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**RECORD**

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THURSDAY, NOVEMBER 1, 2007

## Masked Man



PERRY BEATON

About 100 Université de Sherbrooke students protesting tuition hikes took part in a walk to Premier Jean Charest's riding office at the Place des Congrès Wednesday when a handful attempted to block traffic. Six were arrested, taken to police headquarters and released after the demonstration was over. A Sherbrooke police spokesman said the students were given clear direction on how to proceed during the march. Those who refused to follow the rules will be charged with contravening a municipal statute for interfering with the work of police and fined \$141 each. After a 13-year freeze, tuition rates at Quebec's universities are to increase \$100 each year until 2012.

## A terrible anniversary

### The Eastman bridge collapse

By Wendy Denman  
RECORD CORRESPONDENT

One hundred years ago today, at about 9:45 a.m., the peace of the small village of Eastman was shattered by a huge bang as a train crashed through the town's trestle bridge — landing more than 50 feet below in the Missisquoi River.

"The train's in the water, the train's in the water," people yelled as they ran towards the river," said Jim Sweet. "It must have been quite a sight and quite a noise. The people that were there are all gone now, but over the years they've told their stories. It was a very major

PLEASE SEE TRAIN ON PAGE 4

## The straight dope

### Plundered pot plants

By Maurice Crossfield  
KNOWLTON

Brome-Missisquoi is apparently the most popular place in the Townships to grow marijuana, and racks up the dubious distinction of being home to a third of all pot seized by police in the region this year.

"There are any number of reasons, but I think a lot of it had to do with the number of calls we got from the

PLEASE SEE POT ON PAGE 6



**Julie Rodier**  
audioprothésiste

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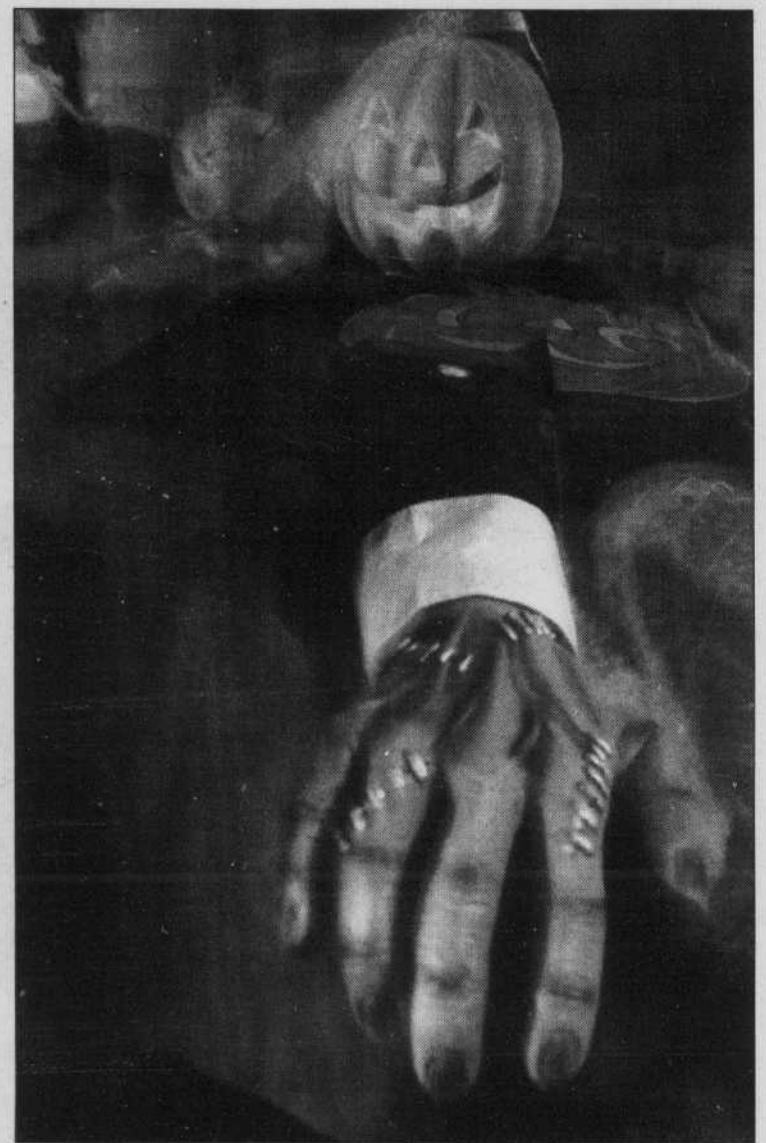
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# Happy Halloween!

Photographer Perry Beaton spent some time on Halloween snapping pix of trick-or-treaters in Lennoxville.



## Weather

**Today:** A few showers ending late in the day then cloudy. Wind 20 km/h gusting to 40. 10 degrees.

**Friday:** Sunny. Low minus 5. High plus 5.

**Saturday:** Sunny. Low minus 6. High plus 5.

**Sunday:** Mix of sun and cloud. Low minus 2. High plus 5.

## Ben by Daniel Shelton



# Trucks tangle with wires

## Route 249

**T**raffic on Route 249 in St-Denis-de-Brompton was tied up for a few hours Tuesday when a pair of transport trucks got snarled up in downed hydro wires.

The tractor trailer trucks were coming towards each other on Route 249 near the intersection of du Moulin at about 9:45 a.m. and clipped each other as they passed. Both trucks then went off the road and one took out a utility pole.

"They became tangled in the wires so Hydro Québec had to come in to try to deal with the situation," said Sûreté du Québec spokesman Const. Louis-Philippe Ruel. The truck drivers were not hurt in the mishap.

The provincial highway was closed while the crews cleared away the power lines and debris, with the road being reopened to traffic by the middle of the afternoon.

# Divvying it up

## Hospitals split fundraising cash

Staff  
SHERBROOKE

**T**he foundations of local hospitals and health and social service centres yesterday split the proceeds from the year's Maison Desjardins house raffle. The funds are divided according to the numbers of tickets sold by the various foundations taking part.

The lion's share of the pot, some \$280,000, is being shared by the foundation of the Centre hospitalier universitaire de Sherbrooke, which gets \$137,000, and the Health and Social Service Center - University Institute of Geriatrics of Sherbrooke, which pocketed \$105,000.

The foundations of regional health and social service centres also got a share, including the Centre hospitalier de Lac-Mégantic (\$14,140), the CSSS de Coaticook (\$6,804), the CSSS in Asbestos (\$6,360), the CSSS du Val-St-François (\$6,308) and the CSSS du Haut-St-François (\$4,311).

The 2007 campaign, the 12th in a row, did not meet the same success as the 2006 one which set a record, but the cost of the Maison Desjardins and the furnishing were considerably more expensive this year because of the size of the house, explained Michel Fortin, director of the CHUS hospital foundation.

The elderly couple that won the house found it so big, they put it up for sale.

## BRIEFS

### B-M business awards

The top businesses in Brome-Missisquoi were honoured in the annual Porte sur l'Avenir gala on the weekend.

