation of the Faculty of Science at the University of Sherbrooke early Wednesday afternoon.

A student noticed the spill at 1 p.m. in an acid container in a lab. Steam was escaping from the container. The student responded according to protocol by engaging the evacuation process. According to UdeS security, "there was no mishandling of the container or

materials involved in the accident. Security led some 200 students, faculty and staff to other areas."

Firefighters and a UdeS hazardous materials specialist took the situation quickly in hand and no injuries were reported.

Rowdy drunk busted in Cowansville bar

Threats to the police, vandalism on a police car, and aggressive behaviour are just some of things a man is accused of fol-

lowing his arrest in a Cowansville bar early Tuesday morning.

Brome-Missisquoi Police were called to a bar after receiving reports of inappropriate behaviour. On arrival, police found the suspect was drunk and possibly under the influence of drugs. "He was very aggressive," says Sûreté du Québec spokesperson Aurélie Guindon. Police also discovered the 41-year old was under a suspended sentence for a previous offence which was conditional on his avoiding bars and drinking al-

cohol.

The man appeared at the courthouse in Granby Tuesday

to face charges related to this behaviour as well as under the Tobacco Tax Act.



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The community garden movement comes to Sawyerville

By Rachel Garber
Record Correspondent

"Community gardens like this one that are being started with a very thorough planning process, and a lot of community engagement, and meetings like this that bring people together to work on the project together, make really strong gardens that end up being more sustainable and surviving for years to come."

There. That is a stamp of approval for the newly formed Sawyerville Community Garden. It comes from someone who knows what she's talking about. That someone is Jessica Hyman. She grew up in Sawyerville, but went away and became an expert on community gardens. Now she heads the non-profit Vermont Community Garden Network.

Her network gives technical assistance, resources and networking opportunities to more than 300 community and school gardens across Vermont.

Hyman was the keynote speaker at the Sawyerville group's founding meeting last Tuesday, Feb. 18. Some 28 other people also attended, including her mother Jackie Hyman. They listened closely as she recounted the ways and benefits of community gardens.

She described community gardens as places that grow not just vegetables, but also people and communities. They're fun for groups of all ages. They give good physical activity. They encourage people to work together. They let people learn from each other. They teach children where food comes from. They provide good food. Fresh food. Organic food.

"All sorts of research has shown how community gardens decrease crime, increase property values in the surround-



RA GARBER

Jessica Hyman told the Sawyerville Community Garden members about the whys and hows of community gardens. She's executive director of the Vermont Community Garden Network, which provides services to 300 community gardens across Vermont.

ing area, and encourage people to look out for one another in a very different way," said Hyman. "And they can also be the site for tremendous community events, as well as growing food."

She described certain necessities for getting a community garden off to a good start. A critical mass of people. Funding. Support from the municipality. Good soil. Pest control. Clarity about expectations.

"At times like this when people are paying a lot of attention to where their food comes from, and supporting local agriculture," she said, "a lot more people are interested in community gardening now as a way to have a little more control over where our food comes from."

Jennifer McMullin agrees. She's a

member of the provisional committee that has brought the Sawyerville Community Garden to this point.

"A community garden - it's not just about growing the food, and healthy food and getting away from all the pesticides and the genetically modified foods out there," she said, "but also pulling the community together so that we can be stronger."

Chantal Bolduc instigated the Sawyerville provisional committee about a year ago. On it were also Guy Gagnon, André Pettigrew, and Geneviève Braun. They got permission to use a spot of land about 200 feet long by 40 feet wide. It lies next to the Sawyerville ball park on Randboro Road. Dr. Curtis Lowry has donated it to the town.

The group also obtained non-profit status, drew up a charter, and applied for funding from the Cookshire-Eaton municipality, the CLD and the provincial deputy. Some \$13,000 is needed, said Bolduc, plus some \$6,000-worth of in-kind donations of goods and volunteer labour. The funds are to cover infrastructure costs such as a water supply, tools, a shed, and a fence.

A deer trail crosses the plot, said Bolduc. A high fence is needed.

Bolduc displayed a large green map of the proposed garden. André Pettigrew drew it. It showed individual lots for members to raise well-behaved plants such as tomatoes and kale. A collective area for sprawling plants such as cucumbers and squash. Rows of raspberries. Blueberry bushes. A herb garden. Fruit trees. A shed and a sheltered work area, to be built with old-time timber-frame construction by Marc Nault, president of the Eaton Corner Museum.

Then they elected an official admin-

istrative council - Bolduc, Geneviève Braun, Robert Dodier, Gilles Prévost, and McMullin. At its first meeting, on Feb. 24, the new council selected Bolduc as president, Dodier as vice-president, McMullin as secretary, and Braun as treasurer. Prévost is a director.

All are welcome to participate, said Chantal Bolduc. Anyone who would like to become an active member or a supporter of the Sawyerville Community Garden should register by email at jc-sawyerville@hotmail.com, she said, or contact her at 819-889-3196. Membership costs just \$5.

Ra.writes@gmail.com

Sherbrooke helps Mont Orford Fund

SHERBROOKE

The City of Sherbrooke has decided to support the revival of the Mont Orford ski centre financially, offering \$21,500 to the Mont Orford Recovery Fund., saved in extremis by the municipalities of the Memphremagog MRC organization in 2011.

At the ski centre Tuesday, Mayor Bernard Sévigny announced the donation saying, "I am pleased to announce on behalf of Sherbrooke, that we are taking part in the campaign. It is a gesture of solidarity that we are making," Sévigny said to skiers, staff, and journalists.

The mayor acknowledged that the amount given is not large, but said it sends a clear message to the people of the Memphremagog region.

To put Sherbrooke's commitment in perspective, the Town of Magog has given over \$120,000 over the past three years and Orford Townships has given over \$150,000. Eastman, Austin, and St. Catherine-de-Hatley have also contributed money to the fund.

Sherbrooke decided to participate because the Mont Orford centre plays an undeniable role in the Estrie economy, and Sevigny seems to hope that the station will become increasingly attractive.

"My dream is to see people from Toronto skiing at Mount Orford and coming by plane to the Sherbrooke airport," he said.

When asked, Sevigny did not rule out a further contribution in the future. "We'll talk," he said.

Magog Mayor and Fund Chair Vicki May Hamm welcomed the decision. "It warms my heart," she said.

Since 2011, the recovery fund has raised \$738,790, including money used to purchase groomers, snow-making, and a loading platform installed at the foot of Mont Giroux. It will continue to raise money for the ski centre for another two years.

For his part, President of Mount Orford ski and golf, Jacques Demers, noted that a large percentage of the centre's skiers come from Sherbrooke. "Their presence makes a difference," he said.



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Camera for Checking Medication

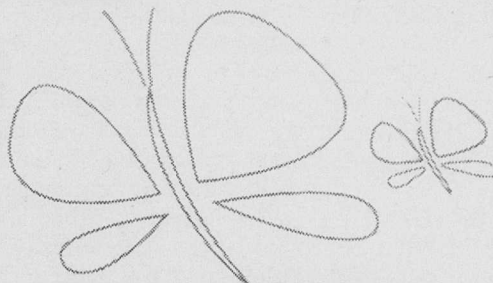
Since the CHUS pharmacy processes nearly a million prescriptions annually, all means for accelerating and improving the process are important. The medication validation camera installed in the oncology pharmacy enabled this team to make such gains.

The pharmacy technicians at the 7th-floor pharmacy prepare the treatments prescribed by physicians. Once the medication has been injected into the infusion bag, the preparation is captured on camera. The picture is automatically routed by e-mail, so that the pharmacist can quickly verify the information and the bag contents without having to be constantly on the move.

The technology is a winning solution for everyone. Patients get their individual treatments more rapidly and all members of the pharmacy staff can respond to requests faster while improving the safety of the entire process.



Pharmacist Geneviève Langlois verifies the medication and doses prepared by a pharmacy technician before the treatment is sent to the care unit and administered to a patient.



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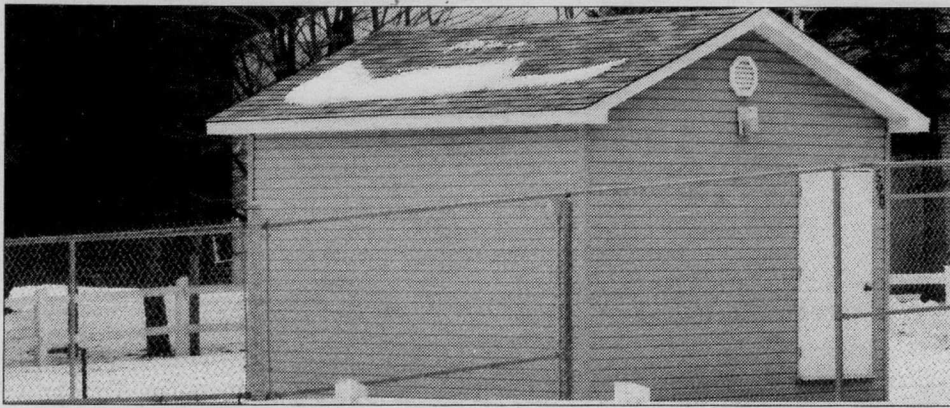


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TBL boil water advisory lifted

Jolibourg well remains shut down

By Kathryn Lexow
BCN Correspondent
TOWN OF BROME LAKE



KATHRYN LEXOW

Town of Brome Lake (TBL) received permission to lift the Boil Water Advisory, on Feb. 25, from the Ministère du Développement durable, de l'Environnement, de la Faune et des Parcs (MDDEFP) and from the Public Health Office.

After more than two months, since Dec. 6, 2013, Town of Brome Lake (TBL) received permission to lift the Boil Water Advisory, on Feb. 25, from the Ministère du Développement durable, de l'Environnement, de la Faune et des Parcs (MDDEFP) and from the Public Health Office.

The press release issued late on Feb. 25 reads, in part: "The Ministry has declared that it is now safe to drink the water from the municipal water supply, given that the Jolibourg well has been shut down since Jan. 15, that the flow rates from other water sources are acceptable, and that no bacteria were found in tests carried out on Feb. 20 and 21, 2014."

Also included: "We are grateful for everyone's continued efforts to use the water supply wisely, enabling us to effectively manage this precious resource into the future."

