



THE RECORD

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It's cold, but is it cold enough to fish on local lakes?



FILE PHOTO-PERRY BEATON
Jean-Guy Bourdon, the man holed up in his mini van yesterday, spent the night at a Motel.
PAGE 5

HE SAYS,
SHE SAYS...

"I feel very good about doing it because I enjoy doing it."

Jacques Marcoux

(THE RECORD, JANUARY 15TH)

Where will the elderly go?

By Corrinna Pole
SHERBROOKE

Seniors are one of the fastest growing groups in Canadian society. Census data found the elderly population in Canada surpassed 4.3 million in 2006. With the deadline quickly approaching for Quebec's private senior residences to comply with new provincial health and safety regulations, the focus has been on what will happen to these homes and their owners.

The question 78-year-old Marion Bradley recently brought to The Record, is 'what will happen

to the seniors?'

Bradley's husband, Irvin, is currently one of the residents at Gillam home, a private residence for semi-autonomous seniors. The Record has followed the struggle of residence owner, Sandra Gillam, to meet the requirements for certification.

Publicly funded long-term care facilities have been under government management to adhere to guidelines. The province's 2,200 private seniors residences were on their own until the 2005 amendment in the Health and Social Services Act demanded all senior care facilities be certified by February 2009.

SEE BRADLEY PAGE 3

ETSB students unharmed in collision

North Hatley(RL)—An accident involving an Eastern Townships School Board bus perturbed traffic at the corner of the Gilbert Hyatt Highway and Mountainview late yesterday afternoon.

The rear-end collision, which occurred shortly after 4 p.m., was apparently caused when a driver, who was temporarily blinded by the sun, hit the back of the bus.

The driver of the car suffered injuries to his forehead and leg and was transported to the Centre hospitalier universitaire de Sherbrooke for treatment, said police who were called to the scene at 4:13.

About a dozen schoolchildren heading home from Alexander Galt Regional High School were on board at the time. None were injured.

Another school bus was dispatched to collect the students and bring them home while the driver remained on the spot to file an accident report with police.

Montjoye for sale in stellar year



PHOTO COURTESY OF MONTJOYE

Montjoye is reportedly having a great year in sales, and its owners are hoping that will help them sell it. See page 4 for the story.

Police find stolen cars, grow-op near St. Ludger

St-Ludger(SM)—One man was arrested and a woman detained for questioning Wednesday morning after provincial police discovered stolen vehicles and a large marijuana grow-op at a residence on Range Seven Road near St. Ludger, northeast of Lake Megantic.

"Officers from the Sherbrooke investigation unit and the Granit MRC branch were

sent out to investigate a fencing operation and seized four vehicles they believed were stolen," said police information officer Louis-Philippe Ruel. "But they also stumbled upon a grow-op with some 600 plants in various stages of growth at the residence. The officers seized the plants and the equipment used to grow them."

Arrested was Mario Rouillard, 42, who faces charges of robbery, fencing and cannabis production. Vehicles seized in the raid were two Ford F-350 trucks, an Astro van and a BMW car. A 28-year-old woman detained with Rouillard was later released on her own recognizance by police. Ruel says she could face similar charges at a later date.



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Milby Memories — I. Lloyd George

With the permission of Lloyd's son Chris, I would like to share with fellow readers, especially those that have ties with the Milby area, a few chapters taken from this most interesting book, an autobiography written by the late Lloyd George, born in Milby August 15, 1922 and who passed away April 9, 2008 in Picton, Ontario.

Bev Loomis

Part 2, Chapter 1: Continued from last Friday:

When I arrived at the top of the hill, I was so proud that I had made it, because some of the other boys hadn't. I started down and couldn't believe my speed. I became frightened and so I started dragging my feet. It was just my luck as I came up to the school that the bell rang. In desperation, I really dragged my right foot to steer into the schoolyard and my right knee collided with one of those ice balls of snow. It crushed my knee and I had to go to the hospital. When it mended, the doctor took off the large bandage. When I first tried walking on it, it seemed fine but not for long. There was something wrong with my kneecap. It kept falling off to the side and if I happened to be running when that happened, my leg would bend in under me and would pull my

hamstring from hip to foot. I was in agony. To correct this problem I had to wear an elastic bandage over my knee to keep me from killing myself.

The day I went in for my Air Force medical exam, I excused myself and went into the bathroom, removed my elastic kneecap, threw it in the garbage and walked out and took my exam. (I had no trouble with that knee again, until I underwent an operation, in preparation for my triple by-pass in May 1995. Since then, it has let me down a few times.) It was Monday 29 June 1942 that I climbed on a stake truck (flatbed open truck) at the recruiting unit and rode out to No.5 Manning Depot at Lachine. I had finally started my dream.

It was here we got our shots and were introduced to the drill square. At 6 am we were up for calisthenics. At 7 am, it was breakfast time and by 8 we were on the parade square learning drill. The first rule of drill is never question the drill Sergeant. When I did, I had to spend an

extra hour parading with a forty-pound pack on my back. Some of the drill was taken up with double time. It is amazing how quickly one learns the rules and how well you sleep after a little such exercise. Our indoctrination also included socialising at dances and at church where we were paraded in

full uniform. You should have seen the congregation beaming at us as we marched to our pews, right up front. I felt very important!

On 14 August, our intake was moved to No. 4 Manning Depot at Quebec City. Here we kept up with our drill and we also had lectures all day when we weren't out exercising. It was in Quebec that I came face to face with life - a life I had never imagined. It all started with a terrible shock.

Chapter 2: A Rude Introduction To Life.

It was Tuesday, 2 September 1942. We had been in class all day and at about 7 p.m. we were in our barrack room getting ready to go out for the evening.



Going out meant dressing in full blues, and walking downtown, trying to impress the natives.

Just before I was to leave, the Orderly Corporal came into the room and yelled for me. I answered and he said, "George, your Mother just died. You have to go to the Orderly Officer". I thought I'd misunderstood him and asked him to repeat what he said; I knew Mother was in the Royal Victo-

ria Hospital in Montreal and that she was to have an operation on her goiter, but it was supposed to be a minor problem. When he repeated the message I just sank down on the floor. It was the first time I ever felt totally alone.

Several of the fellows came over and helped me to my feet. A close friend, Miles Grant, and a school chum, Daryl Paige, walked over to the Orderly Officer's office with me. Within an hour I was on a train to Sherbrooke on the QCR (Quebec Central Railway). Dad met me in Lennoxville. Our loss was overwhelming and neither spoke all the way to Milby. Our world had suddenly disintegrated. Dad couldn't get to brother Eddy right away; he was the Radio Officer on Lady Rodney, of the Canadian Steamship Line, in Barbados. All the rest of the family was at home.

The funeral was held on Friday, 4 September and I had to be back in Quebec for parade on Monday morning.

Daryl Paige had come home on a forty-eight hour pass on Friday. On Sunday, shortly after 6 p.m., we two set out for Quebec hitch-hiking. Within the first hour we had gotten to Victoriaville and were feeling great. Then the storm hit. We waited in the rain until 1 a.m. By this time we were both soaked and it had turned cold, so we gave up and went to a hotel for the rest of the night. At 7 a.m. we were back on the road again and arrived back in Quebec at noon.

Because we were late, we were listed as AWOL (away without leave) and on arrival were arrested.

FOR THE CONCLUSION OF THIS CHAPTER SEE PAGE 12

Then and now on The Record

Front page news: Last year's front page picture was sent in by the MS Branch 2000 following a special fundraising event held to help raise funds for the local Multiple Sclerosis Branch. The photo featured Branch President Lee Aulis laying a big ole kiss on the cheek of Cedric Cormier, who organized the Elmwood Hotel event specifically to help, after \$1,310 was raised.

Comparison: Following the tragic death of Danville's nine-year-old Terry Wilkins, who died three days earlier after being crushed by an ATV on his family's land, The Record reported on dangers related to the vehicles. The tragedy was not unique as at this point last year 18-year-old Alex Ross, also riding an ATV, died on December 9th, 2007. According to Gary Smith of the Canada Safety Council the majority of ATV deaths occur in youth aged 15 to 19, which he attributed to lack of mandatory training on the vehicles. He stated that the law demands an ATV driver be 16 years of age, but only on public land and nothing stops private land use at any age.

This year the Council's Valerie Powell says courses have still not been mandatory.

"The safety concerns with ATVs are still the same," she said from her Ontario office yesterday. "Anyone can still drive an ATV, no courses have been made mandatory by the government. People still need to know how to work and ride properly to be safe."

On an encouraging note, the Townships have not suffered any tragedies involving youth and the vehicles to date.

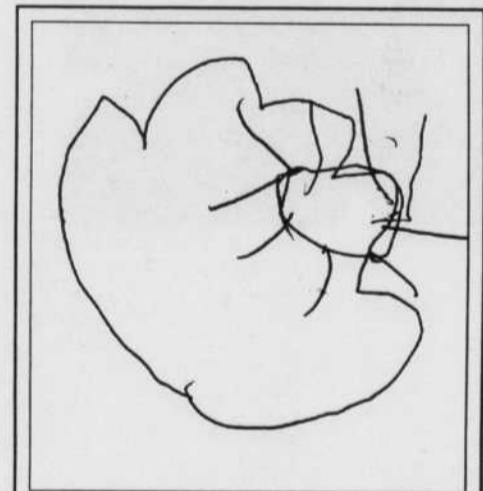
"That was terrible," said Sherbrooke police spokesman Martin Carrier yesterday. "We have not had any such deaths recently and neither has the SQ because I haven't heard of any anywhere else either. Thankfully."

Last year North Hatley mayor, Stephan Doré was all smiles as Orford MNA Pierre Reid handed him a check of \$97,740 to be used for infrastructure expenses. The money was a mix of federal and provincial money. According to the town's director, Leonard Castagner that money was spent on infrastructure work (Phase 1) on Sherbrooke, Main, River and McKay Streets. The work, in total, cost \$5.5 million and Castagner stated yesterday that small contractual corrections are still to be done.

Weather: The weird January thaw, which saw flooding and heavy winds, was finally over and it was back to regular winter weather at this point last year. Today, last year, there was a 60 per cent chance of flurries with a high of minus 7. Considerably warmer than what we are dealing with today in the Townships. We're not expecting to see higher than minus 23. Brrrrr!

(JY)

LOTO QUEBEC Draw results: 2009-01-14	
6/49 20 35 36 37 39 49 Bonus: 38	Quebec 4/9 07 15 17 18 33 34 Bonus: 49
WINNERS 6/6 0 \$14,610,793.00 5/6+B 7 \$61,972.70 5/6 123 \$2,913.50 4/6 7,572 \$89.60 3/6 142,687 \$10.00 2/6+B 98,846 \$5.00 Total sales \$20,139,600 Next grand prize (approx.) \$22,000,000	WINNERS 6/6 0 \$2,000,000.00 5/6+B 1 \$75,000.00 5/6 15 \$750.00 4/6 711 \$75.00 3/6 15,443 \$10.00 2/6+B 9,508 \$5.00 Total sales \$823,295.00 Extra 2813926
TONIGHT'S JACKPOT \$17,000,000 (APPROX.)	



Four-year-old Anthony Green has given The Record his masterpieces depicting your weather forecast.

Weather

Today: Sunny. Cloudy periods in the evening with 30 per cent chance of flurries. High minus 23.

Tomorrow: Sunny. Low minus 36. High minus 23.

Sunday: Sunny. Low minus 31. High minus 15.

Monday: Cloudy with 60 per cent chance of flurries. Low minus 21. High minus 12.

Ben by Daniel Shelton



Canada's population still aging

By Linda Nguyen
CANWEST NEWS SERVICE

The Prairies and the North have the youngest populations in Canada largely due to an influx of jobs in these regions and higher than average fertility rates, according to national population figures released Thursday.

Statistics Canada says Manitoba and Saskatchewan are the two provinces with the highest proportion of youth (19 per cent) in their populations. Alberta, which has enjoyed a large migration of young people looking for work in the last few decades, has the lowest median age (35.7 years old) out of any province and the lowest proportion of seniors aged 65 and older (10.4 per cent) out of any province in the country.

The median age across the country is 39.4 years old as of July 2008.

But, it is the North which can still lay claim to having the youngest population in Canada.

The agency says this is because of traditionally higher Aboriginal fertility rates and lower life expectancy across the territories.

Nunavut has the youngest population in the country, and only 2.8 per cent of the territory's population are seniors. It also has the youngest median age in Canada with the average age for residents being 23.8 years old.

So where have all the seniors gone? East, apparently. In the Atlantic provinces, Newfoundland and Labrador has the highest median age (42.5 years) in the country. It also has the lowest proportion of youth (15 per cent) aged 14 and younger at 15 per cent than any province.

The agency attributes this to many young people leaving the province for job opportunities elsewhere and lower fertility rates.

The population picture in Nova Scotia is much of the same, with it being the first and only province or territory in Canada where there are more seniors than youth.

In Ontario, the median age is below the national level and it also has the second lowest proportion of seniors, according to Statistics Canada.

British Columbia is also the only province west of Quebec to have a median age higher than the national level, the agency added.

The data released yesterday was collected using 2006 Census counts.

Median ages in Canada

Canada	39.4
Newfoundland and Labrador	42.5
Prince Edward Island	41.3
Nova Scotia	42.2
New Brunswick	42.0
Quebec	41.0
Ontario	39.0
Manitoba	37.8

BRADLEY:

Quebec facilities, whether they offer a few rooms in an intimate family-like atmosphere or many rooms and an extensive selection of services, must begin the process for certification by February 14th and all must have received it within four months, according to a December article in The Gazette. Non-certified homes could see fines after June.

Gillam has been concerned that if she can not meet the criteria - which she said includes taking nursing care courses, increased paperwork, extra insurance and sprinkler systems - that she will be shut down and those in her care will have nowhere to go. Those who use the home and their families share the concern.

"If the home closes I will have to put my husband in the hospital," said Bradley. "I will have to follow shortly after."

Bradley suffers from chronic obstructive pulmonary disease (COPD), the new name for emphysema and chronic bronchitis, and she is on oxygen for 17 to 18 hours a day. When her 80-year-old husband fell in their bedroom last August she realized she needed help caring for him. He has been at Gillam home since October.

"He's not been too well for the last few years," she says. "He's got a touch of Alzheimer and Parkinson's. When he fell he suffered a concussion and I couldn't help him up. I could only put a towel under his head."

Bradley said her husband spent two weeks at the Hotel Dieu then three weeks at the Argyle before going to Gillam home.

"I choose the home because I know Sandra and I know the care there is great," said Bradley. "They are very caring people and keep in touch with the families about everything."

If requirements are met by the deadline homes will remain open but without government funding private seniors homes may be forced to increase their prices to offset these costs.

"(Gillam) was also the only home I could afford," said Bradley. "Grace Christian home cost around \$1,700, another home in Bury was \$2,000 for a semi-private. Gillam costs \$1,250 to \$1,350 depending on the care."

According to the only statistics The Record could find, a 2003 report by Statistics Canada stated that Quebec had the highest percentage of low-income seniors. Low income was defined by the agency as a family that must spend a disproportionate amount on such necessities as food, shelter and clothing after taxes. For seniors, living alone or as a couple, to fall into the category the household has to spend 20 per cent more of its gross income on

those necessities than the average Canadian family of the same size.

Many will agree that setting new guidelines and monitoring residences is necessary to increase the quality of care for seniors. In 2003 no fewer than 4,000 incidents of violence against persons aged 65 or older were reported to 122 police services in Canada.

"I'm 110 per cent behind them checking into these homes to see people are well taken care of," said Bradley. "But if patients are well cared for and happy and not complaining then who is the government to interfere. I don't see the options for the small homes with only 3 to 4 patents."

Few can debate the importance of increased safety precautions. What is questionable is how realistic the standards for smaller residents are. In the event that smaller affordable homes cannot meet the requirements Quebec may be faced with an increase strain to find adequate facilities for the increasing senior population.

"If they close (Gillam) my husband will end up back at home," said Bradley. "I can't take care of him and I haven't heard of any government options for him."

With growing worries about her family's future, Bradley has left several messages for (MNA) Monique Gagnon-Tremblay in hopes to get answers and call her to action. Bradley feels the requirement for sprinkler system, which is unsubsidized, will be the end of Gillam home.

"It's an average home," said Bradley. "I don't think the sprinklers are necessary and the \$10,000 debt it will put (Gillam) into. There are easily accessible exits and fire alarms. There are monitors in each room, my husband just has to say her name and (Gillam) is there. You don't get that care in many homes."

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What the...?

Bad parenting file #77,457 and Stupid Criminals file #97,547: Another double-header! Makes me so proud to be a dad!

A man in Missouri is behind bars after recently attempting to hire a hit man... to beat up his daughter!!

David Ward, of Pacific, MO, came up with the idea after his daughter refused to allow him visits with his grandchild. He apparently sought out a hitman, and provided him with a detailed map to the woman's house and three photographs to help in identification. Police say he did not want his daughter killed, but he did want her badly enough injured that he would be able to get custody of the little girl.

Ward was not aware that the hit man he hired was in fact an undercover policeman and he was promptly arrested and charged.

It turns out that Ward had been charged a few years earlier with assaulting this same daughter, which is why she refused to allow him near her kid in the first place.