La chèvre et le chou took top honours as the region's best agricultural business, while Freighsburg's Le Domaine Pinnacle won the agri-food category.

Brome Lake businesses did well, with Le Cyprès winning best tourism business, Galerie Knowlton taking the best arts and culture category and Interieurs Bousada in the best business with more than 11 employees. Etchea Traiteur - Agur Galerie was recognized as the best small service business.

In the one to 10 employee category, Chaussures R.L. Brault of Cowansville took home the gold.

Inotec Industries and Graymont took the small and large manufacturing categories respectively. Meanwhile Cowansville Mazda and Fromagerie des Cantons shared the best new business award.

The Centre de santé et des services sociaux de La Pommeraie took home two awards: best service business with more than 11 employees, and it shared the best business of the year award with Bedford's Graymont.

On the community front the Pays des Vergers homecare cooperative was given the nod for best non-profit organization, while Groupe Ecosphere was recognized for its local and environmental involvement.

The Mont Sutton ski hill was given a special prize for its human resources management.

The annual gala is put on by the Cowansville and Region Chamber of Commerce and covers all of Brome-Missisquoi, not just chamber members.

### Housing starts down in Sherbrooke

Housing starts in the Sherbrooke area have slowed this year and are likely to continue doing so despite a robust housing market, according to the Canada Mortgage and Housing Corporation.

While the CMHC recorded 1,545 housing unit starts in 2006, that figure will drop 6.8 per cent to 1,440 in 2007. The slowdown is expected to continue into 2008 when experts are forecasting 1,380 housing unit starts. That's still above the average for the Sherbrooke area of 1,050 housing starts.

CMHC Senior Market Analyst Helene Dauphinais stated in a release that continued low mortgage rates, job creation and the arrival of new immigrants will keep the housing sector busy over the next year at least. Meanwhile the seller to buyer ratio will remain below eight to one, meaning that the market will continue to favour those who are looking to sell rather than those who are looking to buy.

### Lots of tourists in Memphremagog

Despite a slow start to summer the Memphremagog MRC is reporting a good tourism season.

In all about half of those surveyed registered an increase in sales this summer over summer 2006, while 32 per cent saw business remain steady and 18 per cent saw fewer sales. The most active sectors were in the hospitality industry,

outdoor activities and spas.

The survey, released Tuesday, showed that 36 per cent of tourism-related businesses renovated or expanded, while 42 per cent offered at least one new service or product this season.

The increase in tourism was also seen at the regional tourism bureau, which saw nearly 10,000 people stop to ask for advice or directions, up 10 per cent over the previous year.

Even the Internet was busy, with some 60,000 visits to the [www.tourisme-memphremagog.com](http://www.tourisme-memphremagog.com) web site over the summer, an increase of 25 per cent over the previous summer.

### Problematic post boxes all over

Rural Eastern Townships residents are not the only ones who are seeing their roadside mailboxes condemned by Canada Post.

The agency estimates that nearly a third of the number of rural mailboxes across the country will have to go.

The mail carrier is currently conducting a three-year assessment of all 843,000 rural mailboxes across the country after having received some 1,000 complaints from postal carriers operating in these areas over the last 18 months.

"Since we have been evaluating rural mailboxes we can say in general terms that 70 per cent can keep them and 30 per cent must find an alternative," said Line Brien, a spokeswoman at Canada Post.

So far, Canada Post has ruled that 1,150 boxes in Stanstead, Sutton, Eastman, Racine and La Patrie will have to go.

The percentage of problematic boxes in the Townships is higher than elsewhere; it's near 40 per cent.

"Often postal workers delivering mail do so while standing on the road, there isn't a shoulder, and they can encounter vehicles coming from both directions, and this can result in accidents," Brien said. "Because there's so much concern, especially on road safety matters, and because of complaints from postal workers, we decided to launch a countrywide operation."

"Heavy traffic volumes in particular, make pulling off the road and merging back into traffic unsafe - a situation made worse where curves, hills or other obstructions make it impossible for other drivers to see the mail carrier vehicle stopped at the side of the road or merging back into traffic," noted Canada Post on its website page dedicated to the assessment program.

Prior to 2006 Canada Post would visit homeowners of problem mailboxes if there was an incident or a complaint, but now Canada Post is being more proactive, Brien said.

To prevent accidents the carrier has equipped vehicles with rooftop signs and flashing amber lights, but this hasn't proven enough to limit the risks.

In some cases owners are being asked to move their mailbox to a safer area. In other cases they can either use alternatives such as community mailboxes, piggyback on their neighbour's mailbox, or receive free lockbox service at a local post office or local outlet offering postal services, such as pharmacies.