As reported in the Brome County News (BCN), on Jan. 13, Mayor Richard Burcombe said, "Closing the Jolibourg well, even temporarily, could have a significant impact on the Town's ability to fight fires in some areas."

The town has been unable to confirm the source of the latest contamination of the water supply, which was reported at the onset as fecal-related coliforms coming from the Jolibourg well.

The solution for the Jolibourg well is chlorination which is not new. The town already passed two resolutions to initiate the chlorination of the well some four to five years ago – in 2009 and 2010 – in order to comply with the then new drinking water regulations. However, in the process the town did not comply with the requirements of the MDDEFP.

In fact, as previously reported in the BCN the town had to shut the well down and purchase some \$300,000 of potable water to fill the reservoir in 2012 and spent some \$50,000 for water in June 2013 when the well was put out of operation in order to perform rehabilitation works and tests.

Property owners on the water system were slapped with a \$70 water tax increase, which appeared on their 2013 tax bills. The water tax went up from \$280 to \$350.

In addition, to the some \$350,000 in

potable water purchases, on Jan. 13, 2014, Brome County News requested, in accordance with access to information, all expenditures to rehabilitate, repair, chlorinate and maintain the Jolibourg well from 2003 to 2013 inclusive. So far, the mayor has reported rehabilitation costs for 2013 only, totalling \$34,380.93. This includes hydrogeological support and testing of \$12,640.93 and contractor costs of \$21,740.

The Jolibourg well will remain closed until the chlorination equipment has been installed. It is anticipated that this work will be done before summer, pending a certificate of authorization for the work from the MDDEFP, before the increase for water consumption.

Other problems with the well, built in 1991, date back to at least 1997, due, in part, to years of improper maintenance and problems with "iron bacteria" in water samples, which caused plugging of the filter, according to a town's draft report provided by former inspector Isabelle Valois. However, no engineering reports were made and the MDDEFP did not ask for additional information. The well draws groundwater in an aquifer of sand and gravel, at a depth of 42 metres.

Currently, two other wells at Bailey are supplying the municipal water system.

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EDITORIAL

"Sorry honey, the bitcoin is down so I only made \$12.86 this week."

Bitcoin blues



TIM BELFORD

This week the newspapers were full of reports concerning the modern equivalent of that quintessentially nineteenth century art, pick pocketing. In today's version, it goes something like this: "Stop thief! Stop that man! He stole my bitcoins!"

Now, some of you, like me, who are not up on the latest in computer-driven finance, are probably asking, "What exactly is a bitcoin?" On the other hand, if you're one of the more knowledgeable computer types who keep abreast of this sort of thing, you're probably asking, "What exactly is a bit coin?"

The problem is, that every time someone tries to explain the term 'bitcoin' they get mired down in computerese and end up sounding as if they are trying to describe something that Gandalf conjured up for the benefit of an investor syndicate of Hobbits.

You see, bitcoins don't actually exist, at least in the sense that you can put them in your piggy bank for a rainy day or hide them under your mattress like any sensible human being. Bitcoins are lines of computer code that are digitally signed each time they travel from one owner to the next.

Okay, I'm lost already. What makes a line of computer code valuable? And why would anyone want to trade them back and forth instead of just using good old fashioned cash?

The answer, they tell me, is simple. Using bitcoins the trader can avoid dealing with banks, international money markets, national financial regulators and other nosey people.

You can also move large sums of 'money' around the world very quickly.

This is why bitcoins are so fascinating for criminal syndicates, including drug dealers.

"But where do you get a bitcoin in the first place?" you ask. Well, you can buy them from an exchange or you can go 'mining' for them. The miners in question are computer geeks who actually understand all of this and spend their time on line looking for bitcoins - remember they are nothing more than complicated lines of computer coding. And this is where the problem begins.

It is an axiom of life that any system devised by one human being can be broken by another. This holds true in the realm of computer science as most of us know. It's the reason that we all invest so much money in Panda or McAfee or any of the other anti-virus companies. The difference, however, is that a virus in your computer is an irritant that makes life inconvenient. You may lose e-mails, stored photos or that e-card from the sister in Calgary who's too lazy to write. If you lose track of your bitcoin - one you presumably paid for in the first place - you lose hard cash. And that's exactly what happened to Kolin Burgess.

Mr. Burgess, who likes to think of himself as a 'crypto-currency trader,' according to the National Post, says he lost more than \$300,000 when a bitcoin exchange called Mt. Gox went dark on Tuesday.

It should be pointed out that Mr. Burgess claims he lost \$300,000 but since all that was actually 'lost' were lines of computer code that are probably still out there somewhere, how would he know? Besides, the value of the bitcoins he apparently owned have fluctuated in value from a low of \$12 a piece to \$1,200 a piece all in the same year.

That's right, the value of the bitcoin varies according to demand, sort of like stocks. This is one of the reasons most of us aren't clamouring to be paid in bitcoins in the first place.

"Sorry honey, the bitcoin is down so I only made \$12.86 this week."

What this will do to the bitcoin craze is still open to debate. But I'd be a little leery of giving up the dollar just yet, even if it is only ninety-one cents U.S. As they say, if it's sounds to good to be true, it probably is.

Oh yay...



ROSS MURRAY

The minister in charge of language said Monday that Quebecers should expect tougher language laws if the Parti Québécois wins a majority in the next election. Diane De Courcy didn't even say "new and improved," so you know she's not fooling around.

Clearly, Quebec's language laws have been too lax of late, as evidenced by people more or less getting along (unless you're unfortunate enough to be wearing a hijab). Instead of taking the broad view, a majority PQ government is likely to narrow its focus on language. Yes, a more narrow-minded approach is exactly what we need.

So just what could these tougher laws look like?

- The word "Canada" will be banned from use. Even words containing "can" will be forbidden. Le Canal de Lachine will be known as "Le Quebal de Lachine," ducks will become "quenards," and of course les Cantons de l'Est will be referred to as "les suburbs." If necessary, Canada will be described as "the great mass of land that surrounds us, except for the U.S., who are just fine," or "that country our betraying athletes competed for in the Olympics, but good job nonetheless, everyone," or simply as "the oppressor."

- English public schools will continue to exist, except they will be French schools.

- Sales staff in retail stores will be required to ignore customers in French only.

- Quebec's official greeting will be the scowl.

- Non-French Quebecers will no longer be allowed to greet each other with a two-cheek kiss because, honestly, who are they trying to kid?

- New immigrants to Quebec will be required to wear nametags that read "Trainee."

- The Ministry of Education will change the name of its controversial "Ethics, Religion and Culture" course to "Ethics, Religion and Shunning."

- Health care services will no longer be available in English, as opposed to the current situation where health care services have a slim chance of being available in English if you're lucky.

- Bill 101 restricting access to English education will be extended to Quebec cégeps because it is important for francophone students to experience underage binge drinking in their mother tongue.

- There will be limited advertising by Quebec businesses in English print media. In other words, status quo.

- In dealing with tourists, Quebec businesses will be encouraged to communicate by grunting and pointing.

- Book clubs will be required to feature books by Quebec authors only. Books by English Quebec authors will be allowed in translation, except for that Mordecai Richler guy, because we still haven't forgiven him for that New Yorker piece. Wait, he's dead? No matter; we must relentlessly instruct our children and the children of their children regarding the suffering to the collectivity caused by this great humiliation.

- Crying out the Lord's name during passionate lovemaking must be done in French only. How Quebec will enforce this rule, you don't want to know.

- The motto of the City of Montreal will be changed from "Concordia Salus," meaning "salvation through harmony," to "Pas Bilingue du Tout."

- Municipalities whose English population falls below 50 per cent will lose their bilingual status, meaning public notices will be completely incomprehensible in French only.

- Eyebrows need to be trimmed to 2 millimetres in length. This has nothing to do with language; it's just something that's been bugging the PQ for some time.

- All complaints about oppressive and draconian language restrictions will be addressed by Jean-François Lisée who will personally call you up and tell you to relax, everything is fine, get over it.

- All "for sale," "going out of business" and "looking for drive to Ontario" advertisements must be printed in French only.

- More sign inspectors! Because we don't want the rest of the world to think that Rob Ford is the only idiot in Canada - er, I mean "the oppressor."

THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7
Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
DANIEL COULOMBE NEWS EDITOR (819) 569-6345
STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS

ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
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			GST	PST	TOTAL
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	3 MONTHS	32.00	1.60	3.19	\$36.79

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	55.00	2.75	5.49	\$63.24
	1 MONTH	4.99	0.25	0.50	\$5.74

Rates for out of Quebec and for other services available on request.

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Member

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The Border Report

"When I stepped onto the ice, I was the happiest guy ever."

Brisebois breezes by Stanstead

By Matthew McCully
Special to The Record

On Monday, Stanstead College's girl's and boy's hockey teams were treated to a visit by NHL veteran Patrice Brisebois.

This was only his second time in Stanstead. His first visit was to play in the inaugural match celebrating the opening of the Pat Burns Arena. Named after the first NHL coach he ever played under, Brisebois was quick to mention that he actually scored the first goal in the state-of-the-art arena.

His current job as a player development coach for the Montreal Canadiens keeps him on the road quite a bit, but getting ice time with young players is a pleasure, according to Brisebois.

"It's nice to be here."

Brisebois came to Stanstead to share the skills and experience he gained during his 18-year NHL career as well as his love for the game with the young players.

"Hockey is supposed to be fun," Brisebois said, adding, "When I stepped onto the ice, I was the happiest guy ever."

Brisebois said an important part of player development is being in tune with one's own strengths and weaknesses.

"If you know yourself as a player, that helps. Knowing what you do well, that's good, but knowing where you need to improve will help with overall development."

Brisebois worked with Stanstead's coaches on Monday afternoon, first with the girls, and then with the boys,



PHOTO BY ROSS MURRAY

Patrice Brisebois chats after practice with members of the Stanstead College Girls Hockey Spartans.

to point out little details to improve technique, and to impart a need for a strong work ethic, and to respect the fact that hockey is a team sport.

"You can have fun and work hard at the same time," he said.

Brisebois said that when he was young, he looked up to NHL players, and

imagined what it would be like to share the ice with them. For that reason, taking the time to meet and work with young players is significant and important.