Ward's family refused to comment and it is not known what Mr. Ward thinks his chances of gaining custody are now.

(McD)

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Potential buyers for Montjoye

By Rita Legault
SHERBROOKE

The City of Sherbrooke quietly put the Montjoye ski hill up for sale and is in negotiations with potential buyers.

The Centre récréotouristique Montjoye was created in 1997 when local municipalities purchased the ski hill and land surrounding it from federal authorities who had held the Domaine Montjoye resort for seven years.

The 240-hectare ski resort was seized in 1990 under federal proceeds-of-crime legislation. At the time, the resort was described as one of the largest money-laundering operations ever uncovered in Canada.

Owners Pierre Doyer and Michel Chouinard, who were found guilty in an international cocaine trafficking ring, bought state-of-the-art equipment to renovate the resort. Suspected of purchasing Montjoye in 1985 for less than \$2 million solely to launder drug money they spent millions renovating the ski hill which locals later satirically referred to as "the mountain that powder built".

Eight municipal and regional governments, led by Hatley Township, bid \$1.32 million for Domaine Montjoye, which included the 138-acre ski hill as well as more than 100 acres of recreational paths. Buyers, which included the towns of Ascot, Fleurimont, Lennoxville, now part of the merged Sherbrooke, as well as Stukely, Waterville, Magog Township, and the Memphremagog MRC, created the Régie inter-municipale du Centre récréotouristique Montjoye.

Faced with the necessity of investing more to keep the ski hill in operation, one by one the partners in the inter-municipal board started dropping out leaving Sherbrooke, where more than two thirds of the skiers came from, as well as Waterville and Hatley Township holding the bag.

Sherbrooke, the majority shareholder, was investing some \$150,000 annually in operating costs for the ski hill. Finally the city spent \$1.2 million to acquire Montjoye last June after receiving permission from the province to deal with the hill as though it was located within the city's territory.

The remaining parkland, some 100 acres on the south side of the hill, belongs to Hatley Township and Waterville.

Councillor Marc Denault said the city became the sole owner of the ski hill because it wanted to control the destiny of the mountain which is costing \$280,000 a year to Sherbrooke taxpayers in operating costs and repaying the hill's accumulated debt of some \$1.5 million. The hill will also require some major invest-



PHOTO COURTESY OF MONTJOYE

ments in the coming years to keep up to date.

Denault said a partnership made things more complicated because Sherbrooke was not the sole decision maker.

Denault, who heads the city's recreation committee, told The Record a committee to manage Montjoye was created in 2008. It includes Denault, councillor Pierre Boisvert and assistant director-general René Allaire.

Denault said the committee met with the city's executive committee and determined the best avenue for the hill was to sell it to the private sector.

Denault said that while city officials had decided to sell the ski hill, he wanted to wait till the 2008-2009 ski season was underway.

"Clearly the value is greater if the ski hill is in operation than if its closed," he said, noting the city wants a buyer who will continue operating the ski hill.

Denault said Montjoye is having a record season having sold some \$350,000 in season tickets. He notes that last season, which also set a record, the hill sold some \$300,000 in season passes.

Denault said revenues of the ski hill totalled some \$1.3 million for some 96,000 visits.

With the ski hill turning a profit, and profitability increasing from year to year, Denault is asked why is Sherbrooke selling it?

"Is it really up to the city of Sherbrooke to operate a ski center that is not even on its territory?" Denault asks rhetorically. "It think it would be more appropriate for the private sector to run it."

Denault said the Montjoye committee has been negotiating quietly with a pair of potential buyers, but expects to hear from others now that the cat is out of the bag.

"We are ready to entertain any reasonable offer," he said, noting the city will listen to and analyze current purchase proposals before moving forward. "If we can't agree on a price, we'll put the hill up for sale officially," he said.

Denault said the market value of the ski hill, which the city purchased for about \$2 million, is between \$8 and \$9 million according to city insurers.

Total of \$2 million in funding grand prize

Sherbrooke(RL)—Scientists from the University of Sherbrooke are among those funded this week by NanoQuébec and its partners, the Canadian Space Agency (CSA) and the Canadian Institute for Photonic Innovations (CIPI).

A team of scientists from the University of Sherbrooke, and local scientists working with McGill and Laval universities were among seven projects that have been awarded funding by the three organizations' Support Program for Integrative Biosensor Research, launched in May 2008. They include:

- Quantum Dot Template Biosensor for Rapid Detection and Quantification of Pathogenic Micro-organisms in Potable Water, submitted by a team from University de Sherbrooke and the Centre hospitalier universitaire de Sherbrooke. The project leader is Jan Dubowski of University de Sherbrooke.
- Integrated surface Plasmon Resonance Imaging (SPRI) Biosensors for Medical and Environmental Applications/, submitted by a team with representatives from Laval, Sherbrooke and McGill universities, the Industrial Materials Institute of the National Research Council (NRC) and the Commissariat à l'énergie atomique (CEA-France). The project leader is Maryam Tabrizian of McGill University.

The program is designed to support applied research projects developing de-

tection and diagnostic methods in the fields of human, veterinary and environmental health. It is part of a broader development strategy for Quebec nanotechnology, which includes efforts to realize economic benefits from research and transfer research findings to industry.

The seven projects, selected from among 16 finalists, will receive a total of nearly \$2 million in funding, of which \$1.12 million is to come from NanoQuébec, \$600,000 from the CSA and \$170,000 from CIPI. An additional \$755,000 will be contributed by the private sector, for a total envelope of nearly \$2.65 million.

"This biosensor research program is equally significant for scientific and applied research. With the support of NanoQuébec and our partners, some of our best researchers from many fields will work together to combine state-of-the-art technologies to address important issues in health care and the environment. These projects will also lead to the manufacture of products here in Quebec," said Dr. Robert Crawhall, President and Chief Executive Officer of NanoQuébec.

The projects submitted for funding underwent a scientific assessment by a committee of experts drawn from each of the three partners as well as the National Research Council and Europe.

In what ring will Cardin's hat be

Sherbrooke(McD)—Sherbrooke MP Serge Cardin may have just been re-elected to the House of Commons, but he hasn't yet definitely ruled out throwing his hat into the ring in this year's municipal election.

With current mayor Jean Perrault having decided not to seek re-election, local pundits have been speculating about possible successors, and Cardin, with considerable municipal experience under his belt, is one whose name keeps being mentioned.

In a recent interview with Sherbrooke's La Tribune, Cardin indicated that while it was "unlikely" that he would seek the mayoralty, he hadn't ruled anything out.

"With all that has been going on in Ottawa, and all that is continuing to happen, I'll admit that I haven't had much time to think about that," said Cardin. "But once I have made a decision one way or the other, I will make that decision public out of respect for Bloc militants but also for those who have approached me on this subject over the last couple of months."

Cardin sat on the Sherbrooke City council from 1986 to 1998.

Inverness holds the line on taxes for 2009

Inverness(SM)—Inverness residents will see no increase in their municipal taxes for 2009, according to figures released by the town.

The property mill rate will remain at \$1.50 per \$100 of evaluation. Included in that rate is 16 cents for provincial police services and 15 cents for past municipal debts.

Sewer charges will be set at \$374.71 per residential unit. Additional sewer charges will be added if the property is larger than one residential unit.

Cottage residents on St. Joseph lake will be charged \$80 and vacant lot owners \$40 for sewer services. Residents on the second and third range roads will have to pay \$40 and vacant lot owners \$15 for the same services.

Garbage and recycling collection charges will be \$173.84 for residents and farmers and \$347.68 for businesses. Cottage residents will be charged \$86.92.

The town's total budget for 2009 will be \$1,507,884.

Sympathies run strong for van man

By Rita Legault
SHERBROOKE

After spending two days in his mini van while the city cut his electricity Tuesday and demolished his ramshackle home on Wednesday, Jean-Guy Bourdon spent part of the night sleeping in a heated motel room.

Police noticed Bourdon had disappeared in the early hours of yesterday morning, leaving his van with the motor running at the site of his demolished home at 70 rue de la Butte.

"At 6 a.m. patrollers said the van was running and no one was in it," reported Sherbrooke Police spokesman Martin Carrier when reporters called for the morning cop checks Thursday.

"For us the file is closed," he said. "He doesn't want help from us. He refused help from his family and the CLSC."

"It's like homeless people sleeping in the streets in Montreal who don't want help. There is nothing we can do about it."

Police, who located Bourdon in nearby Motel Le Sabre, nevertheless dispatched a patrolcar and called an ambulance to determine if Bourdon was all right.

"We wanted to evaluate his state of health after spending two days in his car," said Carrier a few hours later.

Sympathy was in abundant supply for Bourdon after the city executed a court order to demolish his home and clean up his property on the coldest day of the winter.

Bourdon had hoped to spend another winter in his "cottage" - a pair of garden sheds where he has lived for the past few years. But the city argued his lean-to was a fire trap and a health hazard and it executed the court order Wednesday afternoon as Bourdon barricaded himself in his car and watched.

Throughout the day Wednesday, police, social workers, neighbors and family were unable to get Bourdon to budge or accept offers of temporary lodgings.

Despite that, neighbours were up in arms and everywhere Townshippers were talking about the city picking on the poor guy - especially when Bourdon turned up missing in the hours after he watched movers cart away all of his belongings and a back hoe mow down his home.

While police said Bourdon's fate was in the hands of social services - even they were powerless to help once Bourdon rejected their offers.

While they could not comment on the specifics of Bourdon's case, officials from the Health and Social Service Center - University Institute of Geriatrics of Sherbrooke said they can only offer to help.

"When people are able to make their own decisions, we can't do a thing," said Karine Guay. "We can't force them to accept help."

Guay noted that if there are mental issues, social services can go a little further. "Other than that, we can only help those who want our help."

Pierre Noël, the administrative head of programs that deal with itinerants in Sherbrooke, said there is a good social safety net in Sherbrooke with a number of institutions and community organizations that work hand in hand to help

the most vulnerable people in society.

Noël says there is a good collaboration between various groups and individuals who come into contact with itinerants including police and non-profit community groups ranging from soup kitchens and shelters to street workers, food banks and charitable organizations like Estrie Aide and the Salvation Army.

"It's a real strength the way people and groups work together in Sherbrooke," he said. "It's not like that everywhere."

Noël said that's the case year round - not just in weather such the current cold wave that is expected to continue

through the weekend.

Environment Canada is forecasting several more frigid days with highs of minus 20 or less and forecast lows in the minus 30s until Sunday. And those temperatures are without the wind-chill which will make it seem even colder.

Noël noted La Chaudronée offers hot breakfasts and lunches to people in need. It's a contact point with the homeless where a nurse can identify their needs and offer solutions such as places where they can go to find shelter overnight - at Accueil Poirier or Partage Saint-François - or find warm clothing or boots.

While the phenomenon of itinerance

is continually changing, and Noël can't provide figures on the current number of homeless people in Sherbrooke, he said that shelters offered some 1,400 nights of service to various clientele in the city.

Noël stresses that social services can only help those who are willing to be helped.

"The way we work is that we look at the situation of people with no safe place to spend the night and offer them options and choices adapted to their needs," he said. "Once we have offered all the solutions we have and people don't accept, we are powerless to go any further."

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COLUMN

Machiavelli and the Golden Rule

Last November my neighbour, Tim Belford of CBC radio fame, invited me and two other neighbours who are also directly involved in the media business to join him for an interview/talk on his early morning radio show. It went well I think, and one of the questions he asked was how we decide on the subjects to write or talk about. My response was simply that I write about things that interest me with the hope that they will interest readers as well. This could be a bit chancy but it seems to have worked, at least so far.



TOM CAVANAGH

Today's topic first requires clarification. Number one, the golden rule in the title is not the baby boomer's version — i.e., 'those with the gold rule.' No, I am speaking of the original golden rule that states: 'Do unto others as you would have them do unto you.' Number two, Machiavelli is not a household name. Of four friends I asked only two had heard of him. No matter. He is an interesting figure and I'm betting he will interest others. And he is still relevant.

Machiavelli (1463-1527) was born in Florence, Italy and served in several of that city state's government offices. He was a shrewd judge of character and politics and learned and wrote from reflection on his personal experience. His most famous book, "The Prince," is a kind of 'how-to' handbook for rulers. Of course he wrote for princes of his day but his lessons and advice continue to interest and fascinate people through to the present. Some speak of him as the father of Political Science.

For most people Machiavelli has become a synonym for self-serving cynical behavior of rulers. For some he represents evil. Machiavelli held that the ends justify the means although he never used that phrase. The means he spoke about can be very rough at times. If you need answers try torture, for example. Machiavelli was tortured himself but continued to recommend it as a means of getting information.

As for humanitarian instincts Machi-

avelli wrote that if rulers hope to gain power and hold on to it they must cast off such instincts along with things like the golden rule. Do what has to be done even when it involves lying, treachery, and betrayal to mention only a few unsavory ways of proceeding. Do what has to be done. Ends justify means, and Machiavelli had first hand experience on how rough the means could be. When in prison he was raised high up by his hands shackled behind his back and dropped six or seven times. Machiavelli never entirely got over it physically, but in time he was released and served again in government.

There are many quotes that demonstrate his advice for rulers, but one or two suffice.

"If a prince wishes to maintain himself he must learn how to be not good and to use that ability or not as required. (And Machiavelli has his reasons.) "One can make this generalization about men: they are ungrateful, fickle, liars, and deceivers: they shun danger and are greedy for profit: while you treat them well they are yours. They would shed their blood for you, risk their property, their lives, their children, so long as danger is remote, but when you are in danger they turn against you." (The Prince)

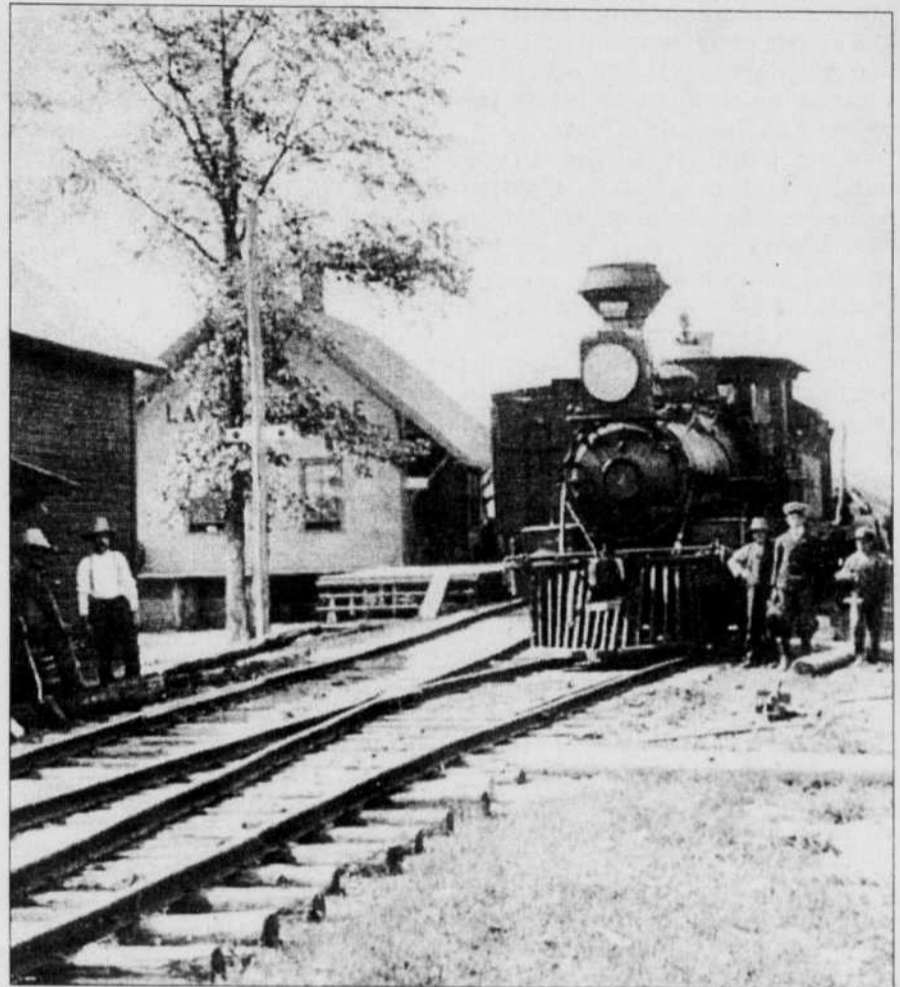
"Is it better to be loved than to be feared? ... a prince should wish for both, but ... it is much more secure to be feared than loved, if one of them must be given up."

Is this man from centuries past still relevant? To many he is. Commentators on Dick Cheney's role as vice president draw comparisons to Machiavelli's positions. Journalists for La Presse brought up Machiavelli's name when writing on Harper during the recent imbroglio with the so-called coalition. Yes, Machiavelli is still in the news. (Digression. I have not seen Machiavelli associated with "W" but that is surely because the former had little time for stupidity.)

Given the cynical qualities of Machiavelli's observation about mankind his advice to rulers is to trust no one. But without accepting Machiavelli at face value it seems to me he does have some good advice for rulers.

I have had no experience as 'ruler' and there are few today who do. However, the advice Machiavelli offers can be relevant for those who, if not rulers, do exercise considerable authority. Let us

Remember when?