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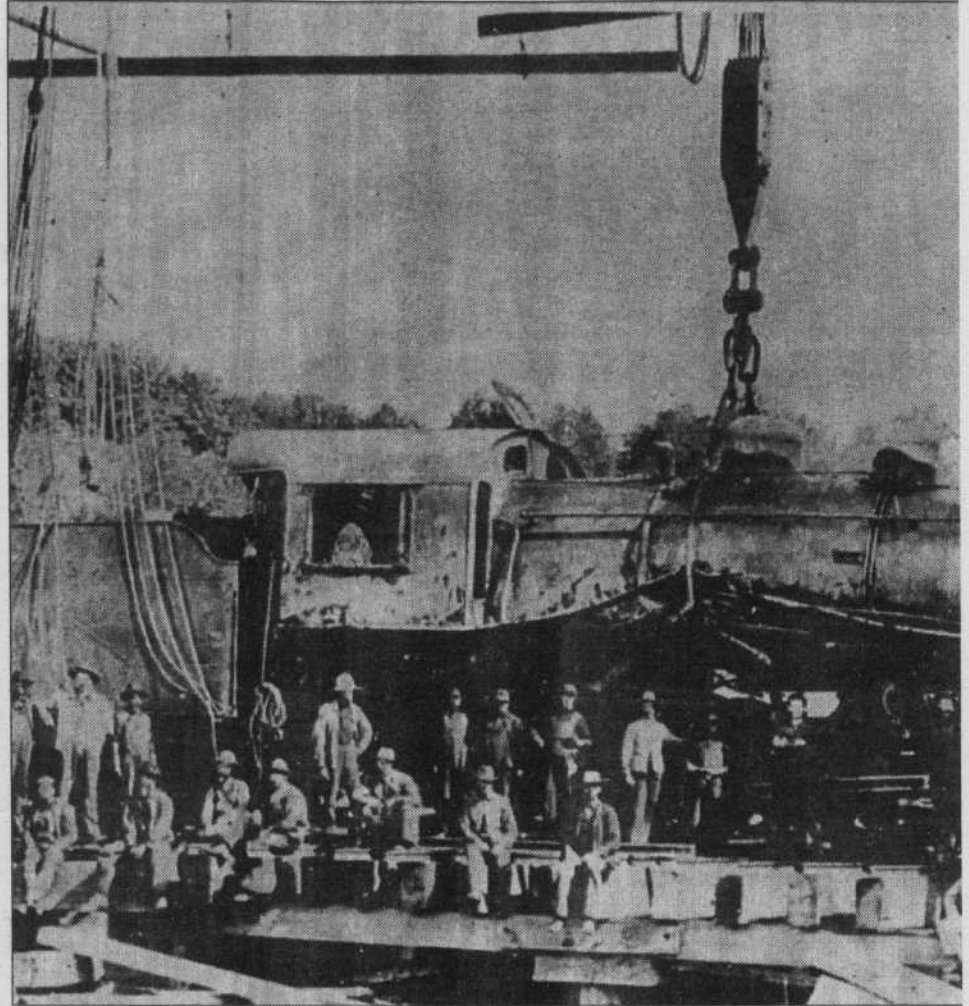
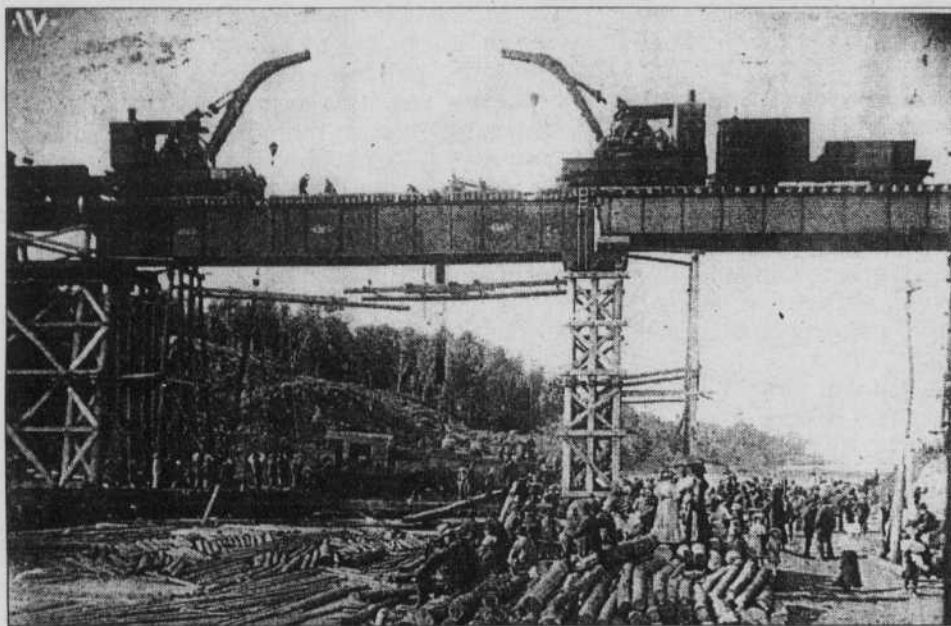
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COURTESY JIM SWEET

The mangled bridge above; below, efforts to pull the engine out of the water and, at right, success.



## TRAIN:

CONT'D FROM PAGE 1

event in the town."

The two engineers perished, and the bridge was badly damaged but still stood. "The train crashed right through a trestle into the water, it was a difficult problem getting it out. They had to

build a temporary track and get it onto the Orford Mountain Line. That took a lot of work," continued Sweet.

He is a long time resident whose grandparents also lived in Eastman, and he loves investigating the town's past, collecting photographs, old letters and oral histories.

The train was carrying fruits and vegetables: apples, oranges, carrots and potatoes to Sherbrooke: "Of course that cargo scattered everywhere. Legend has it there was a lot of canning and preserving going on in town that fall."

"The bridge was rebuilt in 1912. Until then trains used the Lower Bridge over the Missisquoi."

That was the second time the Eastman Bridge was rebuilt. The original was downed by a cyclone in 1888.

"But the 1912 bridge is still good; trains are going over it today."

Over the summer Sweet mounted an Eastman train expo on his property, displaying the material he's collected over the years. "I think it's really important that people who live here know the history of the place, particularly those who are new in town, and there are a lot of people moving in.

"We had over 350 visitors sign our book this summer and I was really surprised we got so many. A lot were interested in the bridge collapse. I've got a lot of pictures of them pulling that engine out.

"It was the engine's maiden voyage. They got it back to Montreal and then put it on a line out West and would you believe it went through a trestle bridge over the Fraser River. Far as I know they left it there. That engine just didn't like trestles."

Sweet said that Nov. 1, 1907 is a day that should be remembered. "There is nothing to commemorate the crash. I think the town should put a plaque by the bridge at least, let people know what happened. It's a small town, this was a big event, an important part of our history."



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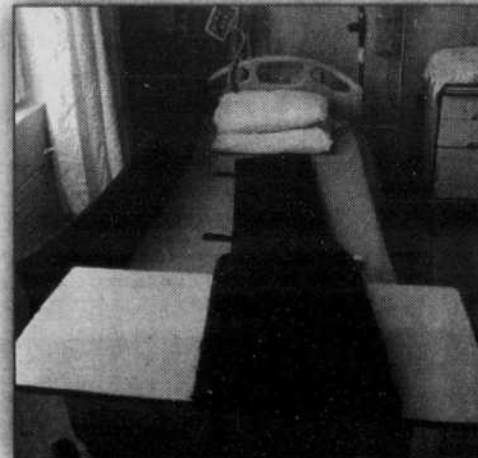
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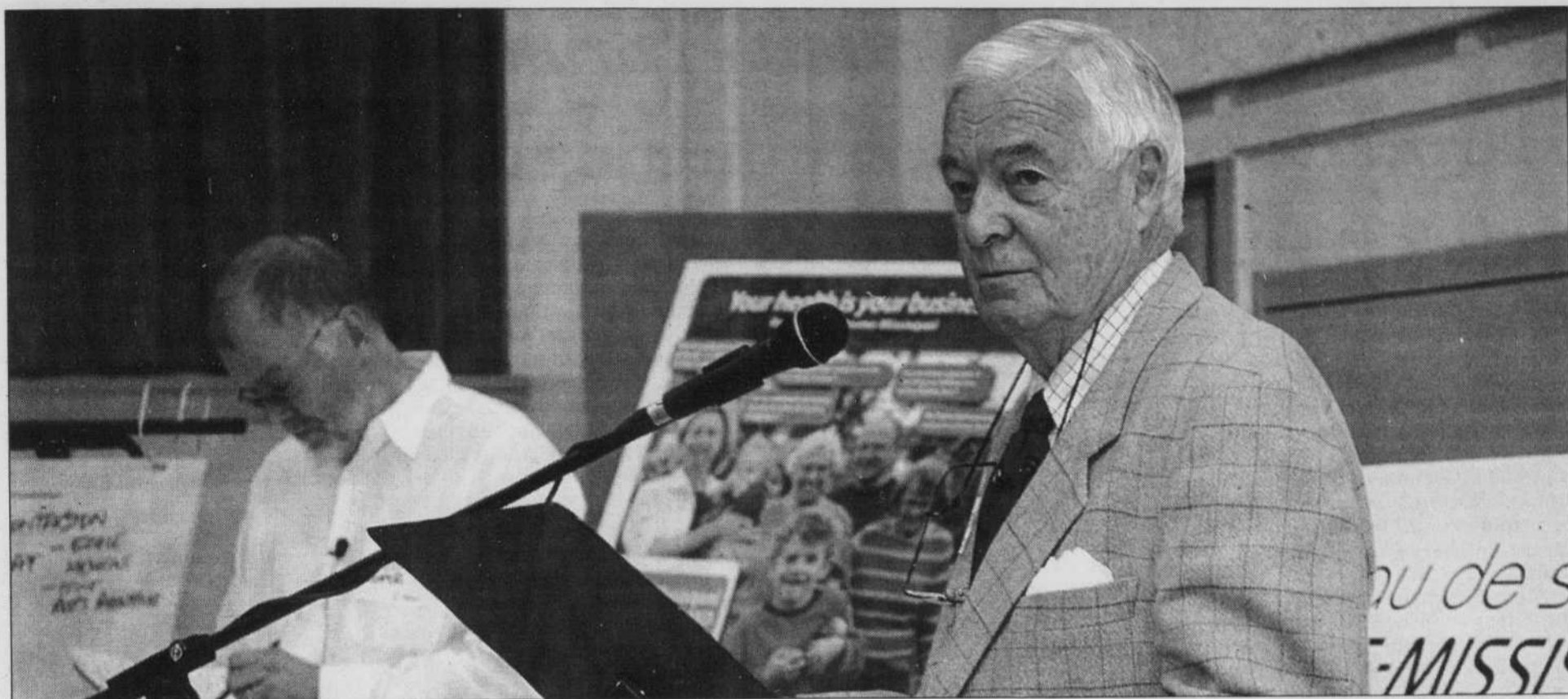
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COURTESY MICHEL ST-JEAN