Brisebois' visit coincided with a tremendous hockey energy still resonating, following the Olympics.

Even an 18-year NHL veteran got excited talking about the men's and women's gold medal matches.

He was impressed that the star players played well as a team and each player respected their role. "The defence they had was one of the best I've seen," Brisebois concluded.

Stanstead flourist ready to plant new seeds

By Matthew McCully
Special to The record

As Video Frontière makes the move to its new location in downtown Rock Island and takes over the flower shop, Sylvain Roy says goodbye to the business he owned and operated for years, and welcomes new challenges.

"I loved what I did," Roy explained, referring to the boutique he ran for 20 years in Stanstead.

While a labour of love, it was not without its challenges. "People think it's easy," Roy said. "I was all on my own."

Roy had only been at his new location for 20 months, but in that time, his sales had increased by roughly 29 per cent. That success did translate, however, into a seven day, 75 hour work week. "I had no employees."

"I feel good about my decision," Roy said, adding that since he is approaching 50, it is time for changes.

He has accepted a job at Familiprix. The flower portion of his business was sold to Nick Houle and Brian Reynolds, who will incorporate it into their other services. The franchises that Roy had in his boutique, including Evelyn and Crabtree, were purchased by the pharmacy where he now works.

Roy is looking forward to a less rigor-



PHOTO COURTESY OF SYLVAIN ROY

Sylvain Roy says goodbye to his blooming business after 20 years in Stanstead.

ous schedule. "A 40 hour work week will be almost like retirement," he chuckled. He plans to spend more time on ballroom dancing, a long time passion of his. "It feeds my soul."

While Roy explained that running a flower business is a big responsibility, he

has confidence in Reynolds and Houle. "I believe in the boys," he said, mentioning that he has known Reynolds since he was a child, and considers him like a son.

"I'll go and help them out," Roy said, to help the budding businessmen.

Studio Georgeville presents Members Show



(PHOTO: NIELS JENSEN)

Female red cardinal.

Works by Louise Abbott, Pamela Cartwright, Virginia Cope, Dominique Gagnon, Elin Gustafson, Niels Jensen, Tricia McDaid, Agnes McKenna Power.

The Vernissage will be held on March 1, from 3-5 p.m.

Studio Georgeville is at 20 Carré Copp, Georgeville. 819-843-9992, www.studiogeorgeville.com

The exhibition will continue until Sunday March 30.

IMPORTANT MESSAGE

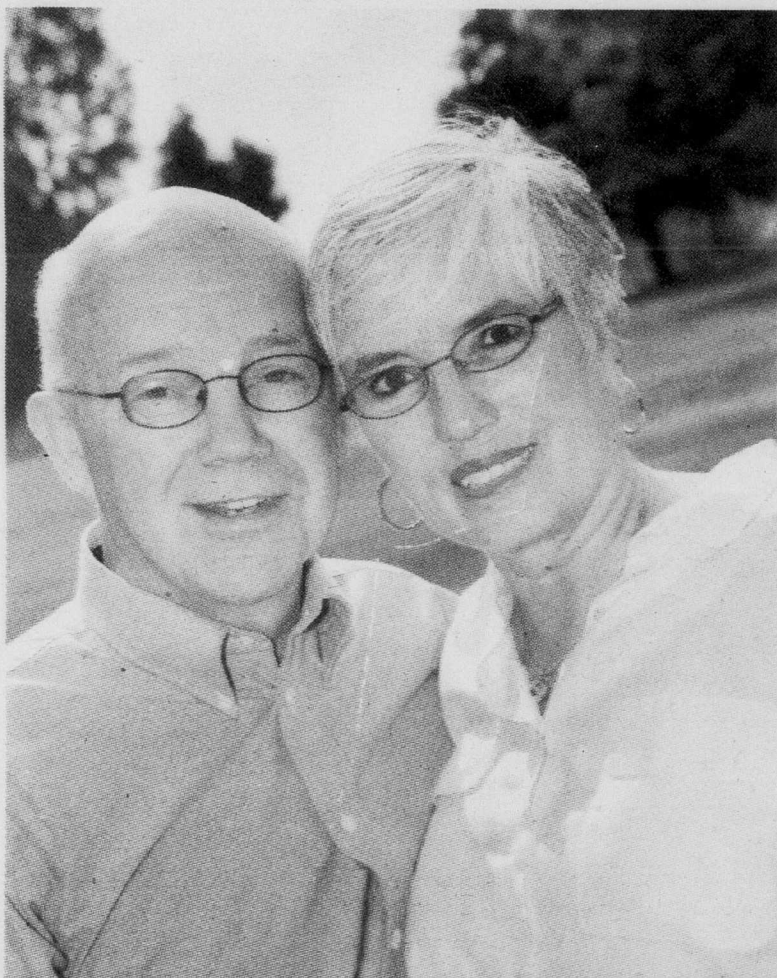
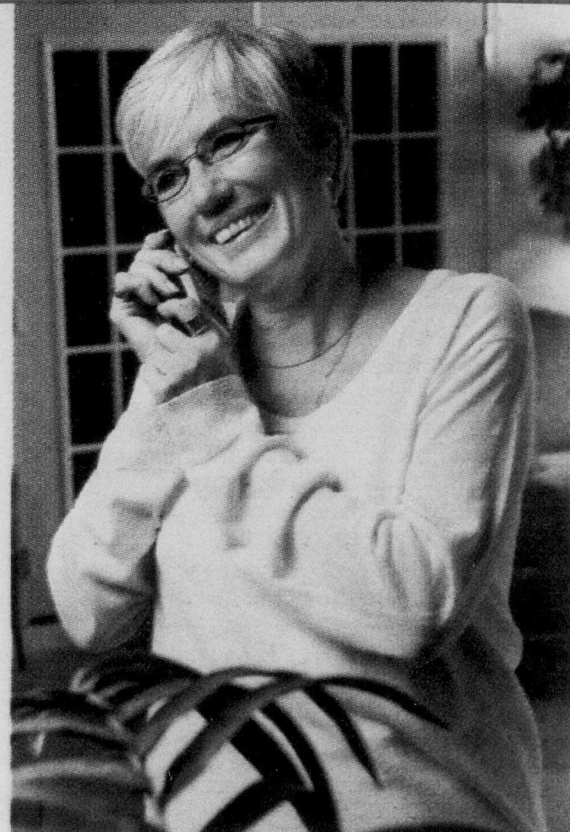
Are any of these familiar to you ?

YES NO

- ☐ ☐ My ears ring or hum
- ☐ ☐ People must speak louder to me
- ☐ ☐ When several people talk at once, I have difficulty understanding
- ☐ ☐ I don't go to the theatre or the movies because I can't hear well
- ☐ ☐ I must turn the volume up on the television and the radio to clearly understand

Did you know?

If you have answered YES to one or more of the above, you should consult a professional.



Did you know ?

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Do you realize that...

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We consult a specialist for our teeth yearly
Take your hearing health in hand and consult a professional!

Did you know ?

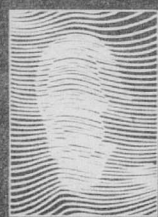
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FRONTIER ANIMAL SOCIETY

Dewey



COURTESY FAS

Dewey is a happy, loving and friendly little pup who is enjoying life to the fullest.

OGDEN

Mostly, when we think about puppies, the images that come to mind are those of cute and chubby little balls of fur romping around with their litter mates or happily playing with a newly discovered toy (and admittedly, puppies are rather good at turning everyday objects like socks and toilet paper into a "toy"). Most of us would likely agree that it is hard not to feel good when in the company of a puppy. They seem to have not a care in the world and frankly why should they?

Being a puppy is supposed to be fun. Carefree and happy however are not words that can be used to describe little Dewey's first seven months. Dewey, along with his three siblings, were born into a life of cruel and deliberate neglect. When he was rescued it was clear he had been deprived of even the most basic care and he was skin and bones.

The first course of action was to have him checked by a vet and to tend to his physical needs. He needed food, hydration and to rest comfortably while he put on some weight and regained his strength. It was very encouraging that within just days of his rescue he was already looking and feeling better and it wasn't too long before that wonderful "feel good" puppy joy began to emerge, and emerge and emerge some more!

Dewey is now a happy, lov-

ing and friendly little pup who is enjoying life to the fullest. He is very outgoing and wants to be friends with everyone he meets. Dewey is like a kid in a candy store; everywhere he turns he sees something that makes him happy. He loves people, other dogs, toys, going for walks, and those delicious doggy treats, oh how he loves getting those treats.

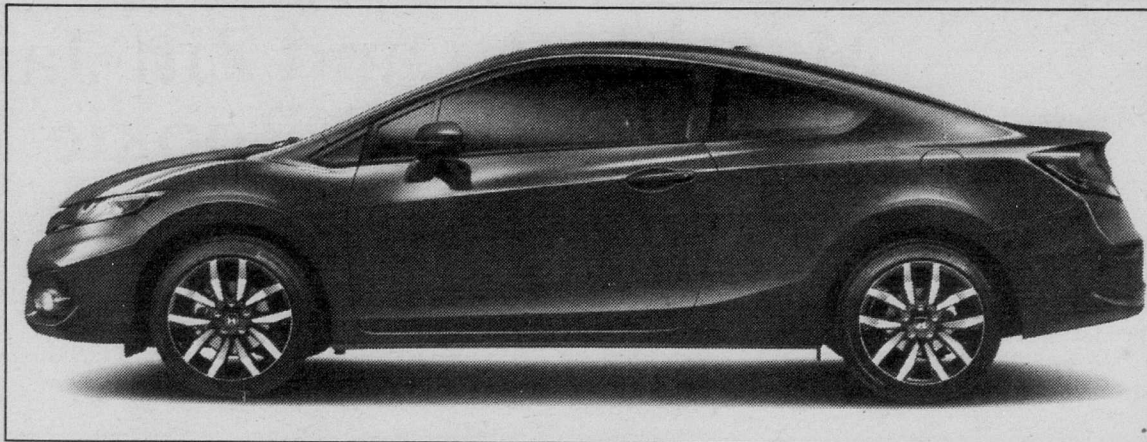
Dewey has a wonderful zest for life so if you are looking for a cheerful, confident, and bright little dog who has nothing but love to give, we hope you'll consider Dewey. He is learning to walk on the leash, sleeps quietly through the night and doesn't seem to bother with cats.