This must be one of the oldest pictures featured in The Record's Remember When for sure. So old that we have no clue where or when this was taken. If you have any information about this photograph email us at newsroom@sherbrookerecord.com.

shift terminology then, from "rulers," to "administrators, managers, and CEO's." There is at least one book linking Machiavelli's teachings to self-help books for contemporary managers' problems and methods.

In my personal experience, (3 universities, 3 colleges, 3 high schools, etc.) I certainly worked with a few with Machiavellian tendencies. By that I mean those who were not kept awake at night wondering if their actions were synonymous with the golden rule. None would ever stoop to torture, but they were ready to do what had to be done — by their lights. No one can totally avoid the tough decisions. One example: Losing one's job. It happens and it has happened. No fun and especially when you have the responsibility for four and five hostages to fortune. But "cut-backs", "dismissals" and "firings" can be essential for the organization or institution. And in an administrative position you can be directly implicated. If you can find no alternatives and are still not prepared to act you should not be in the position. You don't have to like it, but there are things that come with the job. This takes us away from Machiavelli, but not entirely. He did seem to believe that distinctions can be made between one's personal private life and one's professional life and career. I am not so sure.

I have often worked with young people I have admired, and always encour-

age them to go into administration and executive positions. If they don't, they leave the field open to the careerists, self-servers, and those in pursuit of the main chance. Too many of the young I have encountered operate on Paul Goodman's comments, even if they have never heard of him: "Administrators are finks and double talkers who sacrifice truth and substance for image, harmony, and administrative convenience of the system and themselves."

There is some truth in Goodman's comment, but it's an imperfect world in which we live and Goodman is as wrong as he is right. We can make a difference, and if that is your hope and goal you have to be in the room where the decisions get made. Machiavelli recommends power without constraints for princes. And others? You don't have to abandon the golden rule, or humanitarian beliefs. You don't have to sell-out but you can't be battling and agonizing over every issue. Pick your battles. Avoid easy predictability. And pay your dues. Finally, it comes down to where and when you draw the line. Always a good question to ask. Some never do.

Conclusion. If good people refuse to get involved they leave the road open for the not so good. Barack Obama is one of the good guys, and his recent successes provide a brilliant example that refutes much of Machiavelli's argumentation. But not all.

THE RECORD

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Remember When? - Recap



This is the Salmon Creek Pavilion Dance Hall. There was a little restaurant with bar stools. The left door is where the tickets were sold to go to the dance hall. A guy named Persey lived there and maintained it. We used to go swimming there. Mr. Babatich owned it - on his farm property. The place was on pillars because it used to flood in the spring. In front, there was a big parking lot. Dances in the summer time every Saturday night. The restaurant was open all summer long - a canteen type place serving hot dogs and hamburgers. Orchestras from Rock Island and local bands played at the dances.

-Keith Flemmings

Salmon Creek Dance Hall located between Richmond and Greenlay owned by Joe Babatich. Closed around 1963.

-Paul Murphy

Danville Salmon Creek Dance Hall. It burnt down in 1958-59. Behind Salmon Creek, a swimming pool where we used to go skinny dipping at night. I had my first kiss and my first beer there. A covered bridge went straight through from Windsor to Sherbrooke. The bridge burnt also. I believe that's Babatich standing in front (in the photo).

-Everett Taylor

Salmon Creek Pavilion two miles from Greenlay. In 1955, the pavilion was destroyed and the highway went through.

-Arnold McKeage

We used to hang out there. We had lots of fun but sometimes a little dangerous and costly. Sometimes, we'd back the cars up too far and end up in the river. It would cost us a bundle for a tow out. The place closed because of road changes.

-Glenn Later

It's the dance hall at Brome Lake/Lake Side. It was called the Tiffany Beach Pavilion where they park their cars and go fishing on the lake. It was taken down in the early 50's. There was a hotel in the back which burnt down.

-Gilbert Rhicard

The photo in Tuesday's paper is of the Salmon Creek Pavilion in Melbourne Township. It was a favourite site for dances in the 50's and 60's. It burned down many years ago. A short film about dance halls such as this one is in the process being made and many people have contributed their memories of how much fun it was to go dancing on Saturday nights. When the film is completed we will be sure to let you know!

**-Victoria Moulton
Keith Whittall
Richmond**

The "Remember when" in yesterday's (01-13-09). I believe is Salmon Creek dance hall. I met my future husband there in 1952 while dancing to the music of Cactus Jim (Belknap) and His Nightriders. We did hear other groups also after that time, and the location is now part of Highway 55.

-Chas and Sue Coburn

Here is a real "gem"; one of the only photos I've ever seen of the old "Salmon Creek Pavilion". Situated in Melbourne Township, on the old gravel road to Greenlay. On Saturday Night back in the 40's and 50's it was the place to be. Western music and barn-dancing was in full "swing".

I believe it closed in the 60's. I visited the site this past autumn; and no trace of its structure are evident. But many people from miles around spent happy hours dancing and learning to "square dance" right here.

-Gord Irwin

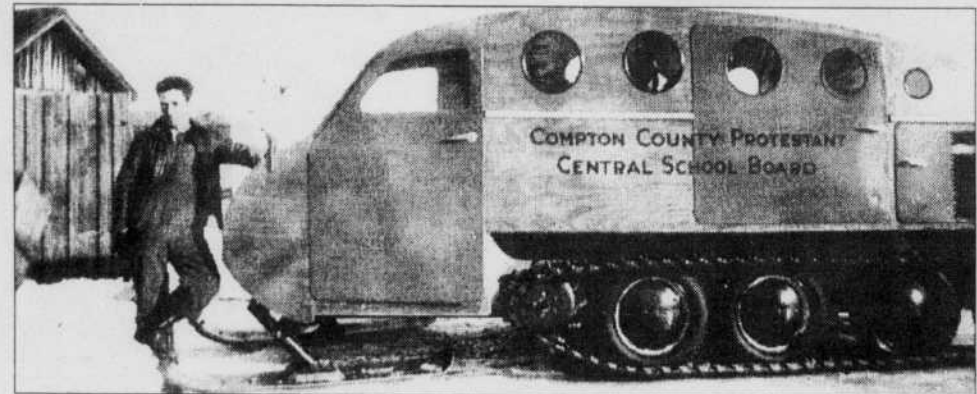
The man in the photo (right) is Jimmy Church of Lennoxville.

-Pam Graham

In reference to the "Remember When?" picture in the Record of today, January 12th: I believe the man in the picture is Jim (James) Church. He is standing in front of the CIBC in Lennoxville.

It was probably taken in the late 80's.

-Kim Winget



Snow Car in Sawyerville

When I saw the "Snow Car" pictured in "Remember When," it brought back memories of my Dad and Grandfather talking about this method of transportation. My curiosity got the best of me, so I contacted a very special man in Sawyerville who at one time, owned three of these machines. One he used to travel with when winter meant snowdrifts over our heads and the other two were used for parts. He helped people stuck in the snow with their cars and most of all, used it to reach people needing medical help, which would have been otherwise impossible. Once, while taking someone to Lennoxville, he came across a car stranded in the snow with a sick person inside. With no hesitation, he loaded this person in the snow car and continued on his way. He was kind enough to lend me some photos to share with you. These machines were used mainly in the 1950's. Sometimes to transport children to and from school, one of which was driven by Douglas Mackay of Sawyerville. It was mostly used in our community to get help to the sick and very often for maternity cases where this man delivered the baby and cared for the mother. This man is very well known for miles around and I want to thank you very much for my history lesson, Dr. Lowry.

-Corey Bellam

This was a school bus transportation from Compton and the surrounding areas. It used to transport some 15 to 20 students each day. My wife (Irene Knowlton) was one of them, she remembered this morning when she looked at the picture. My wife has the same picture. The bus would go to the Waterville High School. In 1949-50 it was Waterville Elementary School. She remembers names like Lucas and Crawfords riding the same bus with her. I was born in Compton in 1927, but now we live in Ogdun.

-Russell Brown

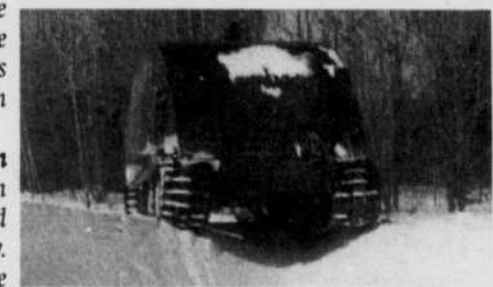
That picture was back 60 years ago. I remember back then going to school in one of these machines in the Fitch Bay area. That was back when we didn't even have snow plows, they used horses. Stanley Markwell had one. I live in Beebe now but when I saw that picture I remembered when my father used to use horses to plow the winter roads.

-Bill Smith

This snowmobile is from the Compton County Schoolboard.

This vehicle was used in the winter to take the children to school. I went to school in Danville. The seats ran down each side facing the middle. There was also a middle bench.

-Sandra Gallup



Fishing on thin ice

By Corrinna Pole
SHERBROOKE

Baby, it's cold outside...but is it cold enough to freeze local lakes? Every year people venturing onto the ice for activities like ice fishing drown because the ice isn't able to support their weight.

"It's never safe because different lakes react differently," said Mike McKenna, Ayer's Cliff, North Hatley Township and Stanstead Fire Department Chief. "There's always a danger because it's never 100 per cent safe and it's unreasonable to take vehicles across the lakes."

Florent Hebert from Serendipity Bed & Breakfast in North Hatley has been enjoying the winter sport for the last 44 years. The catch-and-release fisherman teaches fly-fishing, host's annual fishing derbies, instructs children to fish and acts as a guide for ice fishing treks onto the nearby lakes, including lake Massawippi.

"I would say it's about 99.9 per cent safe after the weekend," said Hebert. "The most danger is any substantial tributary; these would be the hot spots on the ice."

Hebert points out that he goes out onto the lake as soon as he can in the season because the danger is exciting to him. But when he goes on his own he still brings safety gear along, like an anchor that he attaches to himself so if he falls in he can climb back out.

His years of seasonal fishing have provided Hebert with the experience to take others out safely. He has a shanty and will guide guests from his B&B as well as guests from nearby Hovey Manor and Auberge Ripplecove, out on the ice.

"I'm the only one who serves a gourmet meal on the lake," Hebert mused. "The best time to go out is when it first freezes or around March, you get an aquarium effect when you look down, there are so



Oh it's cold out there, but is it cold enough to ice fish?

RECORD FILE PHOTOS

ice is set," he said. "In March you have about 10 to 15 good days because the fish are getting excited and the weather is good. In the Eastern Townships it's a luxury to fish because they don't have ice fishing up north."

Hebert has a few tips for ice fishing. He advises you drink a lot of water to keep yourself hydrated and eat fatty foods that will help you keep warm and use the washroom. Apply Vaseline to your face and wear sunglasses to keep your eyes safe from UV rays. Most importantly Hebert stresses it's worth the money for good quality underwear and socks and equally important to keep the underwear dry. If there is moisture it could cause the body to cool faster.

If you are going to venture onto a lake, Montreal self-proclaimed "fishing maniac" Marc Poirier has compiled a list of useful tips on his blog titled "Walleye Fishing", marc.poirier.com.

- Wear a personal flotation device.
- Don't fish alone and give someone your itinerary.
- Test the ice in front of you with an ice spud or an auger
- Be very wary of river ice; current makes ice thickness

many fish. Contrary to what people think black ice is the strongest, white ice is dangerous. (Black ice) doesn't look thick because you can see through it but it is."

It has been suggested that ice needs to be a minimum of 5 inches to walk on it but really there is no universally safe ice thickness. As McKenna stated, every body of water is different and the properties of a lake - such as currents, depth and size - will effect how much ice is considered safe.

Hebert has had a few people on the ice already but said the extreme weather caused him to cancel a few expeditions recently. He says a really cold spell helps create the best conditions.

"If you get a few days of a cold spell then the

vary quite a bit.

-Snow can insulate ice from freezing and hide weak points, be wary.

-Slush indicates decaying ice.

-Always carry a nylon rope and a few large nails. They can provide the grip you need in case you fall through the ice and can't grab on to the edge. Face the direction you came from, kick out with your legs, or use your nails to grab on, and roll off as far as you feel is necessary to be safe again, do NOT stand up immediately you will likely just fall through again.

-If you see someone fall through, do not run toward them, rather extend a rope or an object that they can hold onto.

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THE RECORD

Thieves caught, loot missing

Brome-Missisquoi(RL)—Provincial police in the Brome-Missisquoi MRC, assisted by detectives from the Cowansville regional squad have arrested six individuals involved in the theft of large sum of money in Ste-Sabine last weekend.

Police were called to a residence of an 82-year-old woman following the theft of a safe a few hours earlier. The investigation determined more than \$150,000 in cash was taken from the safe.

Among the half dozens arrests was Johanne Algier, 37, a neighbour of the victim. Also collared for the crime were Véronique Lalumière, 33, and Roland Pelletier, 36.

The trio of thieves appeared at the Granby courthouse Thursday where they were arrested on charges of robbery and breaking and entering.

The three others involved in the crime received money from the theft, say police. They include Samuel Racine, 24, and Pierre McGowen, 27. They were arraigned on possession of stolen goods - namely money from the safe.

A 34-year-old woman may face similar charges.

Despite the arrests, police have only recovered about one third of the stolen funds. Police are seeking the public's help to help restore the rest of the octogenarian's missing money.

Information about the crime can be transmitted to police investigators at the Brome-Missisquoi detachment at 450-266-1122.

Wife beater behind bars

Sherbrooke(McD)—A 28-year-old Magog man, described as jealous, possessive and violent, will spend the next two years behind bars for having physically abused his ex-wife and their children.

The man, who cannot be named in order to protect the identity of his victims, carried out his violence between 2004 and September, 2007, when the woman decided she'd had enough and reported the man to Memphremagog police.

The oldest child was barely seven when the violence began. The children suffered bruises and abrasions from the impact of objects thrown at them by their enraged father.

Judge Conrad Chapdelaine of Quebec Superior Court cited problems experienced by the children as a result of the violence, including night terror, auto mutilation, aggressivity, and "the most serious, having to grieve for their father."

The man will also be under three years probation upon his release.

Canada in the deep freeze

(CWN)—A massive deep freeze kept most of Canada in its icy grip Thursday with wind chills dropping the temperature to -50 in parts of Labrador.

High winds were also sweeping across Newfoundland and were being blamed for the collapse of a \$7.1-million soccer centre under construction in St. John's. In eastern Newfoundland, gusts of up to 100 km/h are expected to continue Thursday.

Across Labrador, blizzard and wind-chill warnings remained in effect. Remote Labrador City reported -53 C with the wind Thursday morning. School boards in Happy Valley-Goose Bay and Labrador West cancelled classes because of the extreme cold.

Herb Thomas, a meteorologist with Environment Canada, said the extreme cold, combined with heavy winds, was out of the ordinary for Newfoundland and Labrador, and made for poor visibility across most of the province.

Residents of New Brunswick, P.E.I., and Nova Scotia were also set to face another day of frigid cold. With the wind chill Thursday morning, Fredericton registered -31, Charlottetown -28, and Halifax a comparatively mild -24, with the Atlantic Ocean moderating the cold somewhat.

Central Canadians were expecting more of the same. In Ottawa, the temperature was set to hover around -27 for most of the day. Toronto was a bit warmer at -18 and Montreal was at -20. The cold is expected to stay through to the end of the week.

Saskatchewan and Manitoba will continue their record-setting winters as well. In Winnipeg, the temperature will inch up a few degrees from Wednesday to about -32.

In Regina and southeastern Saskatchewan, winds made the morning commute feel like -47 C, before a thaw that will bring the mercury up to around freezing over the weekend.

Albertans have been spared the worst of the cold snap, experiencing seasonal temperatures of -8 in Edmonton and -6 in Calgary Thursday morning.

On the West Coast, residents can expect temperatures slightly above freezing for the next five days.

Quebec unveils economic stimulus package

(CWN)—Amid accusations it is not doing enough to help workers and the poor, the Quebec government unveiled its economic rescue package Wednesday.

The package includes an increase in the minimum wage of 50 cents - bringing it to \$9 an hour - a refundable tax credit for home renovation and improvements, payment of \$1 billion in fresh capital to the government's investment arm and an increase in infrastructure spending by \$4.1 billion for 2008-2013, for a total of \$41.8 billion.

The announcement was made in the Quebec legislature by Finance Minister Monique Jerome-Forget.

"These measures bolster our economic plan," she told the legislature. "We are taking concrete steps to support the economy, while keeping within the state's economic capacity."

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Clumsy, in a Refined Manner

Have you ever dropped a mug of coffee onto the rug, dropped a plate on the floor making it smash, or anything similar? If you do such things on a regular basis, then you have probably been victim of the pandemic that is now facing modern society. Clumsiness.

It is believed that the gene responsible for clumsiness is located on the X chromosome, therefore nobody is safe. It is recessive, but with very strange conditions, so even if the parents of a child didn't have an ungainly cell in their bodies, said child could still inherit the gene. Clumsiness can be prevented in rare cases, but it is a complex subject to approach. The rules of clumsiness were decided long ago by the first humans, whoever they were. At that time, people had free will on the concept; one couldn't be doomed from birth to be clumsy, they chose to be. For generations, this continued, until one day, the gene started to kick in.