Brome Lake resident Warren Woodworth spoke of the healthy benefits of volunteering, both for the volunteer and for the people they help.

# Taking the pulse of public health

300 responses out of 47,000 B-M surveys

Staff  
KNOWLTON

Preliminary results of a public health survey in Brome-Missisquoi were released earlier this week, and will be followed up by a round-table group to study concerns in greater detail.

"The environment, the health of our rivers and lakes was the biggest concern raised in the survey," said Josée Darche of the Centre de santé et des services sociaux de La Pommeraie.

Over the last few weeks a survey has been taking the pulse of area residents on public health. Though some 47,000 questionnaires were printed up, only about 300 have been filled out and returned so far. Darche said the survey can still be completed by residents, and the answers will be added to the growing database.

Presented by Chris Cooper, the preliminary results show that people are fairly pleased with the health and social services they get. The environment was of concern, likely due in part to the blue-green algae problem that affected the region's lakes this summer and last.

There was also a strong feeling that the region is not getting its fair share of government financing in a number of areas that touch on public health, from the continual delays in final approval for the expansion of the emergency room at the Brome-Missisquoi Perkins Hospital to the state of Cowansville's sidewalks.

When it came to being able to find a

family doctor, reaction was mixed. For some the issue was of high concern while for others it was not — likely for those who already have a family physician.

The discussion that followed the presentation at the St-Leon School in Cowansville was in a mix of French and English and touched on a number of subjects, Darche said.

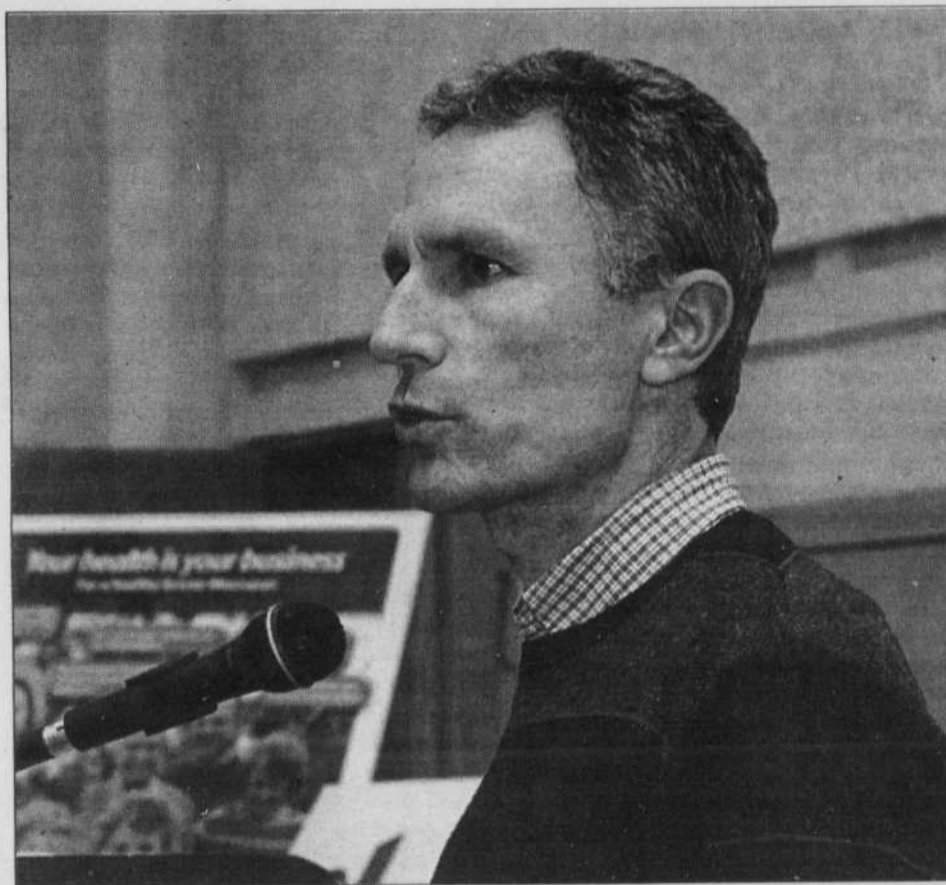
"Mr. (Warren) Woodworth talked about how volunteering is good for your health, which considering his health, it was a very good example," Darche said. She noted that the retired Woodworth is in excellent health and actively volunteers for a number of organizations.

Other speakers included Brome-Missisquoi MRC director general Robert Desmarais, who spoke of the role municipalities must play in promoting public health. Access to walking and cycling paths and other infrastructures can have a direct impact on health and quality of life, he said.

Rev. Tim Smart touched on the need for spiritual health in the community, noting that being healthy is about more than staying free of illness.

A naturopath took the opportunity to talk about the need for promoting healthy habits before people get sick. Along with the condition of the sidewalks, another speaker said people in Cowansville walk less because they don't feel as safe, and called for a stronger police presence.

The evening wrapped up with a resolution to continue the work begun by the survey: Some 10 people have already volunteered to take a seat on a Brome-Missisquoi Health Network Round



COURTESY MICHEL ST-JEAN

Rev. Tim Smart said spirituality plays an important role in health.

table. Made up of those from varied sectors, the group will look at ways to address the concerns raised in the survey and at the meeting.

"It was a very successful meeting," said Darche. "People came from across the territory to take part in it."