Wondering what his mix is? Frankly, so are we. He looks to have some shepherd and maybe even a little boxer in his lineage but he likely won't grow to be more than 30-35 pounds. If your favourite kind of dog is a purebred mutt, he certainly fits the bill. Dewey is approximately nine months old.

To find out more about Dewey, please send an email to frontieranimalsociety@gmail.com or better yet, give our adoption coordinator Brenda a call. You can reach her any day of the week between 8 a.m. and 8 p.m. at 819.876.7747.

The shelter is located at 2405 Griffin Rd (Route 247), Ogden. To reach the shelter answering machine please call 819 876-7785. email: frontieranimalsociety@gmail.com

2014 Honda Civic Coupe



A Civic for every walk of life



By Lesley Wimbush

ORLANDO, Florida – The sweeping, cobblestone road, flanked on either side by vineyards and tall juniper columns, ends at a sprawling, \$40 million stone fortress surrounded by Italian cypress. Proof that with enough money, a central Florida landscape can be transformed into a convincing Tuscan estate.

An ultra-exclusive country club seems an odd place to showcase a Japanese compact car, and our convoy of grey Honda Civics looked a little out of place amongst the sun-drenched vines. However, when you consider that the Civic has been Canada's top-selling car for 16 consecutive years, it could easily buy the place outright.

What is the Honda Civic Coupe?

Introduced in 1973, the Civic, now in its 9th generation, is Canada's top-selling car. Of those sales, 15% are two-door coupes. The combination of economic decline, fierce competition, and interior quality complaints took a big chunk out of Civic sales recently, but it rebounded for 2013 with a 10.4% increase.

Dave Gardner, Honda Canada's VP of Sales and Marketing credits the Civic's well-rounded packaging for its popularity.

"The word 'Civic' is defined as 'relating to a citizen,'" he explains. "We have a Civic for every walk of life."

The Civic returns in 2014 with new exterior styling, upgraded safety and technology, and a new CVT.

2014 Honda Civic Coupe Price and Specs

The Civic Coupe is available in four trim levels: the volume-selling LX \$18,840 (39%); EX \$20,900 (37%); EX-L Navi \$25,600 (14%); and the performance-enhanced Si at \$26,665 (10%).

Returning is the familiar 1.8L VTEC 4-cylinder, but exhaust tweaks have increased its output to 143 hp/129 lb-ft (up from 140/128). The Si Coupe's 2.4L engine increases to 205 hp/174 lb-ft (up from 201/174).

LX and EX models have a choice of 5-speed manual or CVT, while the EX-L is available with CVT only, and the Si comes exclusively with a 6-speed manual transmission. Fuel economy (L/100 km): 7.3 city; 5.5 hwy (manual); 6.7L/100km city; 5.0 hwy (LX); 6.9 city; 5.1 hwy (EX, EX-L Navi); 9.9 city; 6.6 hwy (Si coupe).

Driving the 2014 Honda Civic Coupe Our morning was spent at the wheel of a Civic Coupe EX with a CVT, unfortunately there were no Si models available for testing.

A firmer suspension with revised dampers gives the Coupe flatter cornering ability without undue harshness. Florida's mostly flat terrain didn't present much opportunity for the car to really exert itself, but it handled the winding back country roads nicely. The big news for 2014 is the addition of a continuously variable transmission (CVT).

Although universally disliked by performance fans for their characteristic moaning and sluggish response, CVTs are extremely efficient when it comes to fuel conservation. Thanks to a set of wheel-mounted paddles (Coupe only) the Civic's CVT can emulate a seven-speed transmission allowing the driver to gear down and use the engine brake while cornering or, when in "S" mode, control the transmission shifts entirely. This almost completely alleviates the traditional droning and brightens the drive experience considerably in the 2014 Honda Civic Coupe.

Inside and Out of the 2014 Honda Civic Coupe

Externally, the Civic Coupe remains much the same, with the exception of a more aggressive grille and updated rear fascia. The new "solid wing face" incorporates new headlamps into the sweeping grille, underlined by a new fascia with larger air openings. A more chiselled rear finishes it off nicely. Si models receive new 18" rims, a "floating" decklid spoiler, and an even more aggressive front fascia and rear diffuser.

Inside, the cabin retains the same driver-centric layout with its "two-tier dash," but adds a black colour theme and new upholstery fabrics.

Honda ramps up the tech content with a new "Display Audio" multimedia system resembling an iPad. Geared to appeal to younger buyers, the system works through touch using two fingers to flick, slide, pinch or tap through various controls. Like many such systems that work well in theory, this one entails cumbersome screen-shuffling that could more easily be executed by simple knobs.

New technology includes HondaLink connectivity, which lets the driver access a variety of services using their own cell phone data. Facebook, Twitter, thousands of music stations, and even audio books can be accessed using steering-wheel or voice-activated controls. While EX-L Navi and Si models come with embedded Navigation, Display Audio-equipped models can download a HondaLink navigation app (\$59).

Lane Watch, which first appeared on the Accord, uses a passenger mirror camera to reveal blind spots in the inside lane when the turn signal's activated.

Comparing the 2014 Honda Civic Coupe

Although the folks at Honda declined to name their main competitors, the Elantra and Mazda3 have really upped the ante over the last half-decade, with the Corolla a perennial favourite, too. On sale since December, the new Civic sold 1,715 cars in January to the Elantra's 1,078, Corolla's 990 and Mazda3's 749.

Upgrades in features and technology have made this segment more cutthroat than ever, and the Civic's improvements will help in the fight to maintain its position as segment leader.

"I can't recall a better time to buy a new car," said Dave Gardner.

"It's a pretty good fight with Elantra and Mazda3. But let's just say we will be as competitive as the market requires us to be."

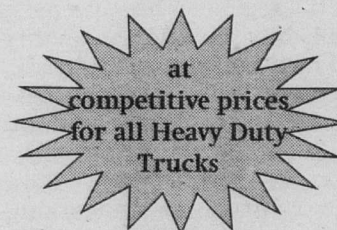
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53866

Local Sports

Marchizotti looked more and more comfortable at the CIS level as the season went on.

Marchizotti and Zitt-James named to RSEQ Rookie Team

MONTREAL

The Bishop's Gaiters women's basketball team received a silver lining following their winless season. Wednesday the Réseau du Sport Étudiant du Québec (RSEQ) released its University all-stars and award winners. Gaiters Mara Lis Marchizotti and Naomie Zitt-James were both named to the RSEQ all-rookie team.

The 6-foot-4 Marchizotti earned a spot on the team despite only playing eight regular season games due to injury. The Buenos Aires, Argentina native averaged 6.1 points and 3.9 rebounds while playing on average 23.5 minutes per game. The Fine Arts major looked more and more comfortable at the CIS level as the season went on before her campaign ended prematurely.

Zitt-James, an Ajax, Ont. native averaged 23.8 minutes per game in the 13 games she appeared in. She tallied 5.5 points, 2.2 rebounds and one assist per game. The 5-foot-8 guard was often called on to defend the opposing team's top perimeter player. Zitt-James, a psychology major, has lots of potential as she did not look out of place at the CIS level despite battling injuries throughout the season.

A complete list of winners

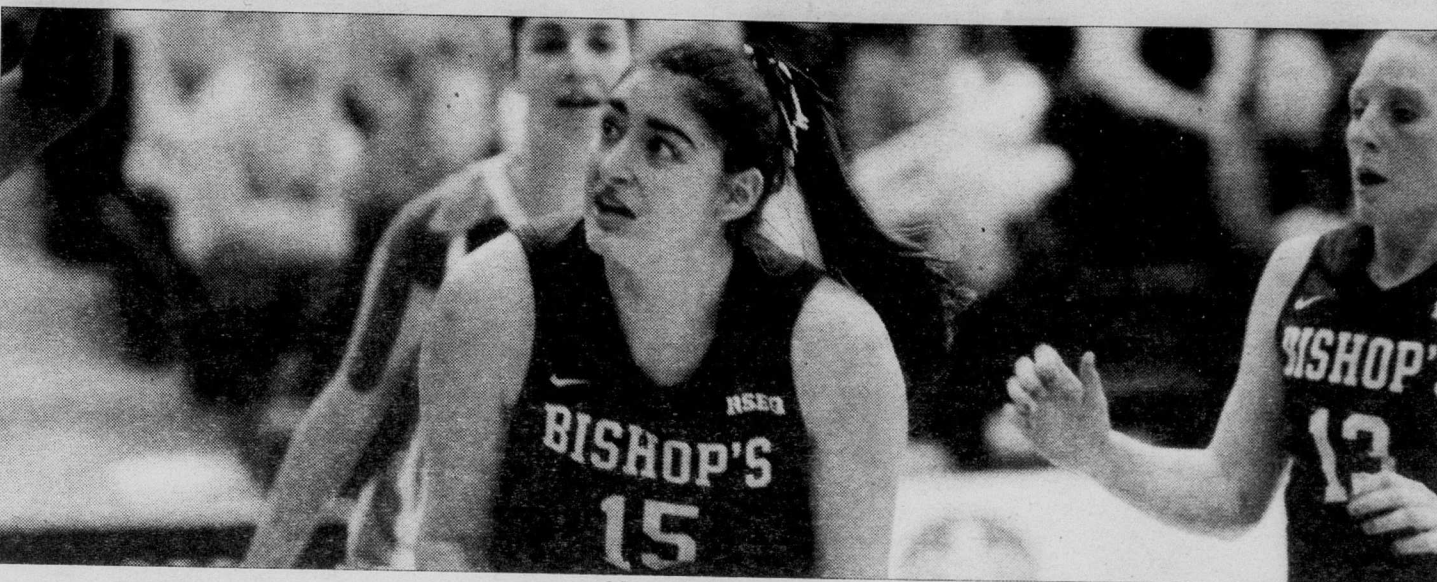
FIRST ALL-STAR TEAM

Mariam Sylla, Université McGill
Kaylah Barrett, Université Concordia
Francoise Charest, Université McGill
Queteline Celistin,
Université du Québec à Montréal
Jessica Lubin,
Université du Québec à Montréal

SECOND ALL-STAR TEAM

Marilyse Roy-Viau,
Université Concordia
Jannie Jacques, Université Laval
Camille Michaud,
Université du Québec à Montréal
Gabrielle Girard, Université Laval
Helene Bibeau, Université McGill

ALL-ROOKIE TEAM



Mara Lis Marchizotti.