This particular gene happened to have a time delay of around one thousand years. As a result, for all that time it started storing information about ancient people's general ratios of clumsiness. At the thousand year mark, it ran out of space to remember, and part of the very clear and bold print instructions on it told the rest of the body to repeat whatever pattern was there again, and again, and again, starting over every thousand years. So if you are the third generation on your X chromosome, and your ancient ancestor, who was the third on his X chromosome, was clumsy... Well, I'm very sorry to say, but you probably are too. This raises a new question, does clumsiness come from the mother or father? The answer is very simple, it really depends. A foetus gets quite bored for nine months, so he or she may pass the

time playing rock, paper, scissors... alone. The foetus first chooses which he or she is going for, either the mother, or the father, and then starts to play. A win means that the foetus gets the choice, a lose makes to foetus get the bad choice, and a draw will cause the baby to behave erratically later on. With twins, the odds are much fairer.

Because it is so complicated to prevent, it is much easier just to treat it with a positive attitude. So you may cause insurance rates to go up wherever you go, and you may be a fire hazard at times, but really, you, the clumsy people, are critical for a society to function! In economically tough times, they create jobs in the medical sector! When something breaks, it has to be bought again, causing even more economical stimulus! On top of that, they make everyone else feel really good about themselves, causing massive shifts in self esteem levels! As long as they laugh it off, they will remain unscathed, spreading joy, and often broken glass, wherever they go! Some people may even find it attractive, and others are even jealous that they aren't so clumsy themselves, and may attempt to fake it. However, it is nothing compared to the real thing, as nobody will laugh or even make witty comments, and will point disapproving fingers instead.

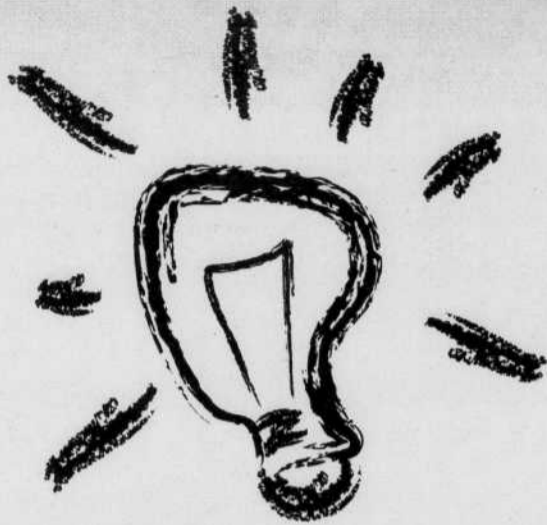
Remember, being clumsy is not a bad thing, even a quite valued trait. So next time you trip and fall, or walk into a wall, or even knock over that big crowd of people that very suddenly conspired itself into getting your teachers into itself, don't be sad or mad. Be Glad! Without knowing it, you've just given someone an actual pressing reason to make things better!



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JONATHAN LAHUE

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THE RECORD

Not something you see everyday



This winter walking path littered with whitetail deer photo made its way to The Record's newsroom this week. We have no idea who took it, only that it was taken somewhere in North Hatley. That's a lot of deer!

If Sex Sells, Humour Sells Way More

(CWN)—Canadians have called it - humour trumps sex, and by a surprisingly wide margin. A full 67 per cent of Canadians say humour is the secret ingredient that makes an advertisement most persuasive, compared to only 7 per cent who feel that ultimately, sex sells. Moreover, 65 per cent of Canadians believe this country should veer away from European-style commercials that are considered risqué. This is according to the latest research conducted by the Institute of Communication Agencies (ICA) and Leger Marketing in a revealing survey released for Canada's upcoming, inaugural Advertising Week (January 26-30, 2009).

Inspired by the blogosphere, this survey entitled the Adosphere Report, asked Canadians to have their say in advertising. The findings reveal a lot about who Canadians are and how they see themselves.

Want to know more about Canadian culture? Consider analyzing Canadian advertising. A large majority of Canadians (73 per cent) believe this country's unique culture shapes Canadian advertising and reflects it. Sixty per cent of Canadians also say that patriotic advertisements have them brimming with national pride, inspiring them to cheer for Canada either loudly and proudly, or quietly, in true Canadian style.

"Our survey findings indicate that Canadians have a real personal interactivity with this country's advertising," said Gillian Graham, CEO of the ICA. "Canada's first-ever Advertising Week was designed to recognize and celebrate that relationship on a platform that brings the advertising industry and the public together."

Indeed, according to the Adosphere Report, nearly 6 in 10 Canadians (59 per cent) admit looking forward to their brands' favourite advertising. That statistic jumps to 76 per cent among the Generation Y group. Canadians do not appear to be a star-struck bunch however. More than half of the survey respondents (53 per cent) think celebrity endorsements in advertising do not work.

The survey results also suggest that this country is headed for an Advertising 2.0 world. Almost three out of four respondents (71 per cent) believe advertising will become increasingly interactive, reflecting the new Web 2.0 world.

As well it should, considering the fact that advertising touches just about every person across the country. The advertising industry contributes more than \$24 billion to the Canadian economy, generates \$1.5 billion for programming, and donates more than \$500 million in pro-bono work each year.

Canada is now in the company of France, the US and many other countries around the world that host their own Advertising Weeks. With special guest appearances from key international figures such as marketing mogul Sir Richard Branson, and brain scientist and best selling author Dr. Jill Bolte-Taylor, Canada's Advertising Week is poised to inspire Canadians from coast to coast.

Various public and industry events including keynote and panel presentations, thought-leadership conferences, student mentoring initiatives and agency open-houses will be held across Canada. Many of Canada's top advertising gurus such as Frank Palmer, Paul Lavoie, Miles Nadal and Sunni Boot will also take part in Advertising Week.

This study was conducted by Leger Marketing through telephone interviews among a representative sample of 1,504 Canadians, 18 years of age or older.

The interviews were conducted from October 28th to November 3, 2008. The study has a margin of error of +/- 2.53 per cent, 19 times out of 20.

Advertising Week is made possible by the generous volunteer contributions of several leading agencies who are 'Founding Partners', including: DDB Canada (public relations services), Bos (graphic and web design, advertising, interactive and guerilla marketing services), Marketel (public service announcements), Publicis (Youth Day events), Cossette Communications (communications services and leadership of a luncheon for the financial community), PHD Canada (media buying services) and Bensimon Byrne (Ad Women of Toronto initiative).

Key media sponsors of Advertising Week include: Corus Entertainment, CTV, Canwest, CBC and Torstar. Marketing Magazine is a silver sponsor. Additional bronze sponsors include: Leger Marketing, the Globe and Mail, Puma, Transcontinental PLM, Yahoo! Canada, Colour Innovations, Pollination, Cinelande, 4WS, Studio Apollo, Sonart, AICE and Stealing Time. Several others are pending.

A Townships welcome- Holy Trinity Church



By Joan Windle Barnes

I'm not really a church-goer anymore. I was when I was younger. I suppose that's why our smaller, older churches are going the way of the dodo bird. Too many of the youth are not supportive. Holy Trinity Church in South Bolton is an important part of local heritage. It was built by the area's pioneers and has been maintained by their offspring since 1860. The church presently stands in a state of decay, an icon, a relic of the past. During my treks to the Townships to research the history and to attempt to recapture the flavour of the community in days of yore for my book, I have found the church to be seldom open. Services are held infrequently or not at all, depending on the time of year. Because attendance is down it doesn't make financial sense to hold weekly services all year long. Heating is a considerable expense in winter.

I'm drawn to the church because of connections it has to the wee hamlet of South Bolton and to my family's past. My grandparents were married there in 1913, my father was baptised there in 1916, my great-grandfather, Oliver Bracey, was buried in the cemetery behind the church in 1942 and so was my great-grandmother in 1961. There are many people buried in that cemetery who can be found on the same family tree.

Last fall I was in the area when there was a church service which I attended. The wooden church door, in the shape of a pointed arch is peeling its multi-coats of white paint and was standing ajar as I parked the car to the side of the church. I mounted the steps, pushed at the antique wrought-iron handle and paused in the foyer. Looking up I noted serious ceiling problems. Inside the church a red carpet leads us to the altar. A picture of the church hangs on the wall on the right as you enter. It was done by my amateur-painter father in 1984, three years before his death. Between fifteen and twenty people were chatting casually in the aisles. I recognized faces from Bolton Centre, Mansonville, Knowlton, and South Bolton. I knew most of them and was able to renew old acquaintances.

Eventually I chose a pew at the front, on the right, sitting alone, near the organ. We faced three stained-glass windows which my grandparents had stood before ninety-five years ago on their wedding day. The old organ was being played by Margaret Bloomfield Cameron, just as she had been playing it for years. Margaret leaned over to me and asked if I would like to come up and sing in the choir. The musical talent which exists in my ancestry escaped me; otherwise I would have done so happily. At that moment I was reminded of a little bit of history I'd been told about years ago by my grandfather.

During the spring of 1908 the people of South Bolton had organized a campaign to raise money to pay for a new organ for their Holy Trinity Church. My grandfather, Sam Windle, was eighteen years old that year. He attended Holy Trinity regularly and sang in the choir. Horris Green's daughter, Lena, had

created some hand-drawn tickets which were to be sold for fifteen cents each as a money-maker to help pay for the organ. She asked Sam if he would take fifty tickets, walk the ten miles to Knowlton and attempt to sell them.

When Sam arrived in Knowlton he first called on Cannon Carmichael who did not purchase a ticket but advised Sam to go down to Dr. Daniels' place and ask for Tom Foster. Sam did as directed. He knocked on the door, expecting to see a boy his own age. The door was opened and standing before Sam was a lame man with a walking stick.

"I want to see Tom Foster," said Sam. He told Foster that he was selling tickets to help pay for the church organ in South Bolton. Foster asked to see the tickets and Sam handed him the bundle. Sam went on to explain that he was a Knowlton Homeboy, that he was staying on a farm with Malcolm Townsend's family in South Bolton and that he had walked the ten miles to Knowlton to sell the tickets. His sales pitch paid off as Foster bought all fifty tickets.

"Would you like some oranges?" Foster then asked him. Sam had not had an orange since he'd left Liverpool and grinning widely, he nodded his head with enthusiasm.

"Yes, please," replied Sam. Foster put a dozen oranges into a bag and handed it to Sam. He then pointed across the way and said, "Do you see that man with the double-span horse over there? You go

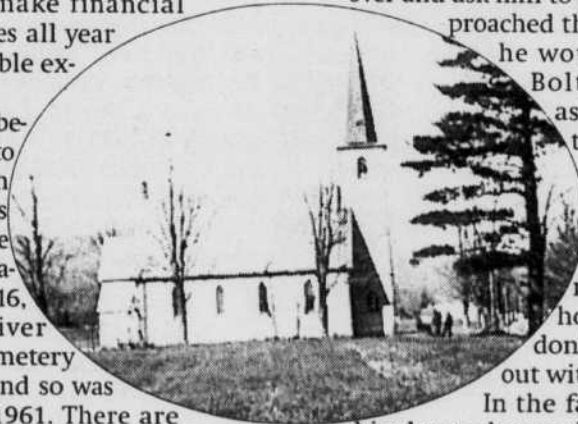
over and ask him to drive you home." Sam approached the gentleman and asked if he would drive him to South Bolton. Sam, after being asked a few questions was told to jump in and then was driven home.

When Bertha Townsend saw Sam arriving at the house with the man with the double-span horse she said to him, "Well, don't you be somebody, riding out with Judge Sam Foster!"

In the fall of 1926 work was not hired out when major renovations were done on Holy Trinity Church. Men in the community took time from their daily labours to work on the church. Those who put in many hour of work that fall were Darius Adams, the Bracey brothers, F. Britt, John Cameron, the Davis boys, Walter Durrell, O. E. Fuller, Mark Gaylor, J. Gilman, John Levoy, Pat Mitchel, H. Perkins, Ben Plim, Will Smith, S. Stowe, S. Ward and Bob and Ed Willey. Teams of horses were brought in by B. Davis and E. Willey and lumber and brick were hauled in by other teams owned by A. Coates and W. Needham. In those days work was done as a community work bee.

As I sat among the Eastern Townships people while they sang from their hymn books, chanted their prayers and went to their altar for communion, I was thinking of other things. (Hopefully the minister holding the service that Sunday will forgive me.) Looking around, I was aware of the love and care that had recently been poured into the rotting building. I was also aware of how much more love and care that was necessary. But things are not as they were in the old days. Things are different now. The warmth and friendliness of the people who surrounded me that day still exists but there are few farmers now and many of the youth leave when the opportunity to do so arises. The result is we're left with an aging population with little money and low energy; two things that are necessary to keep the old traditions going. The future of Holy Trinity Church and keeping it as we know it, will definitely be a challenge.

Joan Windle Barnes traveled to the Townships in search of her roots and found much more than what she came for. She will be submitting her encounters and experiences to The Record regularly.



Our School's Page

NORTH HATLEY ELEMENTARY

"We love the Hatley Outlet"

All the students from North Hatley Elementary received a T-shirt or sweater from the Hatley Outlet Store in Lennoxville. This initiative came from our school secretary, Brenda Marrotte and they were gift wrapped by Manon Tanguay. They were distributed during our annual Christmas dinner, organized by the parents and the NHSA, whose chairperson is Tricia Smith. We are thankful to all of them and their generous donation;



the students were thrilled to receive such wonderful gifts and a great meal.



On Monday, NHSA and parent volunteers spoiled us with a home cooked turkey meal on our brand new tables. All the students received a gift from Santa Claus (Hatley Outlet). It is these kind gestures that make our school a unique place and will bring back wonderful memories later in life.

N.H.S.A.

Christmas Concert



This year North Hatley Elementary School took a trip around the world to share, celebrate and experience other cultures as well as our own.

The Kindergarten class did a play song and dance to show La Posada, a Mexican holiday at Christmas time. They sang "Feliz Navidad" and danced The Mexican Hat Dance.

The Cycle one class shared a digital story read by Grade two and danced the Horah to share Hanukkah.

Cycle two sang a song, danced and recited a poem to share the Seven Days of Kwanzaa.

Cycle three went around the world to share the Hindu holiday of Diwali. They did a mini-play, sang a song, and made rangoli mats using rice flower.

Then the classes came back to Quebec to sing Bonjour Ma Cousine, by the Maternelle class. Cycle one sang L'Arbre est dans ses feuilles.

Cycle two danced La Bastringue a classic Quebec song. Cycle three sang Joyeux Noel. As a whole school, the children played Noel des petits a la flute, sang Rudolf and Santa Claus is Coming to Town.

It was a lovely and magical evening for the children and their families. A big thank you to all the teachers who worked tirelessly to get the big show ready for the stage.



CONTINUED FROM PAGE 2:

We were brought up on charges that afternoon, in front of a French Squadron Leader. He sentenced us to seven days confined to barracks. I explained that I had been attending my Mother's funeral and had got caught in the rainstorm at Victoriaville. When he said that it didn't matter, we were still late and the case was closed, I told him I wished he would die. At which time he sentenced me to 7 days in jail for insubordination. In my prayers after that, I cursed him into hell's hottest depths. About three years later, while I was in Europe I heard he had fallen, or was pushed, off the roof of the Mount Royal Hotel and was killed. I just smiled and said "Thank you God".

When they put me in the cell, I thought I'd go crazy. I prayed that I could die and be with mother. After a while I passed out from exhaustion. Many hours later I awoke to find I was being taken to the hospital. After several tests they told me I had pneumonia. The cold wet night in Victoriaville had taken its toll.

I had spent one night in jail. Evidently when the Orderly Officer came in to check on me, he called the medics. He reported that I was burning up with fever and was having a nightmare. However, I have no recollection of the nightmare. I was in the hospital for ten days and it was here that I experienced a side of life I didn't know existed.

The night before I was to be released, I awoke at 2 a.m. to find the French doctor who had been treating me, leaning over me... **(This portion of this chapter has been omitted due to graphic nature. If you are interested in knowing what happened to George this disturbing morning, contact The Record for information on how to acquire the book in its entirety.)**

Eventually, I went back to sleep. The next morning, I was released from hospital and given one week's special leave, plus a train ticket home. When I got home in mid afternoon, I of course told Dad all that had happened to me including the jail sentence, which I assumed I would still have to serve. Poor Dad was as dumbfounded as I was. BUT, I had another surprise waiting for me.

Before we could sit down to supper, an RCAF van drove into the yard with a Flight Lieutenant legal beagle on board from the DAPM's office. He took me aside and we went over my story again and he told Dad we would have to go right back to Quebec, because there was a hearing in the morning in which I would have to testify. Poor Dad was beside himself with concern. I was ready to wet myself. I have never been so frightened. It was my first experience with military law. The trip back to Quebec was uneventful except that we had to stop for supper. Wouldn't you know, we stopped in Victoriaville. We got back to the barracks at about 10 p.m. The next morning, I was paraded to the office of the Commanding Officer (C/O) in my best uniform.

Not only was I frightened to death, but also when I saw who was in the office I was totally intimidated. In the centre of the big table was the C/O. On his right was his secretary and on his left was the Flight Lieutenant who had picked me up in Milby. In front of the desk were two chairs. I sat in the chair on the right and the doctor was in the chair on my left. Behind us, standing, were two BIG military policemen. Before I sat down I had to swear an oath to tell the truth, the whole truth and nothing but the truth, with my

hand on the Bible.