The Your Health is Your Business survey is still in circulation. It can be picked up at CSSS La Pommeraie facilities, in medical clinics, pharmacies and on the Internet at [www.santemon-teregie.qc.ca](http://www.santemon-teregie.qc.ca).

Completed questionnaires can be sent by fax to 450-266-5578, or mailed to the Communications Department of CSSS La Pommeraie, 950 Principale, Cowansville, J2K 1K3.



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RECORD

# Community Forum

## Harper deserves praise for meeting the Dalai Lama

*But it should be obvious*

The prime minister received praise and criticism this week for meeting the Dalai Lama. In a way, I find the praise more disturbing. Stephen Harper deserves every bit of praise for doing the right thing, but it's a sad commentary that such a minimal endorsement of the United Nation's founding principles should be praised instead of being taken for granted.

After all, Harper could hardly have done less than even former Liberal prime minister Paul Martin felt obliged to do about three-and-a-half years ago. In 2004, after flip-flopping for a while, first about whether to meet the Dalai Lama at all, and then whether to confine any discussion to religious matters, Martin announced he was prepared to talk about Chinese human rights abuses.

"I'm always open to discussing the question of human rights," he said to reporters just before meeting Tibet's spiritual leader.

He may have said it between gritted teeth, he may have said it under his breath, but he said it. He may have met the Dalai Lama surreptitiously, in the residence of Ottawa's Catholic Archbishop, instead of welcoming him on Parliament Hill, but he did meet him.

It may be no great achievement to show more backbone than the United Nations, but I'm still glad two Canadian prime ministers did. Compared to how the world body treated the Dalai Lama 12 years ago, even Martin cut a fine figure, let alone Harper.

In June, 1995, as the UN was celebrating its 50th anniversary, an item appeared on the back pages. It described how UN officials, worried about hurting China's feelings, deleted a human rights plea by the Dalai Lama from a book marking the world body's 50th anniversary. Called "A Vision of Hope", the book was one of the documents commissioned by the UN to congratulate itself.

Associated Press reported one of the UN book's authors naively decided to

quote the spiritual leader of Tibet in a section dealing with human rights. The Dalai Lama, forced into exile some eight years following the annexation of his country by communist China in 1951, apparently uttered some innocuous remarks about the importance of freedom in the world. Cautious, mild-mannered, and resolutely diplomatic, he didn't even mention China by name. However, the mere inclusion of his pious platitudes proved too much for the sensibilities of the UN.

**VIEWPOINT**

GEORGE JONAS

A certain Gillian Sorenson, a senior official handling the project, said the comments were unacceptable. Using a remark by the Dalai Lama — as another UN official explained — "was construed as implicit criticism of China, a (UN) member state."

Well, heaven forbid that we should criticize a member state of the UN, implicitly or otherwise, for offending the principles for which that august body was established. On the contrary, whenever we celebrate the UN on the occasion of one of its birthdays, we should be meticulously protective of those who trample on its principles, like the rulers of Beijing, and rigorously exclude those who try to uphold them by word or example, like the Dalai Lama.

This was 12 years ago but nothing much has changed.

Those who criticize Harper for meeting the Tibetan leader worry about the feelings of China's leadership.

Oh, is little China hurt? Too bad. She'll get over it. There's no doubt that some muggers, being sensitive, take offence at anyone comforting their victims, but I doubt if Canada needs to elevate mugger's sensitivity into a foreign policy consideration. For Harper not to have gone as far as Martin would have been truly unthinkable. I doubt if it was ever on the table even as a remote policy option.

Some readers may wonder how Sorenson's career developed after her

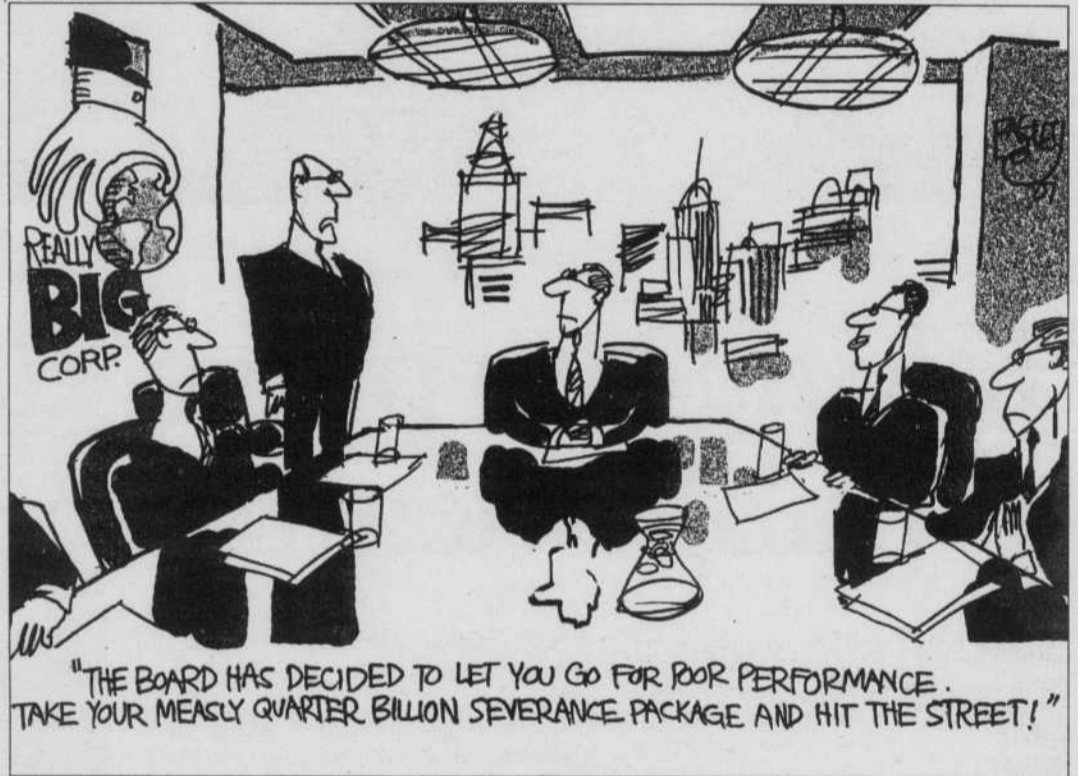
exclusion of the Dalai Lama from the UN half-century celebrations in 1995. Well, in 1997 she was appointed by former secretary general Kofi Annan as assistant secretary-general for external relations, a job she held until 2003. In that position, she was described as having been "a key diplomatic contact between Annan and important religious leaders, scholars, and political figures devoted to human rights issues."

These days, as senior adviser and na-

tional advocate at the United Nations Foundation, Sorenson makes speeches rather than policy. Billed as a "tireless advocate for peace, progress, and justice around the world," she gave a convocation address on Oct. 19. It was entitled "U.S. and UN: Can this Marriage be Saved?"

God, I hope not.

GEORGE JONAS WRITES FOR CANWEST NEWS SERVICE



**POT:**

CONT'D FROM PAGE 1

public," said Sûreté du Québec spokesman Const. Louis-Philippe Ruel. "Our work is helped most of all by calls from the public."