Naomie Zitt-James.

COURTESY PHOTOS

Jennifer Silver, Université McGill
Raphaëlle Côté, Université Laval
Mara Lis Marchizotti,
Bishop's University
Lisa Lefevre, Université Laval
Naomie Zitt James,
Bishop's University

PLAYER OF THE YEAR

Mariam Sylla, Université McGill

ROOKIE OF THE YEAR

Jennifer Silver, Université McGill

DEFENSIVE PLAYER OF THE YEAR

Queteline Celestin, Université du Québec à Montréal

LEADERSHIP AND COMMUNITY SERVICE
AWARD (RSEQ NOMINEE FOR THE SYLVIA
SWEENEY AWARD)

Marie-Pier Bastrash,
Université McGill

COACH OF THE YEAR

Ryan Thorne, Université McGill.

OFFICIAL OF THE YEAR

Max Audette.

Source: Marty Rourke.

Sylvie Bernier promotes active, healthy living

SHERBROOKE

As Olympic diving gold medalist and Healthy Lifestyle Ambassador, Sylvie Bernier addressed fifty regional leisure, recreation, and family stakeholders and elected officials in the region on how elected officials can contribute to the quality of life and health of Estrie families.

"Elected officials and municipal employees are key players in promoting the quality of life of their citizens and by extension their health," Bernier said. "Every day, they are working to

create and maintain facilities and they adopt policies and management plans for better community life. In short, the majority of their decisions have an impact on the lifestyle of citizens."

Jacques Demers, President of the CRE Estrie, stressed the important role of municipalities and territories for the establishment of favourable conditions for a healthy lifestyle. "Elected officials and municipal recreation workers are frontline actors in projects linked to healthy lifestyles. Developing sports and recreational facilities and a varied activities program are among the ac-

tions that can be put forward by Estrie municipalities. That's why the objective of the Ms. Bernier's presentation was to educate our elected officials on the importance of their contribution toward a healthy lifestyle."

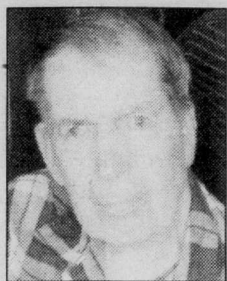
The regional committee for the promotion of healthy lifestyles, co-chaired by the CRE Estrie and the Department of Public Health Estrie, is developing an action plan, supported by Québec en Forme, to develop innovative initiatives by 2016 to enable people to adopt a healthy lifestyle and be physically active.



TWITTER

1984 Olympic Gold Medalist Sylvie Bernier spoke to regional officials about the role they play in encouraging healthy lifestyles.

Deaths



Ivan WENDELL GILBERT

Passed away peacefully on Monday, February 24, 2014 at the Centre Hospitalier Universitaire de Sherbrooke after a short illness. Ivan was born on April 16, 1933, the son of the late Ralph Gilbert and the late Verlie Kenney Gilbert of Bishopton, Quebec. He will be greatly missed by his sisters Thelma (Ronald Westman) and Verna (Marcel Cotnoir) and his many nieces and nephews. Ivan was predeceased by another treasured sister Marion (Stanley Downes) of Troy, New Hampshire.

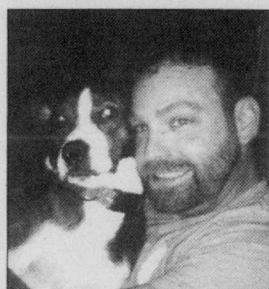
Ivan lived his entire life in the Eastern Townships. He held a certificate in the Fundamentals of Electronics and enjoyed technology. He spent part of his working life at the Bishop Casket Factory in Bishopton and also worked with his father at the Bury Gristmill & Sawmill. Ivan later ran his own lawn care business for several years.

The family would like to thank the St. Paul's Rest Home in Bury for the wonderful care Ivan received during the many years he resided there. The funeral will be held at 2:00 p.m. on Thursday, February 27, at the Cass Funeral Home in Lennoxville at 3006 rue College St. Sherbrooke, QC. Family members will hold visitation from 1:00 - 2:00 p.m., prior to the funeral service.

In lieu of flowers, the family asks that donations be directed to the Lakeside Cemetery in Bishopton, c/o Marie James, Box 168, 101 Main St. Bishopton, QC JOB 1G0.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca

Deaths



Jonathan Lee LUCE December 31, 1980 - February 21, 2014

It is with great sadness that we announce the sudden death of Jonathan Lee Luce, born December 31, 1980, who left us on February 21, 2014.

Beloved son of Keith Luce (Wendy) and Andree "Kathy" Chapdelaine (David). Grandson of Lena Luce (the late Ronald Luce) and the late André and Claire Chapdelaine, and step-grandson of Marion Cox. Cherished brother of Nick Luce (Nancy) and Jessica Luce (Shawn). Loved uncle of Savannah and Tyler Kerr, Trinity Luce, Robyn and Mandi Smith. Step-brother of Randy Maxfield (Sandy), Josh, and Corey Lord (April). He will be sadly missed by his many aunts, uncles and cousins, as well as his special friends Greg, Chad, Nick and Danny, and his Godparents Johnny and Susan Samson. He will forever be in our hearts!

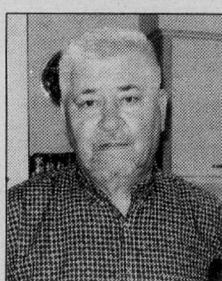
Resting at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville), QC, where friends may visit on Friday, February 28 from 7 to 9 p.m. and on Saturday from 1 to 2 p.m. A celebration of Jonathan's life will be held at the funeral home on Saturday, March 1 at 2 p.m. with Rev. Barbara Wintle officiating. Interment in the Moe's River Cemetery.

Donations to the Moe's River Community Association, c/o Grace Court, 109 ch. Moe's River, Compton, QC, JOB 1L0 would be greatly appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke (Lennoxville), QC J1M 1T9
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RECORD Classifieds

Deaths



Linze HOEKSTRA

1940 - 2014

At his residence in East Farnham, QC, on Sunday February 23, 2014, at

the age of 73, passed away Linze Hoekstra, beloved husband of the late Joan Elaine Macey.

He leaves to mourn his children, Theresa (Brian) and Bruce (Harrella), his grandchildren, Justin (Christina), Matthew (Samantha), Eric (Amy) and Jessica, his sister Minke (Réal), his constant companion "Dino". Predeceased by his brother Bart (Janet).

Family and friends will be welcomed at the Desourdy Funeral Home, 109 William, Cowansville, QC, J2K 2N5, Phone: 450-263-1212, Fax: 450-263-9557, info@desourdy.ca, www.desourdy.ca, on Saturday March 1, 2014 from 9 a.m. to 11 a.m. followed by the funeral service at the chapel. Interment at a later date. The Rev. Tim Smart is officiating.

Donation in his memory to the BMP Hospital Foundation www.bmpfoundation.ca, would be appreciated.

DÉSOURDY FUNERAL HOMES
104 Buzzell St., Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

In Memoriam



GLAVIN, Merrill and Doreen - In memory of our loving parents: father - September 29, 1994 and mother - February 27, 2012.

*We miss you Mom and Dad,
Your smiles we see no more,
Our hearts long to hold you
And whisper the words "I love you."
We have our memories of you
That's what holds us together,
We will continue through our days
Until that wonderful day
We're together in our Heavenly home.*

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Datebook

Today is the 58th day of 2014 and the 69th day of winter.

TODAY'S HISTORY: In 1827, a group of costumed students paraded down the streets of New Orleans in celebration of Mardi Gras, creating the city's trademark festival.

In 1951, the 22nd Amendment to the Constitution was ratified, limiting presidents to two terms.

In 1973, roughly 200 Native-American activists and members of the American Indian Movement occupied the village of Wounded Knee on Pine Ridge Reservation in South Dakota, beginning a stand-off with federal marshals that lasted until May 8.

TODAY'S BIRTHDAYS: Henry Wadsworth Longfellow (1807-1882), poet; Hugo Black (1886-1971), U.S. Supreme Court justice; Marian Anderson (1897-1993), singer; John Steinbeck (1902-1968), author; Joanne Woodward (1930-), actress; Elizabeth Taylor (1932-2011), actress; Ralph Nader (1934-), consumer activist; James Worthy (1961-), basketball player; Donal Logue (1966-), actor; Tony Gonzalez (1976-), football player;

Chelsea Clinton (1980-), journalist; Josh Groban (1981-), singer-songwriter.

TODAY'S FACT: In 1939, first lady Eleanor Roosevelt resigned from the Daughters of the American Revolution when it barred African-American singer Marian Anderson from performing at Constitution Hall. Anderson performed at the Lincoln Memorial instead.

TODAY'S SPORTS: In 1992, 16-year-old Tiger Woods competed in the Nissan Los Angeles Open, becoming the youngest participant in a PGA event in more than 30 years.

TODAY'S QUOTE: "I wonder how many people I've looked at all my life and never seen." — John Steinbeck, "The Winter of Our Discontent"

TODAY'S NUMBER: 1,325 — career NFL receptions by tight end Tony Gonzalez of the Atlanta Falcons. Gonzalez is second on the all-time list, behind Hall of Fame wide receiver Jerry Rice (1,549).

TODAY'S MOON: Between last quarter moon (Feb. 22) and new moon (March 1).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

Uplands Cultural and Heritage Centre is pleased to present its first exhibit of 2014, Continuum, revealing the photographic work of artists Nathalie Ampleman and René Bolduc, at Uplands, 9 Speid Street in the borough of Lennoxville. The exhibit will run until March 9. Uplands is open Wednesday to Sunday from 1-4:30 p.m. Info: (819) 564-0409.

AYER'S CLIFF

500 Card Parties, Mondays Feb. 17, 24 March 3 & 10 at 1:30 p.m. Legion Hall, Ayer's Cliff, to benefit the Royal Canadian Legion Br. 128. Info: 819-876-7308.