The C/O started the hearing being very conciliatory, trying to calm me down so I could talk. It seems I barely whispered my oath. After giving my name and number for identification the C/O asked me to describe what happened. At first I hesitated and he asked what was wrong. I looked at his secretary and said that I couldn't tell those things in front of her. He assured me that it was all right because she was a married woman. In total shock, I blurted out that my Mother was also married and I could never have told her such a thing. The C/O assured me that the secretary had heard similar things before. I was aghast.

In my testimony, I started with the announcement of Mother's death and continued up to the time the doctor raced out of the room. While I was giving my testimony, the doctor, who was defending himself, kept interrupting, trying to confuse me and he was succeeding. The C/O finally told him that if he interrupted once more, he would be removed, and an officer would be appointed to defend him. After that, there were no more interruptions.

When I finished my testimony, I was escorted back to my barracks by the MPs and after a change of clothes; they escorted me back to class. My special leave had also been cancelled. The hearing went on for several days and finally it was announced that the doctor was found guilty and given a dishonourable discharge. I wonder if he ever practiced medicine again.

On the 8 October, I was granted two weeks leave and transferred to No. 5 Initial Training School (ITS) in Belleville. The big news to me was that I had been chosen for aircrew. I spent two happy weeks at home with Dad, Snooks, John and Allan. On the 24 October, I reported to ITS at Belleville.

The Air Force took a picture of me when I left No.4 MD (Manning Depot). I had been awarded the aircrew badge of honour - the white flash. With this badge, everyone would know you were being trained for aircrew. I was finally on my way!

Trains were really becoming my favorite way of travelling. The trip to Belleville was no exception. I loved it since I was treated to a meal in the dining car. My, I thought that was posh. All the white tablecloths, white jacketed waiters and real silver on the table. I thought it was really a class act. On arrival in Belleville, we were put in buses and taken to the School For The Deaf, which had been commandeered for the length of the war. I lived in the barrack room in the east building.

The subjects we studied included, navigation, including some astronomy for star groups, Morse Code, (at which I excelled), aircraft recognition and in this I led the class, English, some military history and the LINK trainer where we were tested for flying capability. I did well in that too. In the end, I stood 15th in a class of fifty. The best part was that I had been selected to be a PILOT!

I spent that Christmas with the Welsmans. Stella Welsman, a good friend of the family, who had worked in Lennoxville for many years at the Quebec Maple Products, invited me to join her family for the festivities. I readily accepted. The autumn of 1942 had taken me from despair to exhilaration with many emotions along the way.

Lenn — Liaison — BU

Carnival and CanFAR

In the Eastern Townships, there's much concern about young anglophones leaving to go to the big city, reducing a once large English-speaking community into one that's ever-shrinking. Ryan French MacDougall is the exact opposite of that worrisome demographic: he's from the big city, but chose Lennoxville instead. "I'm from Montreal, but grew up in the Laurentians for seven years before coming back to Montreal. But I didn't want to stay there. The main reason I came to Bishop's was because of my love for small communities, small towns. In small towns, you can make a difference."

French MacDougall has made a difference, and then some. Not just at Bishop's, where he's in his final year of an Honours History degree with a minor in Political Studies, but also in the Sherbrooke and Lennoxville communities.

This is his second year as the Students' Representative Council Vice-President, Social, a job title that doesn't truly indicate how hard he works. And at that, he's worked his way up. Three years ago French MacDougall was first elected as a student-at-large. "I wasn't involved as much originally," he says. "As a general elected representative, I learned the ropes." Then he moved up in the food chain, and started to make that difference.

Elected as the vice-president of events and clubs, he was in charge of 35-plus clubs and oversaw a budget of close to \$20,000, given out to groups that needed a boost to get their events going and their members even more involved. He organized club days, to help them recruit. Plus events here and there. Then, with all that experience under his belt, he was re-elected to a job with a slightly different title and added responsibility, that of vice-president social. "The move was made because it had a better ring to it; my job is to organize as many appealing events for students as possible. All the positions were new this year, there are no precedents. But I feel like I've done more this year, I have more experience." Some events French MacDougall has organized include sending buses of fans to Gaiters away games. He's a sports fan (French MacDougall has played hockey on campus), so that side of the job, although a lot of work, comes easily.

He helped organize an on-campus comedy night fundraiser for the Eastern Townships Learning Centre. And this year's winter carnival launches tomorrow, Saturday. Frost Week is a joint effort with Champlain College, which shares the Lennoxville campus, and "has a lot more substance to it," says French Mac-



Get outside! The SRC's Frost Week winter carnival starts Saturday.

Dougall, again pointing to his past experience and also to his team of four student events coordinators, who help with the work. Frost week includes toboggan races, games and tourneys, a ski night and dodgeball, airband competitions and a Frost Formal, and even a trip to Quebec City. There's prizes and a pep rally.

Some events include an activity fee, and that's where French MacDougall's commitment to the greater community comes in. Some of the money raised from Frost Week will go to CanFAR, the Canadian Foundation for AIDS Research.

French MacDougall also notes that students themselves contribute directly to the Lennoxville community; their dollars keep the economy going. "I'm also hoping local businesses will donate prizes to show they support us. We spend our money on business in the community and we care about them, and we hope they care about us."

He's also in the midst of planning the school year's second blood drive, held in conjunction with Hema Quebec. That's Tuesday, Jan. 20 from 10 a.m. to 7:30 p.m. in the lobby of Centennial Theatre, and French MacDougall hopes many members of the community will come out to give blood. The last clinic, held in November, was an incredible success, with dozens of volunteers helping out and also coming by for an hour to give the gift of life. "I love this place, and it's important for me to do what I can, to make a difference. I have family in the Lake Brome area, and I love this small town."

AIDS Awareness

The SRC's Frost Week donation to CanFAR is certainly not the first time AIDS awareness has been tackled on campus. Lynsey Hachey is a Bishop's student who organized November's campus AIDS Awareness Day. "I was approached by Marj Gear, the director of Health Services, who wanted to create some AIDS awareness on campus, to see if I would be interested in organizing the event."

"I had recently been to North Hatley to make angels with the Grannies for Grannies group with my Women's Studies class, and was really feeling motivated to start spreading AIDS awareness around campus. Marj Gear and Professor Barb Hunting were really the faculty organizers of the event, and took care of a lot of the administrative elements of organizing an event of this nature. Professor Hunting was also awesome at getting the Grannies involved."

"The first annual AIDS Awareness Day was to promote awareness about the disease and the stigmas at-

tached to it. I invited IVCF, Gender Equity [formerly the women's centre], Pride, Health Services, Campus Ministry and the Business Department to come and set up tables informing people of an aspect of AIDS in relation to their group. For example, Pride decided to have facts about AIDS stigma in the queer community, while IVCF looked at the hypocrisy with how some religious groups treat AIDS victims. Also, the North Hatley Grannies for Grannies group came and ran an angel-making workshop, with all proceeds going to grandmothers in sub-Saharan Africa who are raising children orphaned by AIDS.

"As a second-year Political Studies student, it's not often that I get the opportunity to become fully aware of many of the social issues happening in our world, such as the HIV/AIDS crisis. Getting to organize this event was really fantastic to broaden my awareness, as well as get me motivated to continue with ensuring that AIDS awareness is something that Bishop's becomes more concerned with. Overall, a really rewarding and stellar experience!"

Give Blood!

The SRC hosts a blood donor clinic in conjunction with Hema Quebec on Tuesday, between 10 a.m. and 7:30 p.m. in the lobby of Centennial Theatre. Please give an hour of your time to give the gift of life.

"I have donated blood seven times and I try to do so whenever I have a chance to," says Emilie Simard. She graduated in 2005 from Bishop's with a BA in English, then came back to do a B.Ed.

"The first time I [gave blood] I had such a positive experience that it really encouraged me to do it again. At the time, I felt uncomfortable seeing the needle and blood tube and the nurse attending me noticed. She took the time to set up a little towel over everything so I didn't have to see it. Since then, I have grown much less queasy about it and I love the high I get after giving blood. For the rest of the week I feel like I have done something really special to help out someone in need and I feel really good about myself. For those who are familiar with the notion, it's a really easy way to Pay it Forward... and you never know someday it might be you or someone you care about whose life is changed by a stranger's gift."

Student Jennifer-Lynn Descent will also be there on Tuesday. "Why I gave blood, and will give again? Because I have been in a car accident recently, and while no one was wounded it made me realize just how easily things could have gone horribly wrong, and how lucky I was to have both my life and good health. I'll give because one day I might not be so lucky, like so many of us."

Please come.

Watch Obama!

And either before or after you give blood, please join us as we watch the historic US presidential inauguration of Barack Obama. The SRC (Students' Representative Council) is opening the student-run space The Gait on Tuesday, Jan. 20. Doors open at 11:30 a.m.

History professor Dr. Gordon Barker (a specialist in the American Revolution, African Americans and Antebellum America) will give a short presentation at 11:45, just prior to the noon ceremony, and will be on hand to answer questions about the Presidential Inauguration.

The event is free; you are welcome to bring lunch, or grab something from the grill.

Following President Obama's address, The Gait will remain open for those who wish to watch further coverage of the Inauguration.

- submitted by the Students' Representative Council of Bishop's University.



JEN YOUNG

French MacDougall (left) stands with the comedians and the Learning Centre organizers of the Just for Laughs event held at The Gait.

THE RECORD Sports

page 14 FRIDAY, JANUARY 16, 2009

NEWSROOM@SHERBROOKERECORD.COM

Gaiters basketball teams seek redemption against Laval

Zachary-Cy Vanasse
LENNOXVILLE

Both the men's and women's basketball teams dropped their first QUBL games of 2009 last weekend and both will be looking to bounce back with a re-match against the Laval Rouge et Or on Saturday.

"Saturday is an opportunity for a little redemption after a poor showing last Friday at Laval," said the men's head coach Rod Gilpin, "they are a talented and experienced team, but if we can rebound the basketball and take care of our defensive assignments we will give ourselves a chance to win."

The Rouge et Or defeated the Gaiters 88-73 last weekend in Quebec City. Gilpin felt the game was truly lost in the Gaiters' inability to rebound, but he is confident that the Gaiters are capable of beating them.

"Laval is too strong to beat if we are not playing well," he said, "they're a tough team, but there is not a team in



FILE PHOTO-PERRY BEATON

Gaiters men's team in action.

our league we are not capable of beating."

The men's team is 3-4 in the QUBL this season and will be looking to reach the .500 mark with a Saturday win.

The women's team also dropped their game in Quebec City last weekend to the Rouge et Or, by a 76-56 score. Amanda Piribauer led the Gaiters with 16 points in the loss and Katy Germain added 12, but the Gaiters will be looking for their entire team to contribute in getting a win this Saturday.

Bishop's will need its shooting to be better if they hope to beat the first place Laval. The Gaiters shot an impressive 40.9 per cent in the first half of last weekend's game allowing them to lead by a bucket at the half, but that fell when the teams returned from the dressing rooms, with the Gaiters shooting a paltry 26.5 per cent the rest of the way. The Gaiters are 4-3 in the QUBL this season.

The women's tip-off is set for 6 p.m. at the Mitchell Gymnasium while the men's game tip-off at 8 p.m.

The Week Around Sports

The rumors are flying, the thermometer is dropping, and there are only four teams left playing football in the NFL, so it is once again time to take a look at The Week Around Sports. Stanstead College were the defending champs, Galt took a surprise win and the Gaiters are back on the hardwood, so, for the week ending Friday, January 16th, 2009, this is the week that TWAS.

The Rumor: Vincent Lecavalier rumor fever has taken over the hockey world. Canadiens' GM Bob Gainey is perhaps working on a deal that might send Tomas Plekanec, Chris Higgins, Josh

Gorges, PK Subban and draft picks to Tampa Bay in order to bring the Quebec-born superstar to Montreal.

The Upset: Alexander Galt beat Stanstead College in senior boys hockey on Tuesday 5-3. It was just the second time Galt has beaten the Spartans in Stanstead in 13 years and the first time since 2003.

The Back-to-Back: The Stanstead College Spartans senior boys hockey team won their own tournament for the second straight year, downing Wyoming Seminals in the final to capture the tro-

TWAS

ZACHARY-CY
VANASSE

phy for the second time in as many years.

The Out: Canadiens goaltender Carey Price will likely not be starting for the Eastern

Conference in next week's All-Star Game in Montreal. Price has been out with an undisclosed injury and head coach Guy Carbonneau has said that if Price doesn't get a start in before the all-star break, he'll recommend Price sit out the All-Star game.

The Show-Down: The Washington Capitals Alex Ovechkin and the Canadiens' Alex Kovalev, both Russians, will be

battling it out in the shoot-out competition during the skills competition for the All-Star Game. Ovechkin and Kovalev are considered the favourites for the fan favourite event, now in its second year.

The School of Phelps: BCS. At the first swim meet of the year BCS swimmers dominated in the pool, winning 37 of 42 races.

The Final Four: Only four teams remain in the NFL play-offs. This weekend the Baltimore Ravens will play the Pittsburgh Steelers and the Arizona Cardinals will host the Philadelphia Eagles with trips to the Super Bowl on the line.

BASKETBALL AT BISHOP'S

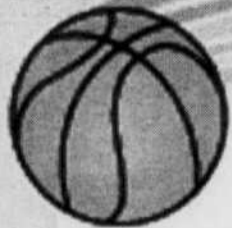
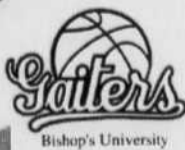




**Bishop's
VS
Laval
Rouge et Or**

**DOUBLE HEADER
SATURDAY NIGHT**

**Saturday,
January 17, 2009
6 p.m. & 8 p.m.**

General Admisson: \$8.00

at the J.H. Price Sports Centre

"Proud sponsor of the Bishop's Gaiters" (left) and "Proud supporter of the Bishop's Gaiters" (right)

Suffering in hockey seldom untold

Why are so many people complaining about the NHL All-Star game voting?

Yes, four members of the Montreal Canadiens have been voted into the starting line-up, and yes, maybe only one or two of them are having all-star like seasons, but it's starting to sound like sour grapes when NHL pundits and beat writers are crying highway robbery!

Mike Wise of the Washington Post has even gone so far as to say that the pains suffered by players like Alexander Ovechkin, arguably the best player in the NHL and who finished sixth in fan balloting, have resulted in the Washington Capitals poor play in recent games.



JOE STRIZZI
Hockey Hearsay

"Feeling intense disrespect from fans, unable to rock the vote, much less the red, they have now scored an anemic three goals in nine periods at Verizon Center, which until last week was a really exciting place to see a hockey game.

Maybe if Ovechkin didn't get snubbed so badly, and a few people besides Mike Green's teammates and family members voted for him - and Bruce Boudreau didn't have to spend all that time answering questions about how the league's reigning MVP inexplicably finished sixth among forwards in his conference - maybe the Capitals don't fall apart the last three games and get booed off their home ice."

Give me a break!

Are you seriously trying to tell me that the Capitals dismal play over those three games was because of the indignities suffered at the hands of Hab fans, who just like any fan in any city across the NHL, exercised their right to vote as many times as they could within the rules, and thus, voted in Alex Kovalev over Alex Ovechkin into the starting lineup?

We shouldn't be surprised that this kind of talk originated from a guy covering a hockey team in a secondary market, in a country that litigates over

spilled milk.

I mean, c'mon! The all-star game is being held in Montreal as part of the organizations' 100th anniversary...what did you expect?

Blame the Capitals fans, who didn't step up to the plate. Blame the media for not getting the word out there, or blame Capitals management for not campaigning for the best player in the world who just happens to play in a market where hockey is an afterthought to the NFL's Washington Redskins, and yes, even the lowly Washington Nationals of the MLB (In truth, it is Montrealers who should be crying foul for the theft of the Expos)

The NHL All-Star vote is a popularity contest. When examining the starting lineups for the All-Star game, it's easy to see that there are some glaring omissions, like Ovechkin, and the Boston Bruins' Zdeno Chara, but the alternative is that you ask the everyday fan to determine which players are the best at their positions. Isn't that putting a lot of responsibility on their shoulders?

"I don't agree with the process. People would much rather see the best players in the world," said Washington's goaltender Jose Theodore, a former all-star and member of the Canadiens, who feels the system is flawed. When asked about the line-up, the Montreal native told AP, "There are some stars but not all the stars. The league should really review the system. Sometimes giving all the power to the fans isn't the best thing to do."

Sounds like more sour grapes from a guy who'll never again see an all-star game.

The fan balloting is a way to involve the fans in the process. All fans from all cities had the same opportunity to get involved in the process, and the fact that there are four Habs voted into the starting lineup simply shows where hockey truly thrives.

Hosts win Stanstead hockey tournament



PHOTO BY NANCY NOURSE

Zachary-Cy Vanasse—STANSTEAD

For the second straight year Stanstead College has won the Stanstead College Invitational Senior Boys Hockey Tournament which was held January 9th to 11th. The Spartans went 4-0 on their way to the repeat win beating the Wyoming Seminary Blue Knights 6-3 in Sunday's final. Wyoming and the Spartans had met three times already this season and the two teams knew each other well. Matt Robertson scored a pair in the final while Julien Quincou, Jean-Francois Lefort, Jean-Philippe Daigle and Thomas Castle each added a goal for the tournament victory. Logan Vanasse got the start between the pipes for the Spartans, stopping 24 of the 27 shots he faced on his way to his third win of the tournament.