This year Operation Cisaille dragged in 45,949 marijuana plants for the entire Estrie region and 164 kilos of bulk pot. Of that number 15,269 plants were seized in Brome-Missisquoi, as was 72 kilos of dope ready for sale.

Things peaked when Cisaille kicked into high gear in September, nabbing 26,580 plants in the Estrie region. Of that 7,300 were from Brome-Missisquoi, while another 6,664 came from the Memphremagog MRC. Coaticook came third with 3,405 plants.

While Brome-Missisquoi, with its bucolic mix of fields and forests, proved to be fertile country for marijuana growers, its neighbour to the north, Haute-Yamaska, only brought in a fraction of the number of plants, with 1,373 plants and a paltry eight kilos of bulk marijuana.

Things were a little more prosperous for the Granby Police, who nabbed 3,000 plants during the summer and fall. Bromont found 727 plants, most of them at a single raid that included the recovery of a couple of stolen vehicles as well.

Another factor in police success may be the increasing popularity among landowners of "social contracts" which allow police to search a property at any time without having to get a warrant.

"I don't have information on the Estrie, but in the Centre du Quebec the social contracts are very popular and they work very well," Ruel said.

In fact those areas saw police seize literally tons of pot this summer: In the Drummond MRC this summer some 31,000 plants were nabbed by the cops and the same amount was seized in the Victoriaville region. The Erables MRC is now 36,000 plants shy of what was originally put out in the spring by outlaw gardeners.

Arrests in connection with the raids of outdoor marijuana growing operations are, however, relatively rare. Unless police catch someone in the act of tending their pot patch, it becomes difficult to prove who actually owns it. Often the growers flee at the first sign of the coppers. There were however a few arrests of people who were guarding their plantations against thieves and got caught.

Though the outdoor growing season is over, Operation Cisaille continues. In the coming months police investigators will turn their attention to indoor growing operations. Anyone with information about these grow-ops is asked to call the SQ, or the Info Crime line at 1-800-711-1800.

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

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

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# It's my party and I'll shoot if I want to

*Laser tag, you're it*

**S**cuttling in the dark playing laser tag this past weekend, two things occurred to me: one, that shooting at people surely violates my stand on guns and violence; and two, when the zombie uprising occurs, I won't be of much help.

The outing to the laser tag complex was one of the latter stages of James's 12th birthday. In our house, birthdays tend to be extended affairs — more like birthweeks or even birthmonths. We ease in, like getting into a hot bath, and slowly emerge, like coming up from deep-sea diving. You don't want to shock the system. The schedule goes something like this:

A) Several days, possibly weeks before, we give one or more pre-birthday gifts since, hey, there's no point hanging onto that dino-robo-monster truck when the recipient can enjoy it now. After all, that zombie uprising could occur any time and there won't be much playtime then.

B) Two days before, the gift from the away-grandparents arrives, clearly marked "Do Not Open Until Birthday." We open it.

C) Up to a week before (depending on the calendar, sports commitments, holidays, weather forecast, signs of the apocalypse) is the birthday party, with the requisite games, sugar, presents and sugar. Did I mention sugar? This leads to...

D) The sleepover by the top-tier friends. All other guests are sent home with a surprise bag and their choice of either a "better-luck-next-time" voucher for a sleepover next year or a slightly used dino-robo-monster truck.

E) Post-sleepover entertainment (optional; in our case this year, laser tag).

F) The actual birthday. This is the part where we light candles and sing "Happy Birthday To You." If the child is over 11, it is sung ironically so that the birthday boy or girl will feel free to roll his or her eyes, if so inclined.

G) Finally, we wrap things up by having supper with the nearby-grandparents, a perfect decompression from the über-fête.

(Incidentally, birthdays are excellent anthropological opportunities to

study the state-of-the-nation of your child's age group. I didn't know, for instance, that 12-year-old boys hugged. I've seen older boys hug in that "my-homey-got-your-back" kind of way. But I thought 12-year-olds were too self-conscious. Maybe it's a cultural thing. In fact, this should be the sole criterion for Quebec citizenship: if you can do the two-cheek kiss thing, you're in.)

Last Sunday we found ourselves at stage E of the festivities: laser-tag.

If you don't know what laser tag is, let me just say that whoever thought of



ROSS MURRAY

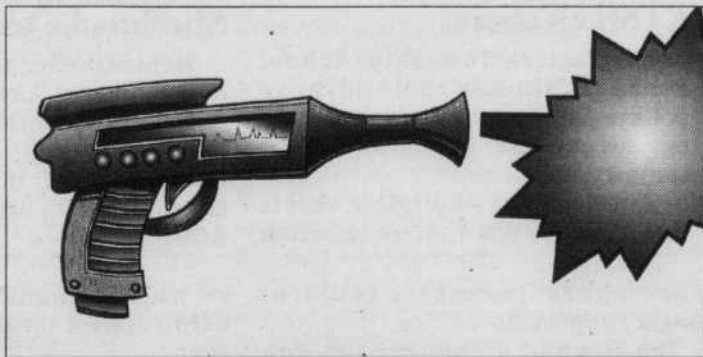
it is a genius. It's basically hide-and-seek in a basement, except you wear heavy vests covered in lights and shoot laser beams at opposing teams. That's pretty much it. The business has virtually no overhead, not even electricity, since players chase each other around in the blacklit, dry-ice gloom, hoping to score — reminding me a lot of my junior high dances.

Players are encouraged to adopt dramatic nicknames like "Morbis" or "Skywalker" or "Jigsaw." I chose "Thor." Why? No clue, except maybe I was hoping someone would ask, "Are you Thor?" and I could answer, "Yeth I am."

So there I was, a 42-year-old pacifist who won't allow violent video games or toy guns in the house running around in the dark, pressing myself up against walls with my blaster ready Han Solo-style, jumping out from behind barrels shooting at 12-year-old boys. Ha-ha-ha! Got ya, sucka! Who knew killing was so satisfying.

Of course, the scores at the end indicated that the kids shot me more often than I shot them, the nimble little shorties. To paraphrase The Matrix, I am clearly not The One. Not only was I a bad shot but I was sweaty, tired and aching by the end of four rounds. I was Mighty Thor indeed.

So when our civilization descends into undead anarchy, please don't look to me to save the human race. Instead, I'll be hiding in the dark in the basement.



Zot!

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# Our School's Page

## MASSEY VANIER HIGH

### UNIFORMS, THE PRICE TO PAY

Julie Houghton

To uniform or not to uniform that is the question! Well, at Massey-Vanier at least, personally I don't see the point. Uniforms are supposed to create a sense of equality, diminish bullying, and focus on studying, but are clothes and the way people dress the only reason for bullying? Do people focus on their clothing more than their studies? I really doubt that.

This year a survey was sent out regarding uniforms. If 70 per cent of people say yes, the students of Massey Vanier might have to wear identical, equally ugly and expensive clothes for the school year of 2008-'09. I know that even if uniforms are put into action, I won't be here to experience it, but is Massey trying to make the school look better, and attempt to make up for their extremely low rankings?