MAGOG

Turkey Supper with all the trimmings will be held on Saturday, March 8 at St. Paul's United Church, Magog starting at 5 p.m. Admission charged. Benefit of the Frontier Animal Society. Reservations a must! Limited number of tickets. Reserve early! Call Mary at 819-838-1421.

LENNOXVILLE

HCC Seniors Lunch will be held at noon on Thursday, February 27 at Hope Community Church, 102 Queen St., Lennoxville, entrance from parking lot, elevator available. Everyone welcome. For information please call Elaine at 819-563-8700. Our next luncheon will be held on March 27.

RICHMOND

The Richmond Soccer Club registration will be held at the Community Centre, 820 Gouin St., Richmond on March 1 from 9 a.m. to noon. For more information call 819-826-5705 or 819-826-6908.

KNOWLTON

Pancake Supper from 4 p.m. to 7 p.m. on March 4. Homemade pancakes and beans with sausages and real maple syrup will be held at Holy Trinity Church Hall, 218 Iron Hill Road. Admission charged, under 5 years free. Come and bring a friend and enjoy a break from old man winter. Information: 450-263-2579.

BULWER

It's time for "Irish Night" at the Bulwer Community Centre on Friday, March 7, at 7 p.m. Join the fun, sing along, enjoy the talented local musicians and storytellers. Wear something green! Coffee and snacks available. Admission charged, half price for children. Irish Night is a fundraiser for the Eaton Corner Museum.

DANVILLE

Pancake supper, Tuesday, March 4 from

4:30 p.m. to 6:30 p.m. Pancakes, sausages, homemade baked beans, fruit salad, cookies, tea and coffee. Trinity United Church Hall, Danville. Fundraiser for the Sunday School children.

SHERBROOKE

Celebrate St. Patrick's Day at the Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke on Saturday, March 15 starting at 11 a.m. There will be Irish coffee, Irish stew and music. For more information call 819-563-4944.

AUSTIN

MS Branch 2000 Social Afternoon on Sunday, March 2, 1:30 p.m. to 6 p.m., at the Municipal Hall on Millington Road, Austin with Jimmy Edwards & The Country Folks. Good old Country toe tapping music and laughter. Slight charge on soft drinks and chips to help cover costs. Coffee and tea is Free. Light snacks served at 4 p.m. Everyone is encouraged to bring a few sandwiches or a dessert to keep our costs down. See you there Folks!

RICHMOND

It's time again for some winter fun at the Variety Show Cafe 2014 at Richmond Melbourne United Church, 247 Principale S., Richmond on Friday, February 28 starting at 7:30 p.m. Lots of entertainment! Refreshments available.

RICHMOND

Upcoming events at the Richmond Legion, Branch #15. Saturday, March 1 beginning at 1:30 p.m. Legion Green Sale,

admission charged. Friday, March 7 at 3 p.m. St. Paddy's Sing-a-long and "what-ever", free admittance. Sunday, March 16, 9 a.m. to noon. Parade Brunch, admission charged. Sunday, March 16, music at the Legion following St. Pat's Parade, free admittance.

KNOWLTON

Pancake Supper at the new Oddfellows' Hall (480 Knowlton Road) from 5 p.m. to 7 p.m. on Tuesday, March 4. Lots to eat. Everyone welcome. Admission charged.

AYER'S CLIFF

St. Patrick's Day Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff on Sunday, March 16 from 11 a.m. to 1 p.m. Come and enjoy a meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are welcome.

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Why does the film industry produce movies with words and scenes that are such filth

THURSDAY, FEBRUARY 27, 2014

Annie's Mailbox

Dear Annie: I'm livid. My 14-year-old daughter and her friends want to see a certain PG-13 movie on Saturday. But after I read the reviews, I will not allow her to go. Why does the film industry produce movies with words and scenes that are such filth?

We want movies for our children that have decent content and tell stories that have values and drama without us parents always having to worry that what will be said or shown is contrary to what we want our children exposed to. Can't some great producer or film school graduate figure that out? They would be surprised to know how many parents no longer allow their kids to go to the movies, and that means no money in their pockets.

Please, let's protect their innocence as long as possible before they have to see the world's ugliness passed off as entertainment. — Mom

Dear Mom: If all kids truly stayed away from PG-13 movies that contained too much violence, sex and foul language, change would come. Unfortunately, that's not what happens. Your daughter and her friends might stay home, but most kids don't.

We, too, wish Hollywood would stop pandering to our most base instincts, but as long as the money keeps coming in, that's what is going to be out there. The only movies guaranteed not to have such material are those rated G and PG. Beyond that, parents have to read reviews and use their best judgment.

Dear Annie: My parents, who were both from West Virginia, met in college and settled in New York. We spent our childhood summers on our grandparents' farms, and I couldn't wait to go back. I work now as a special education teacher and live in a small village in the Blue Ridge Mountains.

Every summer, my sisters and I get together in New York. Last summer, we met at the home of one sister who married

into wealth. Although I have been ignoring her occasional criticisms about my hair, makeup, clothes and shoes for decades, this summer was particularly difficult. Late in the evening, she began a long satirical monologue about how cheap and ugly my shoes were. A few of the others chimed in, but I don't hold it against them. They were doing it to avoid being her next target. After all, they live near her and have to endure her ostentatious behavior often. I couldn't wait to leave.

I value family, especially now that we are older and two of my siblings have passed away. But I'm beginning to wonder. By the time I leave these gatherings, I feel disrespected and diminished. I have close friends in West Virginia who love and value me. I'm wondering whether I should bow out of these summer reunions and limit my exposure to Christmas only. — Thank God I'm a Country Girl

Dear Country Girl: You certainly don't have to subject yourself to such poor treatment frequently, but have you told your sister how her belittling comments make you feel? She may not realize how much she is hurting you and that her nastiness destroys the family closeness you crave. She may claim that she was "only joking," but still, give her the opportunity to clean up her act before you take drastic action.

Dear Annie: "Tired of Living the Lie" states that her children are hurt because they feel their happy childhood was a lie. It WAS a lie. I am sick of hearing how people put up with a lousy marriage for "the sake of their children." You do your children a far greater disservice by raising them in a dysfunctional, loveless facade of a marriage than you would raising them as a single parent.

You need to cherish, love and honor yourself before you even think of finding another man. Don't quit counseling. — I Moved On

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

Ladies Auxiliary of the Royal Canadian Legion Branch #15

February, 2014 meeting - The regular meeting was held on February 18 at the Legion Hall with an attendance of 12.

Meeting was called to order at 7 p.m. The flags were presented by Cmdes. Helen Knowles, Linda Badger and Shirley Noble, under the direction of Cmd. Wendy Ridley. No musician, so no music. Pres. Cmd. Bev opened the meeting in regular form.

Secretary Cmd. Lucie read the minutes of the previous meeting and they were accepted. Treasurer Cmd. Dawn gave her report which was also accepted. There were no bills presented.

Correspondence - One receipt for a donation given and a letter asking us to submit a name for the volunteer of the year for April 9, 2014.

Reports of Committees

Membership - absent.

Health and Welfare - Cmd. Ann had sent out a Sympathy card.

Kitchen - absent.

Publicity - Cmd. Mildred reported everything up to date.

Ways and Means - Cmd. Bev needs helpers and cookies for the card party on February 27. Other upcoming events: Irish Stew Supper on March 6; Flea Market and Bake Sale on April 5; also the Green Sale on March 1. Also looking for help to decorate the Hall upstairs before the Green Sale.

Being no further business, meeting was adjourned, colours retired and meeting closed in regular form followed by a social hour. Half and half was won by Cmd. Dawn.

In Comradeship

Cmd. Mildred E. Holliday P.P.

Publicity Chair.

E-mail your social news to classad@sherbrookerecord.com

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.

"AJDH, X PZWH LB CZDT LILHVEA, GJE
X'L EPH MXDR BIJ'RR AHH CDXWXVM
CIOV EPH PXMPOZB AXVMXVM EI
GRIVCXH." — VZILX OZEEA

Previous Solution: "What we call the secret of happiness is no more a secret than our willingness to choose life." — Leo Buscaglia

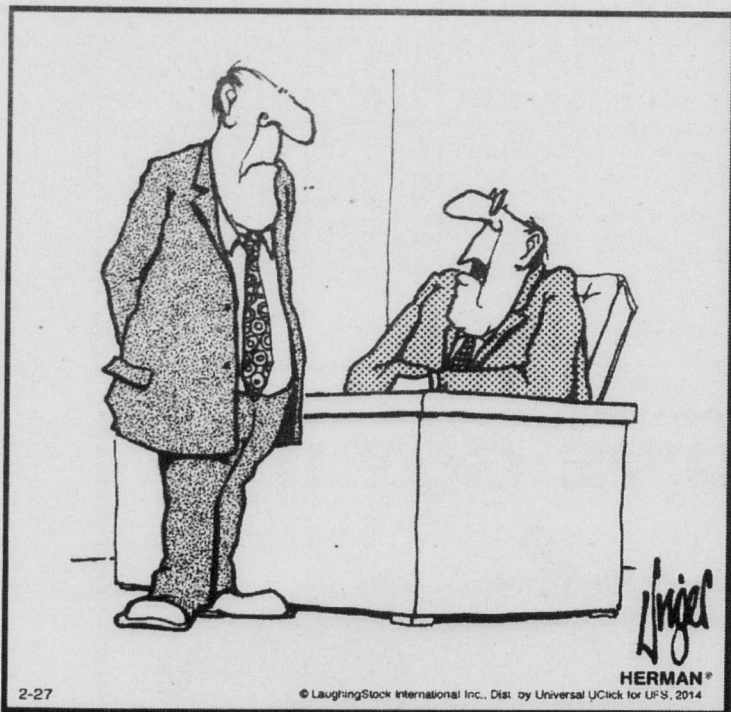
TODAY'S CLUE: X equals J

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KIT N' CARLYLE

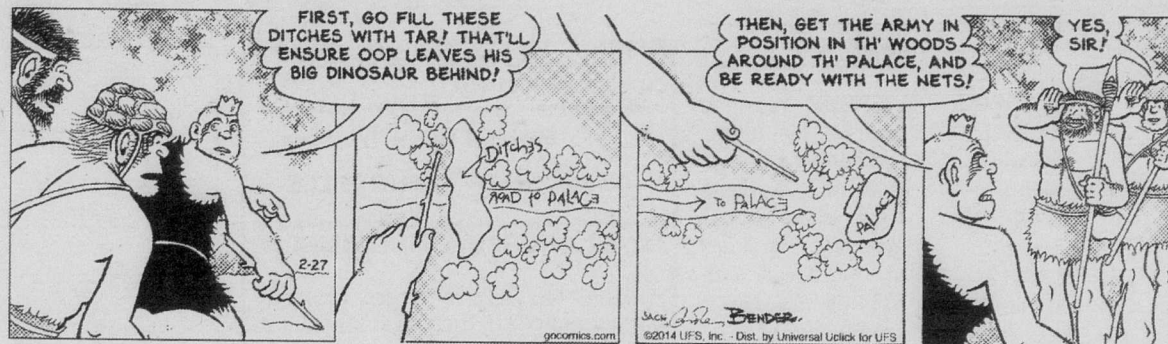


HERMAN



"Have a good vacation. I've decided not to give you your bad news until you get back."