Upcoming activities:

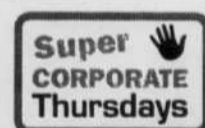
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Church Directory

Anglican Church of Canada

ST. PETER'S CHURCH
355 Dufferin Street, Sherbrooke
(819) 564-0279
Rev. Dr. Patricia Peacock
Sunday
9:00 a.m. Morning Prayer

Anglican Church of Canada

 **ST. GEORGE'S CHURCH**
LENNOXVILLE
84 Queen St., 819-346-5564
www.stgeorgeslennoxville.com
Pastor: The Rev. Michael Canning

Sunday, January 18, Epiphany 2
8:00 a.m. Traditional Holy Communion
10:00 a.m. Family Eucharist with Baptism
Sunday School


For a ride to Church, call 819-346-5564

Anglican Church of Canada

 **St. Barnabas Church**
640 Sherbrooke Rd.
North Hatley, Quebec
Office Phone: 819-842-2686
Website: www.stbarnabasqc.org
E-mail: incumbent@stbarnabasqc.org

Sunday
10:00 a.m. Holy Eucharist and Sunday School


Presbyterian Church in Canada

 **St. Andrew's Presbyterian Church**
Sherbrooke
256 Queen Street, Lennoxville
Tel: 819-569-3100
Minister: Rev. John Barry Forsyth
Organist: Anthony Davidson
Sunday
10:30 a.m. Worship & Sunday School

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

The Word of Grace Radio Broadcast
P.O. Box 404 Sherbrooke Qc J1M 1Z6
Station CJMQ 88.9 FM or www.cjmq.fm
Sunday 8:30 a.m.

United Church of Canada

 **Plymouth-Trinity**
Dufferin at Montreal, Sherbrooke
819-346-6373
E-mail: plym-trin.ucc@bellnet.ca
Minister:
Rev. Heather A. MacDougall
Student Minister: Cathy Hamilton
Organist: Leslie Young

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

Attend the Church of your Choice

St. Paul's Guild & A.C.W. meeting

Eight ladies attended the January meeting of St. Paul's Guild and A.C.W., which was held in the Parish Hall, on Friday, January 9, 2009, two days later than the regular date due to the inclement weather. The meeting was conducted by Serena Wintle, president, and was opened with prayers and a Scripture reading.

Minutes of the December meeting were read and approved, also the Secretary's annual report. The annual Treasurer's report was also read, which had been audited and found accurate. Both annual reports were accepted as read.

This showed that although our numbers are small, our activities have been consistent. In 2008, we had ten members, we held ten regular meetings, we packed ten Seafarers boxes and packed and delivered ten baskets of Christmas goodies. Three members had perfect attendance.

During the year, approximately seventy-five cards were sent, including Birthday, Sympathy, Get-Well and other special occasions and local people who have been ill are remembered with gifts of treats. We held two luncheons followed by a card party, and catered to lunches following three funerals.

Correspondence included Thank you notes from people who had been remembered at Christmas and on other occasions. Donations were enclosed in

two which were gratefully appreciated.

Seven members answered the Roll Call with payment of dues. Sister Mary Florence took the chair for the election of officers which remains the same as in the past: Honorary President - Mrs. Irene Fisher, President - Serena Wintle; Vice-president - Sandra Morrison; Secretary - Nina Rowell; Treasurer - Sandra Morrison. Committee to remain the same.

Several suggestions were made for Fund Raisers but nothing decided. January 18-25 is the Week of Prayer for Christian Unity. It was suggested that we attend the service in St. Raphael Roman Catholic Church on Saturday evening, January 24, at 7 p.m.

St. Paul's annual Vestry meeting will follow Church Service and pot luck lunch on Sunday, February 1. The next Guild meeting will be held on February 25, Ash Wednesday. It will be a combined meeting for February and March. The meeting will be followed by a Pot luck supper and the Ash Wednesday Service. The April meeting, Wednesday, April 1, will also be followed by a pot luck supper and the Tennebrae Service.

The monthly drawing was won by Helen Taylor. A social time was enjoyed over a cup of tea and assorted goodies.

Submitted by
Nina Rowell

Inverness Maxine McCrea

Christmas holiday guests of Mildred and David Robinson included Scott and Linsey Lund from Collingwood, ON., Andy and Ria Popliger of Montreal and Edith Robinson of Montreal.

Dale Wright of Watford, ON. spent a week over Christmas time with his parents Marion and Forrest Wright. Lloyd and Carol Wright were weekend guests at the same home. They were joined by their local family members to enjoy Christmas dinner on Dec. 27 with Forrest and Marion.

Christmas Eve service for the K.I.T. Pastoral Charge was celebrated at St. Andrew's Church in Inverness led by our minister Rev. Carla Van Delen.

Mark McCrea from Orleans, ON. was an overnight visitor at my home while on a business trip in the Quebec area

prior to Christmas.

My daughter Linda and husband J. Claude Bertrand of Gatineau came for a few days over Christmas time and on Dec. 25 the rest of the family joined us for the annual Christmas "Brunch."

Kevin and Wanda Dempsey and their children Sam, Olivia and Nicolas from West Brome were New Year's and weekend guests of Ray, Janet and Lisa Dempsey. Kristen, Kayla and Rianne Dempsey spent some time with family here during the holidays.

This community was saddened to learn of the passing of Margaret Dempsey on Dec. 25 at the Wales Home in Richmond. Our sympathy goes out to all of her family. Her funeral service was held in St. Andrew's Church on Dec. 29.

Bulwer Golden Age

January 12, members met at Bulwer's Community Center. It was our first meeting of the New Year. John welcomed everyone and wished all a good and healthy New Year. Bowlers had a good game of carpet bowling. Red team were winners.

Five hundred cards were played at seven tables. All enjoyed their afternoon.

A thank you note was read.

John Gill read a tribute to the late Sam Lake which was composed by Darlene Rogers. She's known him for many years. Very well done. Darlene surprises us with her hidden talent and put them to work often. A job well done.

Supper was melt in your mouth,

roast pork, mashed potatoes, turnip, fluff beets salad and the best gravy. All were delighted. Cream puffs, tea and coffee topped of this great meal. Fifty-five very satisfied members enjoyed it. Thank you all.

Door prizes: Don Aubrey, Paulette, Jean Evans, George Peasley and Al Doherty (guess mother luck was on your side).

Peggy's homemade goodies: Eugene Naylor, Norma Gill, Floyd Kerr, Gertie Herrington, Mrs. McVetty, Grayce B.

If anyone knows any member should receive a card, please call John or Alberta.

See you next meeting January.
God bless all take care.

Margaret Vintinner

Sawyerville Edythe Hodge

Edythe and Raymond Hodge had several days of entertaining over the Christmas holidays. Their daughter and son-in-law Shirley and Syd Statton came down from Mississauga on the 22nd and returned home on the 7th of January. On the 21st of December, Shirley and Syd became grandparents for the third time when their daughter Angie gave birth to a baby boy, Casey. This is the 6th great-grandchild for Edythe and Raymond.

Christmas Day visitors were June and Wayne Sutor and their children, Kayla, Bryson and Ryder from Waterville, Amy McComb from Lennoxville, Shirley and

Syd, Nancy Spalding and Ernie and Ben Hodge.

On Boxing Day, their daughter and son-in-law, Ruth and Robert Addis, from Waterville came for a visit. On the 28th, they travelled to Waterville to the home of June and Wayne where the family had gathered for their Christmas meal and gift exchange. On the 29th, they had a surprise visit from Elsie Shaughnessy from Colbyville. John Dawson from Sawyerville brought his sister 'for an hour' and they left three hours later after a fun time reminiscing. On January 4th, Ben, Karen, Blaze, Rebecka and her friend Josh paid a visit.



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**Huntingville
Alice Price**

Much earlier in the season, Joyce Standish was very happy to have her three daughters spend two weeks here to be with her. While they were here, they were guests of Les and Sue Nutbrown.

Margaret Wright with her little granddaughter Kate Harvey visited her mom Roberta Smith.

Ivan and Edith Hazzard of Burlington, Ontario and Ada Ross of Granby spent five days with Alice Price, while here to attend the funeral of their mother and sister Phyllis Hazzard.

Bob and Trudy Hazzard of Mount Hope, Ontario and Rejean and Bev and daughter Annette of Sherbrooke were also guests.

John and Maggie MacDonald of Kitchener, Ontario and Bill, Kathy, Robert and Lisa Dings of Vankleek Hill, Ontario spent a few days with Les and Sue Nutbrown while here to attend the funeral of their mother and grandmother May MacDonald.

Sincere sympathy goes out to all the family of Margaret Dempsey and also to the family of Sam Lake.

Aaron Nutbrown spent a few days at his home here while here to attend the funeral of his aunt May.

Eileen Drew, Leta Dustin, Georgie Charland, Beth Hartwell and Angie Ward played old time music for the residents of St. Paul's Home in Bury during the Christmas season.

Stephanie DeGrace of Montreal spent Christmas with her mom and called on Angie.

June Alper of Montreal was an overnight guest of Alice. While here, they attended the pre-Christmas sale in Island Brook.

Alice Price called on Ora Loomis.

Residents at Grace Christian Home were happy to have relatives and friends join them for a Christmas turkey supper.

Get well wishes go out to Mrs. Ben Smith, Vera Chute and Mildred Roarke.

Charlotte Warnholtz spent Christmas in Ontario with her daughter Sharon and family, and other friends.

Joel and Jessica Heath of Calgary, Alberta were here during the holidays to visit family and friends.

Erin Lauzonis of Buffalo, New York is spending some time with Les, Sue and Jason Nutbrown.

Donnie and Jordan MacDonald of Ottawa spent Christmas with Aunt Alice and other members of the family and were supper guests of Gary and Helen MacDonald.

Meryl Nutbrown, Lynne Anne, Sarah, Hailey and Austin spent Christmas with the Nutbrown family.

Christmas guests of Alice were Willard and Lillian Wright, Mable Hoy, and Reggie Aulis.

Hope everyone has a happy healthy New Year.

In Memoriams

PAGE, Frances - In loving memory of a wife, mother and grandmother and great-grandmother who passed away on January 17, 2008.

*Your heart was filled with kindness,
The kindest women we ever knew.
You had your little sayings
That would make us laugh and smile.
You picked us up when we were down
And made our troubles fade away.
One year has slipped by quickly
But you remain with us every day,
And memories linger on.*

THE PAGE FAMILY

PAGE, Frances: April 11, 1923 - January 17, 2008.

*I miss you more than words can say,
I think about you night and day,
It's hard to believe that you are gone
We find the time without you long.
If I could see you just once more
In your chair when I walk through the door,
But that isn't the way it is going to be,
I'll treasure the memories inside of me.
Though you are gone, you'll always be
In my heart and soul with me,
I'll remember the good times we had,
You'd want us to be happy, not sad.*

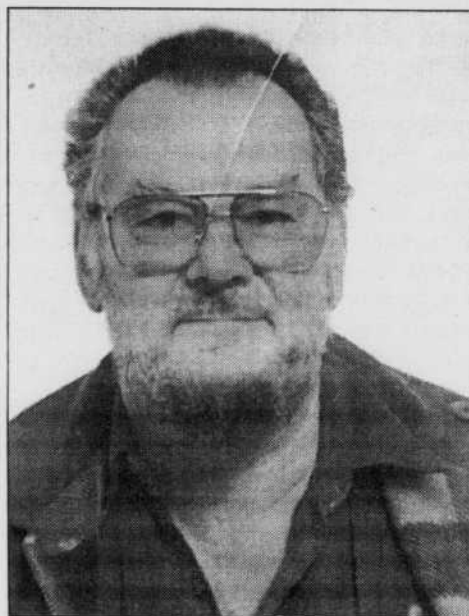
DALE, DIANE
ANGELA, BRUNO, TRINITY, CEDRIK
LEISHA, KATRINA
KYLIE, MARTY, JUSTICE

STUBBERT, Agnes - In loving memory of a wife, mother, grandmother and dear friend who passed away January 18, 2005.

*In tears we saw you sinking,
And watched you pass away.
Our hearts were almost broken,
We wanted you to stay.
But when we saw you sleeping,
So peaceful, free from pain,
How could we wish you back with us,
To suffer that again.
It broke our hearts to lose you,
But you did not go alone,
For part of us went with you,
The day God took you home.*

We miss you every day and you are always in our thoughts.
Loving you always
Forgetting you never.
CEDRIC (husband)
NINA & KEVIN (daughter)
CURTIS & NANCY (son)
MALCOLM & MARIE-HELENE (son)
JEREMY, JULIETTE & LIAM (grandchildren)
JANET (best friend)

Death



LADUKE, Clifton (Bozo) (1930 - 2009) - Peacefully surrounded by his family, at the CHSLD of Bedford, the 14th of January, 2009, at the age of 78, passed away Clifton Laduke, loving husband of the late Beverley Caldwell, life time resident of Stanbridge East, QC. He will be sadly missed by his children: Johanne (Chuck Bergeron), Stephen (Rolande Lagacé), Michael (Judy Derick), his 7 grandchildren and 3 great-grandchildren, his sister Ilene, brothers-in-law and sisters-in-laws and many other relatives and friends. Family members will receive condolences at the: Joseph Dion Funeral Home, 215 rue Rivière, Bedford, QC. JOJ 1A0 Tel: 450-248-2911 Fax: 450-248-3749 Josephdionfilstee@bellnet.ca Sunday the 18th of January 2009, from 2 to 5 and 7 to 9. Funeral service will take place Monday the 19th of January, 2009 at the St-James Anglican Church in Stanbridge East, at 2 p.m., family will receive condolences at the church at 1 p.m. In his memory donation to the Levesque Craighead Foundation would be appreciated by the family. Forms will be available at the funeral home.

Obituary

ELSIE DOROTHY HEATH

Elsie Dorothy Heath (Roffe) died peacefully at the Grace Christian Home on December 1, 2008, where she had lived for fifteen years.

Elsie was born January 24, 1910, at Calgary, Alberta, the youngest of three children. Her father was William James Palmer and her mother was Bertha Start. Her mother died when she was five months old and she was adopted by Mr. and Mrs. Richard William Roffe at a year old. The family moved east and lived in several places in the Townships. Her adopted mother died in 1925 when she was fifteen years old.

Elsie worked at Paton Mills a number of years before she married Arthur Abel Heath on April 11, 1936 in Sherbrooke. Soon four children were born to them. Beverley (Albert Cairns), Arthur (Lillian), David (Lois) and Warren (Colleen). They had ten grandchildren - Ronald, Brent, Marlene, Christopher, Gary, Shane, Joel, Susan, Mark, Warren Jr., thirteen great-grandchildren and two great-great-grandchildren.

Elsie and Arthur celebrated sixty-one anniversaries together before he passed away on January 13, 1998. Elsie was predeceased by a sister, Lily Winslow and a brother Stanley Palmer and many brothers and sisters-in-law. She also leaves sisters-in-law Iva Thibault and Ethel Heath and a brother-in-law Doug Howes and many nieces and nephews.

The funeral was held the sixth of December at the Huntingville Community Church with Pastor Ed Down and Pastor Randy Crozier officiating. The bearers were Ron Cairns, Warren Heath Jr., Matthew and Cameron Burns, Neil Burns and Larry Edwards.

Marlene, Arthur, David and Warren Spoke about their memories of their grandmother and mother, David also sang "Find Us Faithful". Interment was at the Eaton Cemetery. A lunch was prepared and served by the ladies of the Huntingville Church.

Absent from the body and to be present with the Lord. 2 Corinthians 5:8

One Quebecer out of two does not have a will. And you?

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He yells at me for no reason

Dear Annie: My husband and I are good friends with three other couples. The guys often go on golf trips — sometimes with their wives, sometimes without. During the last trip, my husband, "Derek," had a disagreement with "Tim." There's always drinking, and this time the two of them actually got into a physical fight. At any rate, they are still playing golf together so apparently it's OK now.

However, Tim came to me and said Derek has been having an affair with one of the other guy's wives and he's tired of covering for him. Tim asked me not to mention this to Derek or the other woman, because they will deny it. He suggested instead that I follow Derek on the weekend and find out for myself.

I tried that, with no result. So, do I confront Derek or keep up this detective game? I'm not too happy playing the adoring, accommodating wife if this is true. — No Name in Wisconsin

Dear Wisconsin:

Tim may still hold a grudge against Derek and therefore have an ulterior motive to hurt him. Has your husband or this other woman given you any reason to be suspicious? If not, can you put your doubts behind you? Otherwise, you need to discuss your worries with Derek and give him the opportunity to assuage your fears or confirm your suspicions. (Don't drag Tim's name into it.)

If, after speaking to Derek, you still aren't sure, ask him to come with you for marriage counseling so you can tackle your concerns together.

Dear Annie: I've been married to "Ken" for five years. The last two, he has changed. He tells me the same things over and over, and asks the same questions again and again. When we have the grandkids, he must ask me a dozen times or more what time the kids need to be at school.