Uniforms are supposed to create a

sense of equality within the school and are supposed to help the students who are supposedly "singled out". Does the school suddenly think parents who can't afford nice clothes for their children suddenly will be able to pay when it comes to uniforms? Will they be able to pay for uniforms that probably cost more than the average clothing worn by other student? Forcing parents to pay for expensive uniforms isn't helping parents at all, it's just making them pay more. So what's the point of them?

Whether or not to get uniforms might seem like a simple question for some people, but for others it's a big decision regarding their income. So far 300 surveys have been returned and only 47 per cent are for uniforms. Thankfully uniforms will not be enforced but before you fill out the survey, make sure you look at all the options and consequences.

### THE BIG TRANSITION

Erica Foster

Our first "feature a student" interview is with a young new student in Secondary 2 who would like to remain nameless.

**Question:** What do you prefer more at Massey-Vanier?

**Answer:** I like the sports.

**Q:** Why do you prefer our sports program?

**A:** Massey has more sports that you can join unlike elementary school. We only had after-school sports, but here we can do sports after school and at lunch. Also, when I get here in the morning, I like how I can go to the gyms before going to class.

**Q:** What is your least favourite thing about Massey-Vanier?

**A:** I don't like all of the homework and how there are so many rules in the classroom.

**Q:** What rules do you not enjoy?

**A:** I don't like it how in some classes you can't eat food, but in others you can. It gets confusing, and it isn't like we are still in elementary school. We know how to use the garbage pail and we know where our mouth is.

**Q:** Do you find that you have more freedom at Massey than in your elementary school?

**A:** We have WAY more freedom here. We don't have to sit and play in the playground. We have the choice of playing sports, going to the game room, and we can even go and eat McDonald's at lunchtime.

**Q:** Lastly, what was the biggest change from coming from elementary school to coming to Massey?

**A:** I think the biggest change was the rumours. I was afraid for the first week to come down the stairs of the spit pit. I go down them now all the time but I always keep my head looking up to make sure no one will spit on me.

# Pre-fab panels to be shipped to Alberta

## 30 new jobs

By Claudia Villemaire  
RICHMOND

The industrial park here, which has enjoyed almost constant growth in recent years, is welcoming another addition. With a contract in hand from a firm in Alberta, the Gaston Cote Group announced the construction of a new plant that will make panels used in pre-fab house construction.

Co-owner Gesner Blenkhorn made the announcement at the Richmond Region Chamber of Commerce and Industry last week.

Blenkhorn attributed the successful bid to the proximity of rail and truck transport services which facilitate shipping to booming Alberta.

The new factory will require an investment of \$2 million and will be a 35,000-square-foot extension to the existing pre-fab construction plant. Construction will begin in a few weeks with completion scheduled for February.

It will offer employment to more than 30 people.

Since the Cote Group came to Richmond two years ago, they have continued to expand and are presently preparing to add a second eight-hour shift at the existing plant which will double the number of employees presently working to over 70.

The company, well established in the region since 1947, has also acquired the Usinage Pare warehouse situated on 10th Avenue, adding another 4,000 square feet of storage space to their enterprise. Aside from the plant in Richmond, Group Gaston Cote employs 250 in six company

branches (including in Windsor and Sherbrooke).

The company is accepting applications for employment. Candidates are invited to send CVs to 675-10th Avenue or apply in person in Richmond.

Training in the field of manufacturing materials for the pre-fab home market will be provided.

### Slate museum renos

In other news, the slate museum and interpretation centre, located on Belmont Street on the Melbourne side of Richmond, can now go ahead with plans for a major renovation of the former church which houses it.

Richmond Liberal MNA Yvon Vallières was in town last week with a wallet full of money, presenting a cheque for \$215,850 earmarked for the restoration of the church, formerly l'Eglise Presbyterienne de l'Estrie. Known as St. Paul's, this brick, neogothic style church with its slate roof and belfry is in sorry shape.

"This money will make it possible to preserve an important historic site as well as the presentation of slate, once a major ingredient in the development of this region. This grant will provide the means to make some urgent repairs to the infrastructure, the roof, the exterior, the belfry and especially the slate cross atop the steeple, a well-known characteristic of this particular building," Vallières stated in a release.

It was built in 1889, and the brick exterior was fabricated in Richmond's own brickyard. It was roofed with slate from the Kingsbury quarry.

Formerly a Presbyterian church, the museum was developed in 1997

### BRIEFS

#### Get vaccinated in Montérégie

Montérégie public health is encouraging the public to be vaccinated against influenza this season.

The flu virus is contagious, health care experts say, and can have a negative impact on respiratory health.

As of Nov. 1 – that's today – vaccinations will be available in health centres across the region. They are free of charge to those most vulnerable to the flu: children between six and 23 months of age, adults over 60 years and health care workers.

Otherwise, the flu is best avoided by regularly washing your hands to prevent the spread of germs and using a tissue to cover coughing and sneezing.

For more information on influenza, visit [www.santemonteregie.qc.ca](http://www.santemonteregie.qc.ca).

Housing starts down in Sherbrooke

#### ETSB elections

The Eastern Townships School Board (ETSB) saw their advance polls register an above average number of voters last Sunday in Lennoxville.

Ten per cent of eligible voters turned up for Ward 15, while Sutton

(Ward 3) saw a four per cent voter turnout.

In the ETSB's last commissioners' election, where Waterloo was the only contested ward, the overall voter turnout was 15 per cent.

School board elections across the province officially take place on Sunday, Nov. 4.

Wards 3 and 15 were the only ones across the ETSB's area that are holding contests; all other wards have already acclaimed a commissioner.

In Ward 15, candidate Brian Patterson is challenging incumbent commissioner Douglas Sullivan. In Ward 3, Diane Hudson is contesting the seat of long-time commissioner Peter Riordon.

Polling stations will be open on election day from 10 a.m. to 8 p.m. at the following locations:

- Ward 3 - Sutton Elementary School, 19 Highland Street, Sutton
- Ward 15 - Lennoxville Elementary, 1 Academy Street, Lennoxville.

#### Sherbrooke blood clinic

Héma-Québec will hold a blood donor clinic in Sherbrooke today. It's at the Hôtel-Dieu campus of the Centre hospitalier universitaire de Sherbrooke, in the gymnasium (555 Murray St.) between 10 a.m. and 6:30 p.m.

when church members could no longer support the edifice.

The Town of Richmond also contributed \$12,500 for the restoration project, available from a new fund

set aside by municipal authorities to help support local cultural heritage sites.

- Claudia Villemaire

# Stanstead Review

SERVING STANSTEAD AND  
ITS BORDER COMMUNITY



ALSO SEE:  
There, there,  
dear  
... see Page 10

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THURSDAY, NOVEMBER 1, 2007 PAGE 9

## Caring for grandmother's quilt

*How you  
store it  
matters*

By Nancy Nourse  
RECORD  
CORRESPONDENT

**D**iane M. Shink is one of only five qualified quilt appraisers in all of Canada, and she will be the next speaker to be hosted by the Stanstead Historical Society.