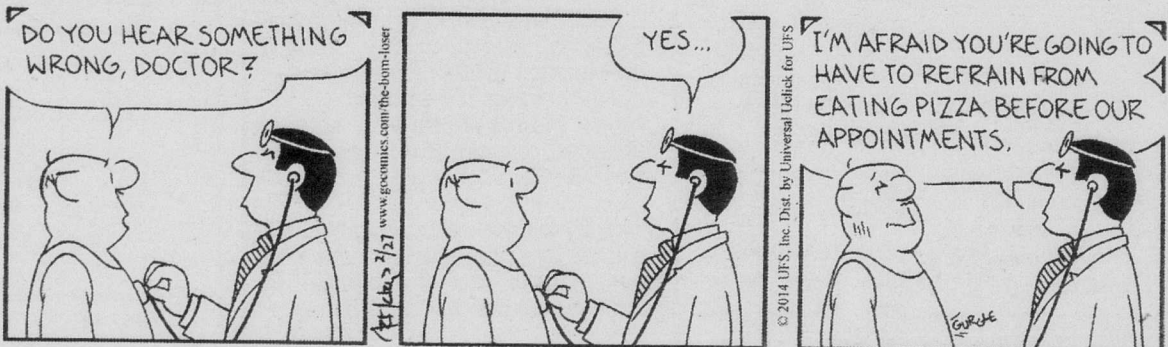
ALLEY OOP



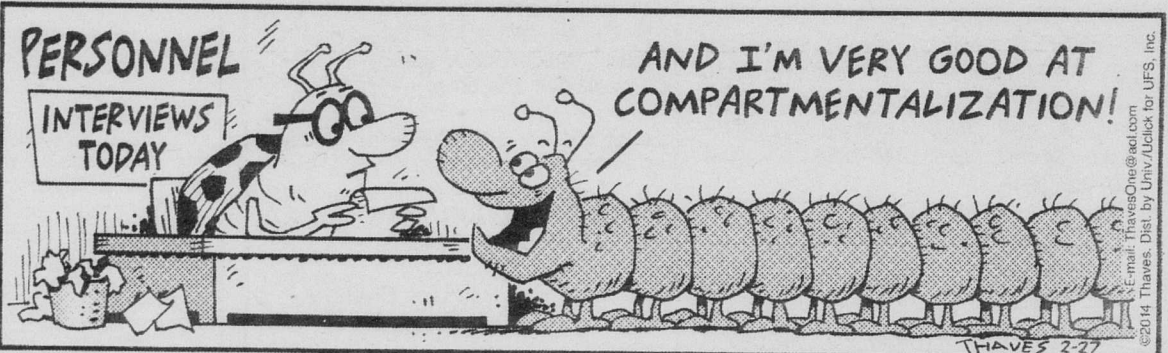
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THE BORN LOSER



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PUBLIC NOTICE

CITY OF SHERBROOKE

**BY-LAW NO. 970
BOROUGH OF LENNOXVILLE**

TO ALL INTERESTED INDIVIDUALS,

PUBLIC NOTICE is hereby given by
the undersigned, the assistant clerk of
the City of Sherbrooke:

THAT during the regular meeting held
January 20, 2014, City of Sherbrooke
Municipal Council adopted by-law No.
970, amending by-law No. 648-97, the
zoning by-law of the former Town of
Lennoxville, to:

- expand residential zone Ra-34 from
parts of residential zones Ra-35 and
Rb-11 and parts of commercial
zones Cb-6 and Cc-4;
- expand residential zone Rb-11 from
part of residential zone Ra-34;
- allow the construction of a driveway,
vehicle entrance, and lane to serve
a residential use in a commercial,
industrial, public, or other zone in
the situation where residential use is
not authorized in the zone;
- repeal the maximum front setback
distance prescribed for residential
zone Ra-34;

THAT By-law No. 970 complies with
the land use planning and develop-
ment plan of the Municipalité ré-
gionale de comté de Sherbrooke;

THAT the original version of this by-
law is filed in the municipal archives at
the clerk's office located at 191 Du
Palais, Sherbrooke, where it can be
consulted at any time;

THAT By-law No. 970 came in effect
on February 25, 2014.

**GIVEN IN SHERBROOKE, this 27th
day of February 2014.**

Me Line Chabot
Assistant Clerk

Ville de
Sherbrooke

www.ville.sherbrooke.qc.ca

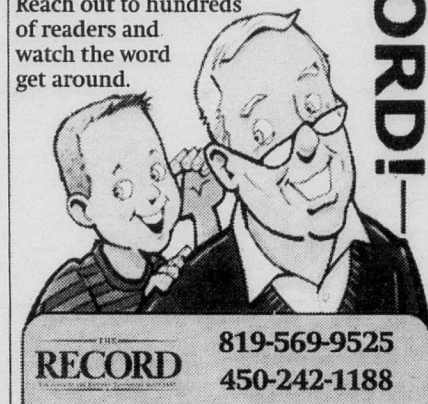
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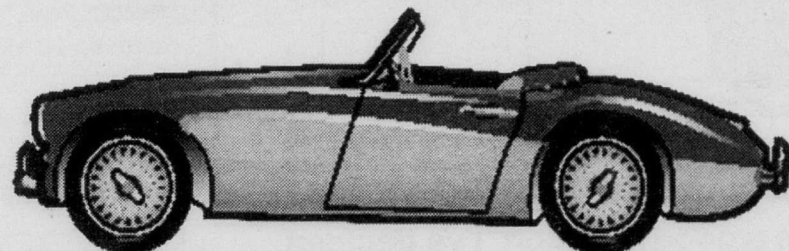
PREVIOUS SOLUTION

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

HOW TO PLAY:

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must contain the num-
bers 1 through 9 without
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Your Birthday

THURSDAY, FEBRUARY 27, 2014

You will start fulfilling some of your dreams this year. The ability to see your efforts through will enable you to take on many new and interesting projects. Your concentration and intensity will bring you that much closer to your goals.

PISCES (Feb. 20-March 20) — Don't let uncertainty stop you from making necessary changes. Personal growth requires you to take one step at a time. Once you consider the pros and cons, you won't be afraid to move forward.

ARIES (March 21-April 19) — You will become involved in an interesting new relationship. Unusual rewards will come your way as a result of offering your services to a worthy cause or deserving individual.

TAURUS (April 20-May 20) — By concentrating on love and the fun things in life, you will feel good about your future. Don't let negative people drag you down.

GEMINI (May 21-June 20) — Opportunities are coming your way. Indecisiveness or hesitation will end up being costly. Relentless pursuit of your goals and keen concentration will enable you to achieve the desired results.

CANCER (June 21-July 22) — You will make substantial progress if you listen to advice given to you. With the relevant information, you will be able to take control of the situation and forge ahead with confidence.

LEO — (July 23-Aug. 22) Money matters

will weigh heavily on your mind. Pay off outstanding debts and remind others of what they owe you. You will be able to relax once you have a clean slate.

VIRGO (Aug. 23-Sept. 22) — By making some inexpensive and simple changes around the home, you can reduce your stress and calm your nerves. A comfortable and relaxing environment is essential to your health and well-being.

LIBRA (Sept. 23-Oct. 23) — Don't feel as if life is passing you by. Find an activity that motivates you to participate. Being active will renew your energy and help you rediscover your passion for living.

SCORPIO (Oct. 24-Nov. 22) — Someone may be withholding information. Ask direct questions that will reveal hidden secrets. Once that is determined, an answer will be found that will satisfy everyone.

SAGITTARIUS (Nov. 23-Dec. 21) — Attend meetings or social gatherings conducive to learning valuable information about something you aspire to. An expert will provide you with a practical plan for advancement.

CAPRICORN (Dec. 22-Jan. 19) — Positive changes lie ahead. Discuss your future and your dreams with your loved ones. Now is an opportune time to seal contracts, close deals and finish up any incomplete assignments.

AQUARIUS (Jan. 20-Feb. 19) — You will be overwhelmed by the tasks expected of you. Discipline and courage will help you live up to your obligations. Be proud of your accomplishments.

THURSDAY, FEBRUARY 27, 2014

It is easy to be distracted

by Phillip Alder

Randy K. Milholland, the creator of several webcomics, said, "Typos are very important to all written form. It gives the reader something to look for so he isn't distracted by the total lack of content in your writing."

How depressing! But last year I bought a cartoon anthology and was surprised to find two typos. Even if they snuck into the newspapers, why didn't the cartoonist correct them before including them in his book?

At the bridge table, it is easy to be distracted on defense when one knows that partner has made a mistake. One petulantly plays the card nearest one's thumb instead of asking oneself if the contract is still beatable.

In this deal, South was in four spades. West led the club queen and East won with his ace, dropping South's king. What happened next?

At trick two, East shifted to his singleton heart jack. Yes, West should have overtaken with his queen, cashed the heart ace, and given his partner a heart ruff to defeat the contract. But thinking that East would have a second heart, West signaled with his 10.