Annie's Mailbox

He has also developed a terrible temper. He yells at me with contempt in his voice, like the time the battery in the smoke detector started beeping and he shouted that it was all my fault. There is no reasoning with him. I sent a note to his physician asking him to do some testing, but the doctor didn't even bring up the subject at his annual physical and Ken has already said he won't take any medicine.

Ken is still sharp on a lot of things, but the stress is too much for me. I don't know this man anymore and he makes me nervous. Please help. — Indiana

Dear Indiana: An extreme change in behavior can indicate a serious medical problem, perhaps early dementia or a neurological abnormality. It's possible the doctor did speak to Ken, but Ken didn't want you to know and the doctor is not at liberty to discuss it. Tell Ken you

love him and are worried about his health. Offer to go with him to talk to the doctor. You also should get some counseling, with or without Ken, so you can find ways to deal with the stress.

Dear Annie: As a recovering alcoholic, I know many people do not know how to deal with those in recovery. I'd like to make some suggestions.

Please do not hesitate to invite a recovering person to an event where alcohol is served. If the recovering person feels uncomfortable attending, he or she will say so. If you have alcohol in your homes, don't hide it. You may think you are doing that person a favor, but many in recovery feel this is a sign they cannot be trusted. Ask your friend how he or she is doing, but don't constantly bring up the subject of drinking. We are not defined by our disease. — Trying To Help

Dear Trying: This is good advice, but some recovering alcoholics may find an abundance of free liquor quite stressful. We hope they are willing to say so.

Dear Annie: I am 24 years old, and I am trying to get my Social Security card so I can get a job. I have been in foster care most of my life and have no contact with my family. Therefore, I am not sure what hospital I was born in and can't get a birth certificate.

I went to my school and the group home, and they say they no longer have my records. Can you steer me in the right direction? — Lost in New York

Dear Lost: We contacted Kia Green at the Social Security Administration. She said you should call or visit the Bureau of Vital Statistics in the state where you were born to obtain a certified copy of your birth certificate. You don't need to know the name of the hospital.

You can then complete an application for a Social Security card, which requires proof of U.S. citizenship (or immigrant status and work eligibility), age and identity. For more information, call 1-800-772-1213.

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

Lennoxville U.C.W. December meeting

The General U.C.W. of the Lennoxville United Church met recently in the Memorial Room with the President, Jennifer Edwards in the chair. She welcomed us and together we repeated our purpose followed by some Food for Thought based on a Christmas theme. She also thanked everyone for our work on our many projects.

The proposed agenda was accepted by all. The minutes of the September meeting were read and approved. From the minutes our MacMillan Cookie Dough project was again successful. The Christmas Bazaar held in November was also a successful event. Our treasurer gave her financial report and all outstanding bills are to be paid. This includes our allocation to the Mission and Service Fund. Several more cook books have been sold and are still available. Copies of the December Happenings were passed around for members to share and read.

From our portfolio reports: The Stew-

ards are looking for some new members; 19 poinsettias have been donated by the congregation for the church at Christmas; also two beautiful wreaths were purchased for the front doors. For the Christian Education - calendars were sold. Publicity convenor reported that reports had been sent to Happenings, The Record, and the church's newsletter "The Spirit." Unit 5 reported they had served tea at the Wales Home in early November; catered to a member's funeral; had decorated the church for Thanksgiving; worked and contributed to the Bazaar and Cookie Dough project. Shut-ins of the congregation were remembered with plants and Christmas stockings. Unit 5's Christmas dinner will be held at Sebby's Restaurant. Unit 6 reported their fall garage and rummage sale in October was very successful. Like other units they contributed greatly to the two general projects. They decorated the church for Christmas and used some of the decora-

tions from the Bazaar. Their Christmas dinner will be held at Scores Restaurant.

The date and suggested theme for 2009's Bazaar were chosen for November 21, 2009. The theme will be based around "Santa."

The refrigerator schedule was given out, each unit taking a three month term.

The executive for 2009 will remain the same. We will meet again the end of January. Our president, Jennifer Edwards, wished us all greetings of the season and the meeting was adjourned by Jean Parnell.

Respectfully submitted,

Esther Bassett

Publicity convenor

Lennoxville United Church Women

The Record would like to apologize to the Lennoxville U.C.W. for this being published so late.

Bury Women's Institute meeting

On the regular date for the December meeting, members of the Bury W.I. treated themselves to dinner out, this was followed by their Christmas meeting at the home of Serena Wintle in Birchton.

As December is the month when annual reports are read, the following is a synopsis of the Publicity and Awareness report, which covers the activities of this branch.

The following are the mottoes used:

(1) Laugh often, long and loud. Laugh until you gasp for breath.

(2) Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

(3) Do good. The best portion of person's life is the little, daily, un-remembered acts of kindness and love.

(4) Tell the people that you love, that you love them, at every opportunity.

The roll calls were:

(1) Bring in a stamped card (get-well, sympathy, etc.).

(2) Bring non perishable foods for AGRHS food baskets.

(3) Bring in something suitable for the l'Escale Women's Centre.

(4) Bring in extra vegetables from your garden, jams or jellies, or something tasty for St. Paul's Rest Home.

(5) Tell about something nice that someone did for you and bring ideas for next year's programme.

One month, members were invited to the Bury Municipal Library. They were introduced to the facilities of the library, and to the three computers on high speed internet that are available to the public.

In October, a report was given on Greg Mortenson and the work he is doing in Pakistan and Afghanistan building schools. A magazine featuring Greg's work was circulated and his book, "Three Cups of Tea", was recommended.

In the Spring, a Chicken Pie luncheon and card party were held to raise money for the County Bursary fund, also a Craft/Flea Market was hosted, with members serving a lunch of soup, sandwiches, doughnuts and beverages, the proceeds for the benefit of the Bury W.I.

At Easter, sick and shut-ins were remembered with gifts.

At the visitors' meeting in September, a Penny Fair was enjoyed. Two bursaries of \$200.00 each were presented to deserving students from Compton

County.

Money was given for a Hallowe'en dinner to the students at Pope Memorial School. W.I. members provided homemade cookies for the dessert. Public Speaking was sponsored and judged at PMES. Also gave money towards the prizes and for school pins for graduates. Christmas cards were sent to Sick and Shut-ins.

Although the membership of the Bury Women's Institute is now very small, they are to be commended for their efforts in upholding the motto of the Women's Institute, which is, "FOR HOME AND COUNTRY".

Another note of interest for the Bury Women's Institute is that January 2009 marks their 90th ANNIVERSARY.

*Submitted by
Nina Rowell*

CELEBRITY CIPHER

by Luis Campos

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

Today's clue: H equals D

" A F G J M T F S F T W Z M N H J N S J R T
V F T Y F G E Z E W F V K J E D Z K J N D E D F T ,
D W J X F J N S J R T E V D F H E Z Y N J R
E W F L S D E W H D I K D E R . " - V D G J V H Z
L Z K E J N A J K

PREVIOUS SOLUTION - "I am always doing that which I can not do, in order that I may learn how to do it." - Pablo Picasso

CELEBRITY CIPHER

by Luis Campos

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

Today's clue: M equals B

" C D T N D F Y R N O R D C J R A A J A T A W I
D L L A I Y V C D Y X . " - P A N Y R N " C D T N D F
B A Y R D B P M W Y V F N I D N F A T O I A F F N F
T A I W F L A Y R N I F . " - O A C N Y Y N

PREVIOUS SOLUTION - "Because we should always respect other nationalities, I have always tried to play them with dignity." - Ricardo Montalban

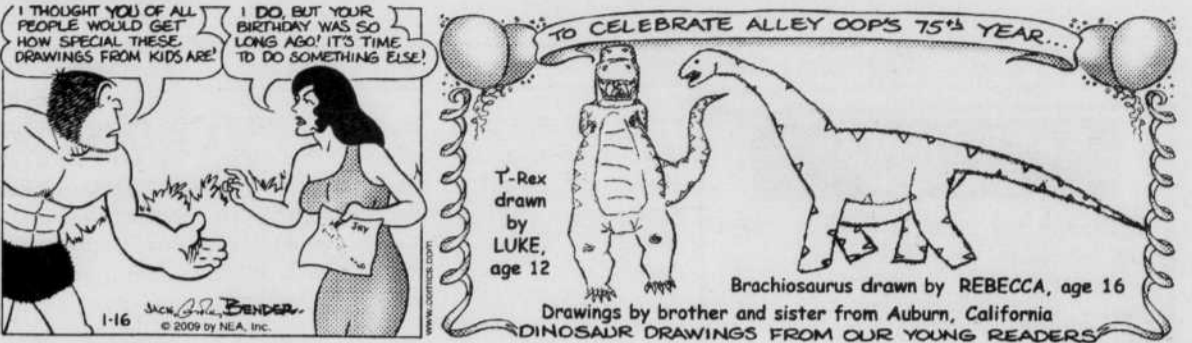
KIT N' CARLYLE



HERMAN



ALLEY OOP



ARLO & JANIS



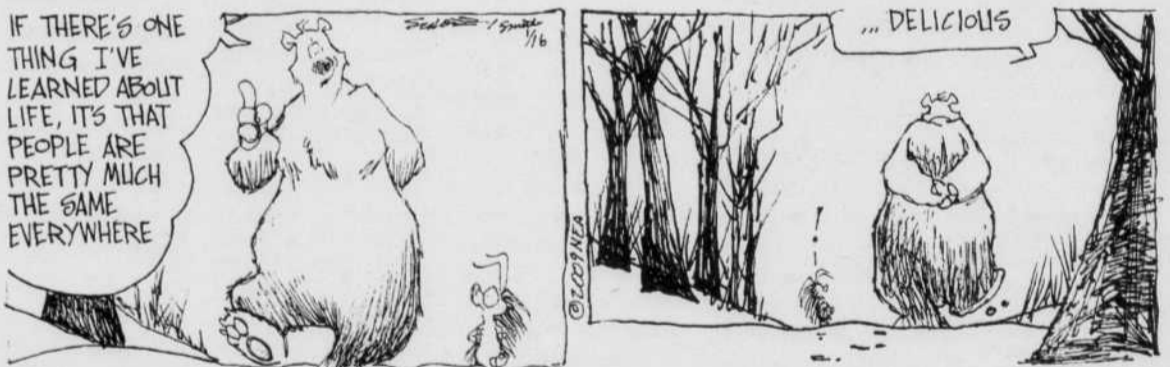
THE BORN LOSER



FOR BETTER OR FOR WORSE



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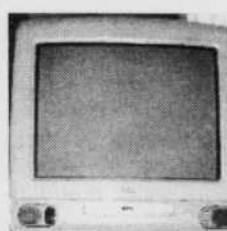
145 Miscellaneous Services

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294 Events

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294 Events

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M A S S A W I P P I DART LEAGUE Dart Tournament for La Maison Aube Lumiere on Saturday, January 31 at the A.N.A.F. Unit 318 Hut, 300 St. Francis, Lennoxville. Starts at 2 p.m. sharp. \$5.00 per person. Mixed doubles. Everyone welcome.

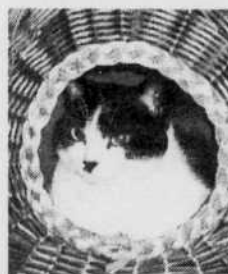
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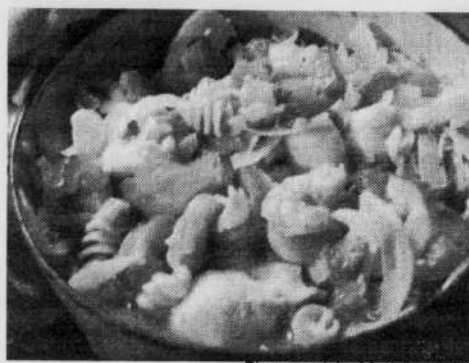
By Marialisa Calta

Your cookbook shelf may be jammed with volumes that promise quick, easy, healthful meals, made in a nanosecond and cleaned up in less. They lie — or most of them do. But this year, it's worth making room for a new book that delivers what it promises. "Glorious One-Pot Meals" by Elizabeth Yarnell (Broadway Books, 2009) is not particularly impressive. It's small, lacks photos and the title seems recycled. But Yarnell has developed — indeed, patented! — a method of cooking that results in quick-to-prepare, healthful, delicious and satisfying meals. And, unlike most "one pot" cookbooks, her meals are indeed complete. They include starch, protein and lots of vegetables. No need to cook rice or potatoes or toss a salad to "round out the meal."

Here's her method: You layer a bunch of stuff — let's say rice, chicken and vegetables — in a Dutch oven. No sauteing, no browning, no crisping — just layer the raw ingredients. You add a bit of liquid (water, broth) and maybe 1/2 teaspoon of oil. And you bake it at 450 F. Forty-five minutes later, you are serving up a delicious, complete, from-scratch, low-fat, delectable and highly satisfying meal, and you have only one pot and your plates and utensils to wash. The method, which Yarnell calls "infusion cooking," works, almost magically, with all types of protein — fish, poultry, red meat, tofu — as well as pasta, potatoes and grains, and every vegetable imaginable. You can even use frozen foods and subtract or add ingredients. This may not be "revolutionary," as the book cover proclaims, but it's really, really useful.

Yarnell's journey into cooking began about 10 years ago when, at the age of 29, she woke up one morning blind in one eye. She had just finished grad school, bought a fixer-upper, and was engaged to be married. The diagnosis of multiple sclerosis was a shocker. After intensive research, Yarnell — interviewed recently by phone from her home in Denver, Colo. — said she decided that one of the things she could do to help herself was to eat well, "but I had no idea what that meant." More research persuaded her that a varied diet with a heavy emphasis on vegetables and whole — not prepared — foods was the way to go. The problem: "I had no idea how to cook," she says. As a single 20-something, she had eaten out several nights a week, dined on the leftovers, or subsisted on her then-favorite food: Gummi bears. She wanted to get her nutritional act together, but, facing the fatigue that accompanies MS, she knew she was not up to spending loads of time and effort in the kitchen, whether preparing or cleaning up.

She and her fiancé (now her husband) began growing organic vegetables in their garden, and the night of their first harvest, Yarnell says she "just threw a bunch of stuff in a pot, cranked up the oven, and stuck it in." Her "glorious one-pot meals" were born, followed by 10 years of recipe development, a successful self-published book, a Web site (www.gloriousonepotmeals.com) and now national publication. She has since become a certified nutritional consultant, and, without making medical claims, she notes that has not had an MS "attack" since 2001.



Photograph by Marialisa Calta

This Chioppino from "Glorious One-Pot Meals" by Elizabeth Yarnell (Broadway Books, 2009) makes an excellent one-pot meal for people who love seafood and hate washing dishes.

This book offers great recipes: Adobo Pork, Almond Curried Lamb, Lemon-Rosemary Salmon, Fiesta Steak and Sweet-and-Sour Tempeh, to name a few, as well as encouragement on making your own combinations. Here are two of my favorites so far.

Cook's note: All recipes call for a 2-quart, cast-iron (or enameled cast-iron) Dutch oven and serve two, very generously. To serve four, use a 3-1/2- to 4-quart Dutch oven, double the recipe, and increase the baking time by 8 minutes. To serve six, use a 5-1/2- to 6-quart Dutch oven, triple the recipe, and add 16 minutes to the cooking time.

CIOPPINO (SEAFOOD STEW)

- olive-oil spray
- 1 cup rotini (corkscrew pasta; I used whole wheat)
- 1/3 cup water
- 1/2 teaspoon olive oil
- 1/2 pound (10 to 12) shrimp, peeled and deveined
- 1/4 pound bay or sea scallops (halved horizontally, if huge)
- sea salt and freshly ground black pepper
- 1/2 medium onion, peeled and diced
- 3 to 5 garlic cloves, peeled and sliced or crushed
- 1/2 red bell pepper, seeded and cut into 1-inch-thick slices
- 1/2 yellow bell pepper, seeded and cut into 1-inch-thick slices
- 1/2 zucchini, halved lengthwise and cut into 1/2-inch-thick slices
- 1 (14-ounce) can diced tomatoes, or 3 to 4 medium fresh tomatoes, stemmed and chopped
- 1 celery stalk, trimmed and thinly sliced
- 1 small fennel bulb, trimmed and chopped

Preheat the oven to 450 F. Spray the inside and the lid of a 2-quart, cast-iron Dutch oven with the olive oil.

Scatter the pasta in the pot. Add the water and olive oil. Stir gently to coat the noodles, and distribute evenly. Place the shrimp and scallops on top of the pasta. Season with salt and pepper.

Scatter the onion and garlic over the seafood, followed by layers of bell peppers and zucchini. Pour the tomatoes over all (drain the can if you want a less soupy stew, but I recommend using the juices) or, if using fresh tomatoes, arrange slices

on top. Scatter the celery and fennel over all, and season lightly with salt and pepper.

Cover and bake for 45 minutes, or until 3 minutes after the aroma of a fully cooked meal escapes from the oven. Serve immediately.