Ticked off, East now led a trump. Gratefully, South drew trumps and dis-

North		02-26-14	
♠ K 4			
♥ A 6 3			
♦ 8 5			
♣ A 10 9 7 3 2			
West	East	South	North
♠ 10 8 3	♠ A J 9 6 5	♠ Q 7 2	♠ K 4
♥ 10 9 8 7	♥ Q 5 2	♥ K J 4	♥ A 9 7 6 3
♦ 4 2	♦ K Q J 10	♦ K Q	♦ 6
♣ J 8 5 4	♣ 6		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1 NT	Pass	3 NT	All pass
Opening lead: ♥ 10			

carded his last three hearts on dummy's diamonds, which fell into his lap after one finesse.

East immediately berated West. But East should have paused to ask himself if there was anything he could have done. Then he would have noticed that leading a diamond at trick three would have defeated the contract, cutting declarer off from the dummy before he has drawn trumps.

Keep your eye on the cards.

CROSSWORD

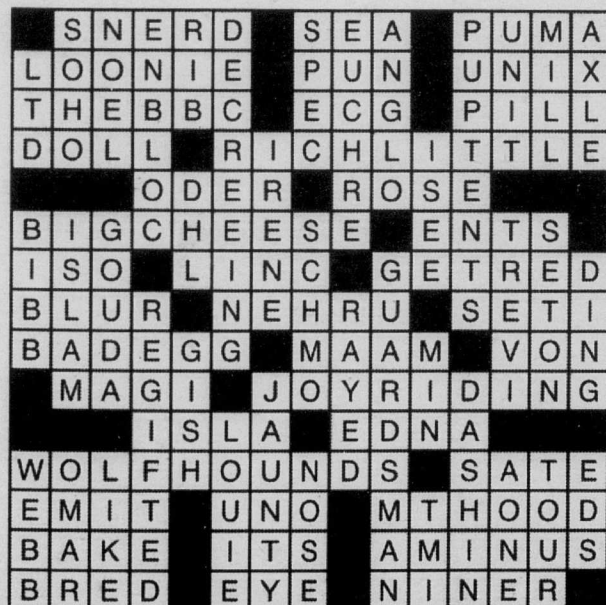
Across

- 1 Sunshine State resort
- 5 Country in which Quechua is an official lang.
- 8 Transforms, as for a different medium
- 14 "Downton Abbey" title
- 15 Tablet maker
- 16 Osaka-born violinist
- 17 *Place for a soak in Bangkok?
- 19 Alligator cousin
- 20 Abase
- 22 Holy territory
- 23 *Mumbai baby food?
- 27 Musical ability, in slang
- 30 As well
- 31 Mimic
- 32 Edward Jones Dome NFL player
- 33 Rank below abbot
- 35 Oilers' org.
- 36 *Low point in Oran?

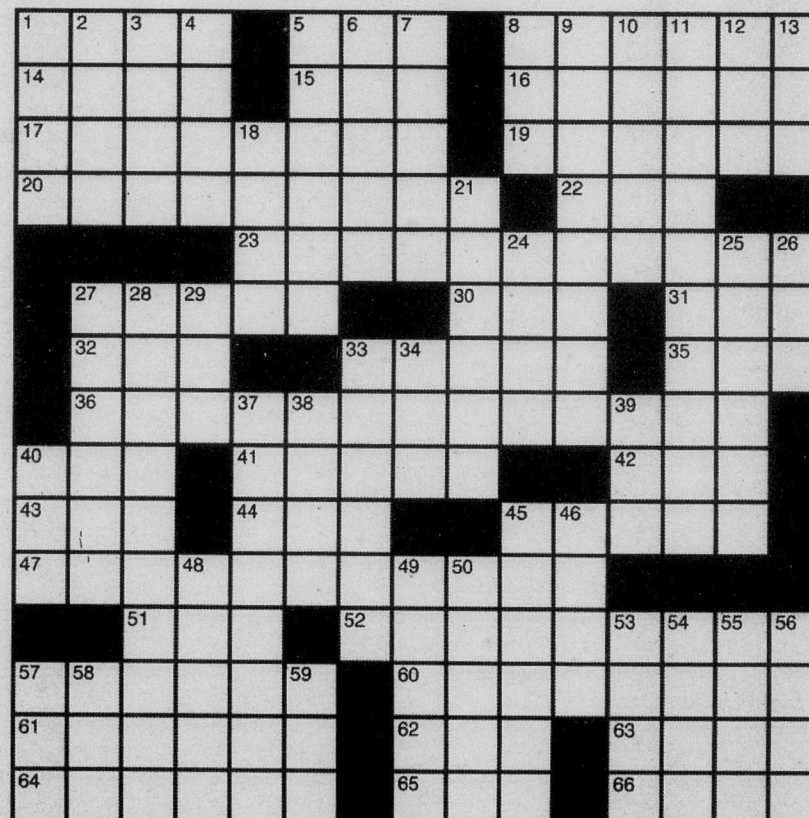
- 40 Shareable PC file
- 41 Mah-__
- 42 2011 NBA retiree
- 43 Porter, for one
- 44 Effusive musical genre
- 45 Knoxville sch.
- 47 *Stance in a Monterrey studio?
- 51 Poker haul
- 52 Green Lantern or Green Arrow
- 57 __ license
- 60 Emergency fund ... or what the second part of each answer to a starred clue ends with?
- 61 Mysterious
- 62 Teacher, at times
- 63 Dig for 58-Down
- 64 "We're outta here!"
- 65 Stop: Abbr.
- 66 What the nose knows

Down

- 1 Behrs of "2 Broke Girls"
- 2 Vans Triple Crown of Surfing locale
- 3 Stuff
- 4 Et __
- 5 Mastermind
- 6 Pie slices, often
- 7 "Swing Shift" Oscar nominee
- 8 Film buff's channel
- 9 Scattering of an ethnic population
- 10 Continental farewell
- 11 Toy dog breed
- 12 Melodic syllable
- 13 Preacher's topic
- 18 Brief upturn
- 21 Getting down
- 24 It may come before one
- 25 "I Feel Bad About My



- 49 Inflation causes
- 50 Bridget Riley genre
- 53 __ erectus
- 54 Oklahoma city
- 55 Attorney general after Barr
- 56 __ and terminator: criminal court
- 57 Sidekick
- 58 See 63-Across
- 59 Business VIP





Centre hospitalier
universitaire
de Sherbrooke

Avec vous, pour la Vie



CONCUSSIONS: DON'T TAKE ANY RISKS!



Did you hit your head recently? It hurts a little but you didn't seek medical attention because, after all, it was nothing serious.... Mistake!

The symptoms of a mild traumatic brain injury (MTBI) can emerge later and, in 15 % of cases, leave significant marks.

A hit doesn't have to be violent to cause damage. An innocuous fall on the ice, a fender-bender that shakes you up a little... something like that is enough to damage the brain. "MTBIs – formerly called concussions – cause an imbalance in biochemical fluids. This imbalance can result in nausea, vomiting, insomnia, blurred vision, mood swings, lack of concentration, swelling of the four limbs, loss of balance, etc.," explained Dr. Pierre Guérette, emergency physician at the CHUS.

"The problem is that these symptoms can appear up to 48 hours after the blow," continued Julie Bolduc-Teasdale, neuropsychologist and member of the CHUS' neurotrauma team. "Just because there are no symptoms at the time of the blow, that doesn't mean everything's fine. In some individuals, mild traumatic brain injury will have consequences, like memory problems, depression, or even a change in personality. And the more one is exposed to hits to the head, the more the risk of aftereffects increases."

DON'T HESITATE TO SEEK MEDICAL ATTENTION!

If the blow to the head hurt even slightly, get immediate medical attention from your family doctor, the nurse at your place of work, a walk-in clinic, or hospital emergency. "At the CHUS, the patient will be observed for 4 to 6 hours and undergo certain tests, as needed. If his or her condition allows it, the patient is sent home. The symptoms that could appear later are explained, along with what to do should they arise. When the patient leaves emergency, his or her file is transferred to the CHUS' neurotrauma team," noted Dr. Guérette.

"After a few days, we follow up each patient – young or old – who has been hospitalized or been seen in emergency for a blow to the head," added Ms. Bolduc-Teasdale. "In 85% of the cases, the symptoms disappear completely after three months. In the meantime, if problems emerge, we investigate further to provide the care required."



Dr. Pierre Guérette, emergency physician,
and Julie Bolduc-Teasdale, neuropsychologist

AT TIMES, REHABILITATION IS NEEDED

After three months, if a patient still has certain problems, the CHUS' neurotrauma team transfers his or her file to the Centre de réadaptation Estrie rehabilitation centre. "Kinesiologists, speech therapists, nurses, social workers, physiotherapists, occupational therapists, and other staff develop a full rehabilitation program for the child or adult to help his or her brain heal without aftereffects," continued the young neuropsychologist who specializes in sports health.

"If all Townshippers who hit their heads came to emergency, we would see 600 to 700 people a year," said Dr. Guérette. "We estimate that in Sherbrooke alone there would be 300 cases; but we barely treat 100. Unbelievable, isn't it? The worst thing is that these all involve permanent aftereffects that could have been prevented. I have seen cases in which mild traumatic brain injuries were not cared for, which changed people's lives forever. Don't take any chances – seeking medical attention is critical."

A BLOW TO THE HEAD: WHAT TO DO IMMEDIATELY

IN THE CASE OF A CHILD

- Remove him or her from the activity immediately (game, sport, etc.)
- No returning to the game or sport the same day or during the same tournament
- If the child is an athlete, inform him or her of the steps required before returning to play
- In the meantime, keep a close eye on the child's condition (do not leave him or her alone)
- Seek medical attention right away if the child isn't feeling well or seems groggy

IN THE CASE OF AN ADULT

- Immediately stop activities
- Seek medical attention right away if you experience pain or any other symptom
- Do not drive a car
- Do not stay alone
- Do not drink alcohol

BIKE HELMETS BACK SOON!

Since March 1, 2011, everyone under 18 years of age must wear a helmet when cycling within Sherbrooke. "A correctly adjusted helmet prevents the head from absorbing the full-blown impact of an accident or a fall and can reduce the risk of severe head trauma and brain injury by up to 85%," pointed out Dr. Claude Cyr, pediatrician at the CHUS and ambassador for the cause.