Yield: 2 generous servings

Recipe from "Glorious One-Pot Meals" by Elizabeth Yarnell (Broadway Books, 2009)

MEDITERRANEAN STEAK

- Olive-oil spray
- 4 to 6 garlic cloves, peeled and chopped
- 1/2 cup whole-wheat couscous (see Cook's note)
- 1/2 cup broth (beef or vegetable) or water
- 1/2 to 3/4 pound boneless beef tenderloin, trimmed of all excess fat
- 1/4 cup red wine
- 1 tablespoon olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon dried marjoram or 1 tablespoon fresh
- 1/2 teaspoon dried thyme or 1 tablespoon fresh
- 2 cups fresh or frozen peeled pearl onions
- 4 plum tomatoes, quartered
- 1/2 head broccoli, cut into florets (about 2 cups)

Preheat the oven to 450 F. Spray the inside and the lid of a 2-quart cast-iron Dutch oven with the olive oil.

Scatter half the garlic in the pot. Pour in the couscous and liquid. Stir to distribute the couscous in an even layer. Add the steak, and sprinkle with the remaining garlic.

In a small bowl, stir together the wine, olive oil, lemon juice, marjoram and thyme. Pour half the wine mixture over the meat.

Drop in the onions, and arrange the tomato quarters skin side down. Fill the rest of the pot with the broccoli florets, and pour the remaining wine mixture over all.

Cover and bake for 45 minutes or until 3 minutes after the aroma of a full cooked meal escapes from the oven. Serve immediately.

Cook's note: The South Beach Diet popularized whole-wheat couscous. As a result, it is now available in many supermarkets and natural-food stores. You can also buy it online from Hodgson Mill at www.hodgsonmill.com.

Yield: 2 generous servings

Recipe from "Glorious One-Pot Meals" by Elizabeth Yarnell (Broadway Books 2009)

Marialisa Calta is the author of "Barbarians at the Plate: Taming and Feeding the American Family" (Perigee, 2005). For more information go to www.marialisacalta.com.

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Your Birthday

North 01-16-09 ♠ A 8 7 ♥ A K Q 2 ♦ A ♣ A 10 8 5 4			
West ♠ 6 5 4 3 2 ♥ J 6 3 ♦ K 10 7 4 ♣ Q	East ♠ — ♥ 10 9 8 ♦ Q J 9 5 ♣ K J 9 7 6 2	South ♠ K Q J 10 9 ♥ 7 5 4 ♦ 8 6 3 2 ♣ 3	
Dealer: North Vulnerable: East-West			
South 1 ♠ Pass 2 ♠ Pass 5 ♣ Pass 6 ♠ Pass	West Pass Pass Pass Pass	North 1 ♣ Pass 2 ♥ Pass 4 NT Pass 5 ♦ Pass Pass	East Pass Pass Pass Pass
Opening lead: ♣ Q			

Friday, Jan. 16, 2009

Count tricks and hope for the best

By Phillip Alder

Aesop, who died in 560 B.C., wrote, "Do not count your chickens before they are hatched."

Do not start the play until after you have counted your tricks. In today's deal, you reach six spades. West leads the club queen. Things look easy. You win with dummy's ace, cash the diamond ace, and play a trump to your hand, but East discards a club. Now how would you hope to hatch 12 tricks?

North's two-heart rebid was a reverse, which promised a very strong hand because you, the responder, bid only at the one-level. (A reverse is recognizable because if responder wishes to give preference to opener's first-bid suit, he must do it at the three-level.) And note your two-spade rebid. After a reverse, it is acceptable for responder to rebid in a five-card suit. Then North used Roman Key Card Blackwood, learning, in the modern style, that you had the spade king (five clubs) and the spade queen, but no side-suit king (six spades).

You have only 10 top tricks: five spades, three hearts, one diamond and one club. You wanted to ruff two diamonds in the dummy, draw trumps, and claim. But you do not have the communications for that, given the bad spade break. Instead, you must cross-ruff. However, before starting the cross-ruff, cash your side-suit winners first. Immediately play off dummy's three top hearts. Then ruff a club in your hand, ruff a diamond on the board, ruff a club, and ruff a diamond. You have taken 10 tricks and have two top trumps left in your hand, so claim.

Friday, Jan. 16, 2009

Making major changes in your lifestyle should be first and foremost on your list of priorities in the year ahead. If your efforts are to better yourself and your surroundings, all will work out wonderfully well for you.

CAPRICORN (Dec. 22-Jan. 19) — Nothing worth bragging about will be accomplished if you're too lax with regard to how you go about your business. If fact, your lack of enthusiasm will give cohorts a reason to doubt your credibility.

AQUARIUS (Jan. 20-Feb. 19) — You could spend all your time worrying about how well others are doing their jobs to the point that it interferes with your duties and obligations. Reverse your behavior.

PISCES (Feb. 20-March 20) — Just because a certain nasty tactic worked so well for a friend doesn't mean you should try it yourself. Meanness has a way of catching up with an individual, and it won't be nice.

ARIES (March 21-April 19) — Avoid involvements with those who never let anyone else have a say in decision making. These kinds of people will always render a judgment call that suits their own desires, never anyone else's.

TAURUS (April 20-May 20) — You will lose a great deal of respect from the very people you're trying to impress if you come off as never being wrong. Even if you're right, remember, no one likes a know-it-all.

GEMINI (May 21-June 20) — Time will be the critical factor in your productivity. Your chances for major accomplishments will depend on the proportion of time you spend dillydallying.

CANCER (June 21-July 22) — When it comes to something important about which you and your mate have failed to agree upon, keep it to yourself when out in public. Discussing it with outsiders — or, worse, relatives — is a no-no.

LEO (July 23-Aug. 22) — Although you might mean well when reworking the facts about something sensitive in order to spare another's feelings, unfortunately, the truth will win out and your pal could be angry for not being warned.

VIRGO (Aug. 23-Sept. 22) — Be fair and share the rewards with those who have helped you acquire an important goal. By the same token, however, don't feel obligated to share with someone who was just standing around.

LIBRA (Sept. 23-Oct. 23) — If a well-intentioned gesture produces the opposite effects for which you are hoping, others involved might have difficulty discerning that you meant well. Announce your motive up front.

SCORPIO (Oct. 24-Nov. 22) — Under most conditions, you are your own person; however, if you're tired, you could easily be talked out of a responsibility in order to do something fun and relaxing. But at what price?

SAGITTARIUS (Nov. 23-Dec. 21) — It's good to be optimistic, but it must be based on reality. Disappointment is extremely probable if you predicate your expectations on wishful thinking alone.

Saturday, Jan. 17, 2009

Things will be changing in the year ahead, making it possible for you to succeed at endeavors that had previously met with failure. Don't hesitate to attempt something that means a lot to you again.

CAPRICORN (Dec. 22-Jan. 19) — Be mindful of your self-interests, but not compulsively so. If you are too self-serving by doing things at the expense of others, you will harm your reputation and also your self-esteem.

AQUARIUS (Jan. 20-Feb. 19) — Know the difference between flashes of intuition and feelings of apprehension. Don't confuse purely negative thinking with honest hunches that are trying to take you in a positive direction.

PISCES (Feb. 20-March 20) — There is a strong chance you could be fooled once again by an acquaintance who does not have the money to pay for his or her fair share. Make this the last time.

ARIES (March 21-April 19) — To do what you need to do, you must operate within your realm of perception. As long as you believe your actions are honorable, don't be influenced by what others think.

TAURUS (April 20-May 20) — Even when you're performing mundane tasks, don't let yourself be distracted because small accidents could occur or mistakes can be made. In either case, it can be a needless waste of time.

GEMINI (May 21-June 20) — Don't allow yourself to get drawn into an arrangement that will upset a friend. Things could get serious and develop into a lost friendship.

CANCER (June 21-July 22) — Because you are sensitive and try to be fair-minded, you are usually a good arbitrator, but not so at this time. Your heart might rule your head and permit your mind to be biased.

LEO (July 23-Aug. 22) — Be grateful to those who try hard to help you, even if their work is bit primitive or childish. If you belittle their efforts in any way, it could be devastating to them and extremely hurtful.

VIRGO (Aug. 23-Sept. 22) — Subdue inclinations to change things merely for change's sake. There is a strong chance you could undo something you'll be sorry about later, especially when you realize you had a good thing going.

LIBRA (Sept. 23-Oct. 23) — If your great sense of timing isn't operative, failure is possible even with the little things. In order to be successful, you must have an acute sense of timing, knowing when to act and when to back off.

SCORPIO (Oct. 24-Nov. 22) — Attempting something and failing is one thing, but failing to succeed because you won't even try is another. Put things in proper perspective, and judge yourself by your worth.

SAGITTARIUS (Nov. 23-Dec. 21) — If you are placed in the position of managing the resources of another, do your very best. If you know you applied your best effort, then, even if you fail, no one will have regrets.

Sunday, Jan. 18, 2009

You will be far luckier in the year ahead than you've been for a long time, even if your efforts leave much to be desired. However, if you help things along with a strong, positive attitude, the dividends will be even greater.

CAPRICORN (Dec. 22-Jan. 19) — When it comes to money situations, don't be afraid to think bigger than usual. Conditions are fortunate for you to do something on a large scale that has considerable potential.

AQUARIUS (Jan. 20-Feb. 19) — Mostly because you know how to look out for family members, what's good for you at this time will also turn out to be good for these loved ones.

PISCES (Feb. 20-March 20) — Even if you believe things are going against you, you will end up being extremely fortunate in ways you'd least expect. To save yourself a lot of self-imposed grief, think positively and keep the faith.

ARIES (March 21-April 19) — Even though what you do for a friend might be extravagant, it'll be well thought out and a solid investment on your behalf. What you get in return will be well worth it.

TAURUS (April 20-May 20) — If you run into someone who could advance your personal ambitions, don't hesitate to talk to him or her about your desires if you get an opening. Something could come of it.

GEMINI (May 21-June 20) — A door that has been previously closed might open and be exactly the break you've been looking for. You'll know what to say and do to further an important interest.

CANCER (June 21-July 22) — Even though this may be a day of rest, it could still turn out to be a profitable one. You might learn about something that has great financial possibilities, which would be perfect for you.

LEO (July 23-Aug. 22) — Friends and acquaintances alike will treat you in a most generous fashion, mainly because you tend to accept their viewpoints on things as intellectually brilliant.

VIRGO (Aug. 23-Sept. 22) — Your motives for helping others will stem from a sincere desire to assist them in any way possible; yet, in the final analysis, you will gain the most from your actions.

LIBRA (Sept. 23-Oct. 23) — It isn't likely to be your rabbit's foot that makes you so lucky, but it does have everything to do with instinctively placing yourself in the right spot at the right time with the right people.

SCORPIO (Oct. 24-Nov. 22) — Alter your routine a bit, and do something fun with the family, even if it's out of the ordinary. You'll discover that spending time with those near and dear will pay off handsomely.

SAGITTARIUS (Nov. 23-Dec. 21) — By making it known that certain people are extremely important to you, these individuals will be far more receptive to you as well. Don't be surprised if multiple invitations roll in.

Lennoxville United Church Women Christmas Bazaar and Turkey Supper

Good weather prevailed as friends from far and near came to the Lennoxville U.C.W.'s annual Christmas Bazaar and Turkey Supper. This event was held on Saturday, November 22. The theme chosen for this year was, "Christmas at the North Pole." This was evident in the upper Scott hall by the decorations which were made by the decorating committee assisted by the Sunday School. On loan from one of the convenors were three Christmas quilts.

This year Jennifer Edwards was coordinator, assisted by the upper Scott hall convenors, Esther Bassett and Kristan McKercher; lower Scott hall convenors, Gail Lloyd and Patricia Smith; and kitchen convenors, Deanna McNab and Margaret Young. Ticket reservations were looked after by Bev Ross and Gloria Stronach. Many more U.C.W. members helped the convenors in their areas.

At 3 p.m. Rev. Jim Potter officially opened the bazaar to many eager shoppers. They visited various tables including the antique, candy, food, wish, silent auction, Christmas decorations, knitting & crocheting, aprons & pot holders, fish pond and the new jewellery table. This latter table was new this year and the jewellery was hand crafted by U.C.W. members. Orders for our ever popular cookie and muffin dough were taken at this time by Gwen Bayley and Barbara Smith.

Soon the smells of the kitchen were wafting their way upstairs and the author went down to see a beautiful decorated dining room awaiting its first arrivals for supper. The dining room decorations were done by Gwen Bayley assisted by the convenors. The waiters and waitresses were members of the congregation and many were families working as teams.

The lounge again was home to 118 pies which were cut and made ready for the dining room. The former pie room became home to the rolls, pickles and cranberry sauce. The turkey room was home to some 15 turkeys which were carved and made ready for the dining room. All three sittings were sold out.

Some of the comments heard after the dinner were, "I'm full, I ate too much, the service was good and the food was hot."

The nursery room was home to the

staff dining room where they could eat away from the hustle and bustle of the other areas. This was under the able direction of Joe McKercher and Alan Young.

We would like to thank all the young people of our church who helped in the many areas of the bazaar - we certainly appreciate their hard work and enthusiasm.

This day the purpose of the U.C.W.

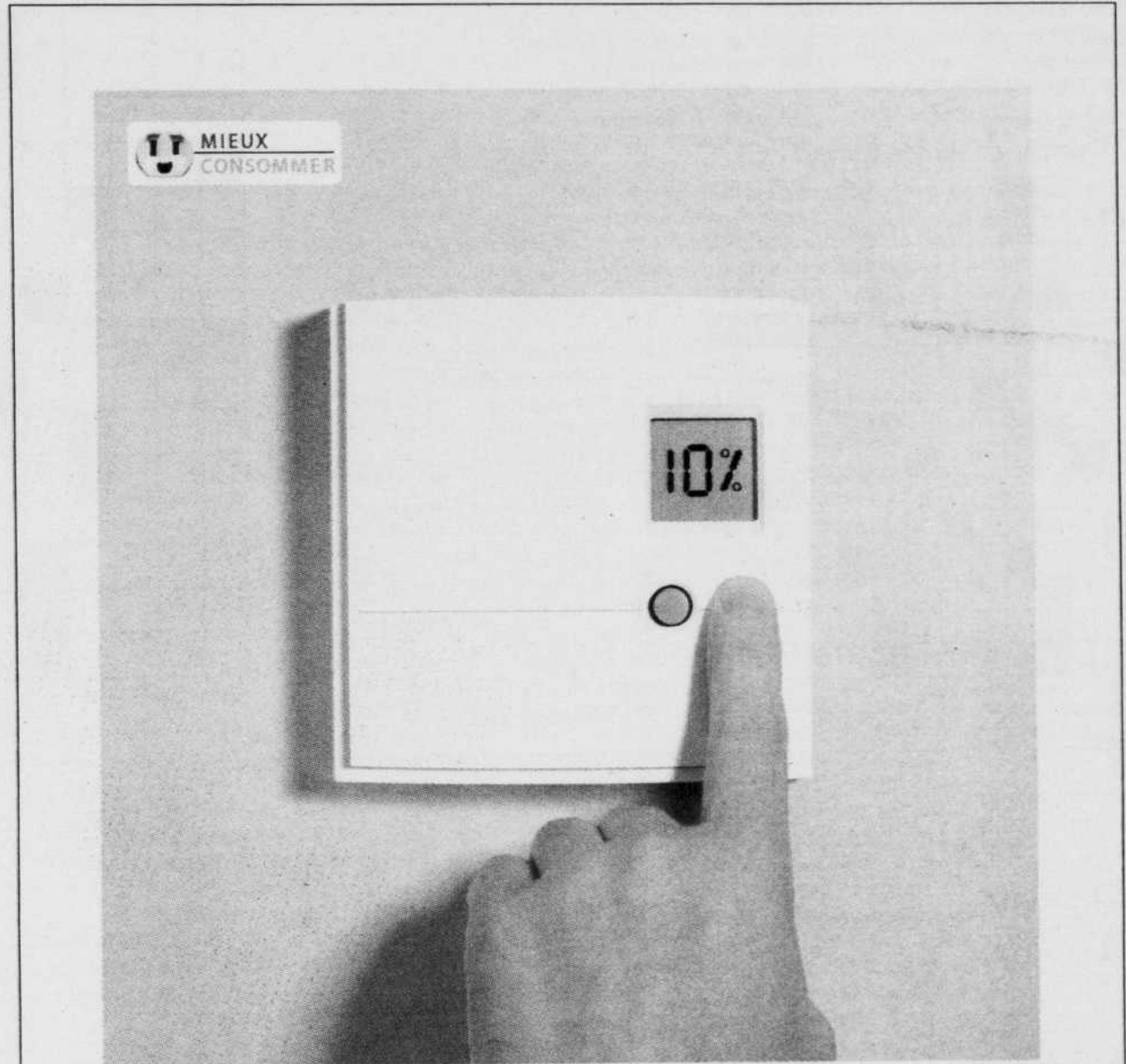
could be changed to uniting all men, women and youth of the congregation for a day of fun, fellowship, service and good eating.

Our sincere thanks go to Eric Nutbrown, our caretaker, and his helpers for the setting up and taking down of the tables and the many other tasks associated with this event. To all of the congregation and community our sincere thanks for making this annual

event successful. Season's Greetings to all on behalf of the U.C.W.

Respectfully submitted by,
Esther Bassett
Publicity convenor

The Record would like to apologize to the Lennoxville U.C.W. for this being published so late.



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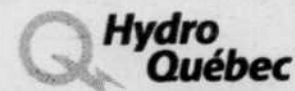
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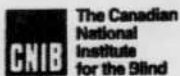
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