In addition to being a regular columnist for the Canadian Quilter, Shink travels throughout North America sharing her knowledge on quilt history and the care of quilts.

"I was brought up in Nova Scotia, in a community where quilting was very



COURTESY

Diane M. Shink will share her knowledge on care and cleaning and restoration tips for protecting historical and modern keepsakes.

big," said Shink.

"I think I was five or six years old when I first learned to quilt. I made my first doll quilt before I was out of high

school. I went on to study textiles and clothing in university and became a clothing instructor. I later took a special course, in Kentucky — the only place that offered the course I needed, to become a qualified quilt appraiser.

"I enjoy coming to the border area as the majority of early quilts created here also reflect an American influence, creating a combination that you don't find anywhere else," said Shink.

This weekend's talk will be an illustrated show with quilt samples taken from the historical society's collection. Various styles will be used to illustrate the results of good and poor storage practices. (A time has also been set aside to meet with anyone who wishes to bring in a quilt, valued \$200 or more, for consultation or appraisal.)

Shink said that after three years of working as an appraiser, she wrote a research paper on the different ways quilt edges can be finished.

Shink has more than 100 antique quilts in her private collection. Part of this collection has just come back from a lengthy exhibit at the Museum of Cos-

tume and Textiles in Quebec City and will soon be on the road again to a destination in northern Quebec.

One of her favourites, acquired quite recently, is a work of Inuit art — a woolen quilt with sealskin appliques.

Some may be surprised to hear that she also appraises new quilts as well as vintage pieces. Shink explains that there are three main types of appraisals:

- An evaluation for insurance purposes (which is the replacement value). This includes an examination of the quality of material used (\$4 per yard or \$18 per yard makes a big difference in finished product and value)
- Market value, according to today's regional market
- Appraisals of quilts that have been given as donations to historical societies (to determine income tax deduction values).

Shink said she makes an effort to choose a specific lecture, of the five that she does, which would relate best to the audience she will be addressing. Because the Colby-Curtis Museum will bring together more of a generalized group, she has chosen to speak on Caring for Grandma's Quilt — a subject that she also can relate to on a personal level as her personal collection includes several quilts that belonged to her predecessors.

Her lecture will bring attention to the skill, artistry and patience of generations of local women at a time when the Colby-Curtis Museum is presenting a special exhibit on vintage quilts from its own collection, as well as a few quilts that have been borrowed specifically for this occasion.

Lavish crazy quilts, staid geometrics, strong log-cabin quilts and memorial quilts will be on display in the upper rooms of the museum until mid-May.

Anyone wishing to bring in a quilt (valued at \$200 or more) for consultation or appraisal must sign up in advance. The appraisals (a fee of \$45 is required) will be done after lunch and each one takes about one half hour.

Shink's talk will begin at 10:30 a.m. on Saturday, Nov. 3 at the Colby-Curtis Museum (535 Dufferin Street, Stanstead). An admission fee of \$14 per member and \$20 for non-members will be charged at the door, which includes a light lunch.

Seating is limited; reserve at 819-876-7322.

## CAB Rediker says goodbye to its director ... and hello to a new one!

By Nancy Nourse  
RECORD CORRESPONDENT

**A**fter more than six years as director of services at Stanstead's CAB Rediker Center, Louise Corriveau is taking early retirement so that she can spend more time with her family — but it won't be long before she is involved in some kind of volunteer work.

As of Nov. 2, she will be handing her keys, and a great deal of paperwork, over to the new director Mylène Labonté.

"I have really enjoyed my time here at CAB Rediker," says Corriveau. "I'm sure that I will miss working with everyone but I have reached a time when I feel the need to put more of my attention towards my mother and the rest of my family. My husband Guy retired four years ago and I think that it is time that we devoted more time to ourselves.

"He suggested that I could go hunting and fishing with him. Maybe fishing but... hunting, I'm not so sure," smiles Corriveau.

Mylène Labonté, also a Stanstead resident, is no newcomer to the CAB. For the last six years, Labonté's focus has been on the centre's program for parents with children under the age of 5. Although Labonté will still be involved with this program, her attention will also be directed towards the staff and the programs and services that affect all the groups that CAB Rediker Center works with.

Labonté says what will undoubtedly prove to be somewhat of a challenge, at least at first, is fundraising and the endless number of meetings that she will now be required to attend.

Says Corriveau: "When I first took on this position, I was surprised by the number of people there were in our community who were less fortunate

than I ever could have imagined. In this job, the term disadvantaged applies not only to monetary concerns but also physical, social and psychological issues as well. I am very proud of the work that we have accomplished within the community.

"Over the last six years, new programs have been initiated, some of which had to be suspended in mid air for a while until funding could be found, but I assure you that once the funds were in place, we weren't long getting the programs up and running. Funding has definitely been a problem in the past and still is. We can come up with lots of ideas and would love to hire more people but if the funding is not there, our hands are tied!" Corriveau says.

This was the case with the program for seniors' activity days — lots of ideas but no funding. That is until the Caisse

PLEASE SEE REDIKER ON PAGE 10

# The bride of Frankenstein taunted me

## I feebly pleaded

I was totally exhausted by the time I reached the outskirts of Tomifobia. I had cycled on the bike trail what seemed like for hours. There was an eerie silence — no signs of birds, wildlife or humans along the deserted trail. Dusk had quickly settled in as the wind began to blow a shivering cold air.

Drops began to fall until it turned into a steady downpour. Through my rain-soaked eyes, I spotted a house located just off the trail where I could seek refuge from the menacing rain. I pedaled towards it as fast as I could go. Suddenly, I hit a deep rut in the trail and tumbled, along with my bicycle, down a steep embankment. Muddy, battered and bruised, I limped into the dilapidated house's front yard.

A faint glow emitted through one of the dust-covered windows. Drenched head to toe, I crept up the porch stairs to the haunting sounds of the howling winds and creaky floor boards.

The force of the driving rain made it almost impossible to keep my eyes open. I reached out and found the front door. I was about to turn the door knob when relief turned to sheer terror.

The door swung open and a pair of strong arms hauled me inside the house. The next thing I remember was looking into the sinister eyes of someone I recognized. But something wasn't right. The person had the most evil expression I had ever seen. She had a toothless scowl and both eyes burned with fury. Weary and wounded from my fall, I could only mumble.

"Ellen? Is that you? What's happened

to you? You look like the bride of Frankenstein."

That was quite an understatement. She was a far cry from the jovial and wise-cracking head chef at

Stanstead's Pizzeria Steve. This Ellen wore tattered clothing. Her stringy hair looked like it didn't make it through the perm cycle at the hair salon. Her face resembled something out of a 1950s werewolf horror movie. Or a bizarre Stephen King novel.

"How dare you trespass on my property! Now you'll suffer the consequences!" Ellen, or her alter ego, exclaimed.

She began to drag me through the room and led me to a door. I tried to scream out for help but the extreme pain throughout my body prevented me from yelling. Ellen kicked open the door

revealing a long stairway that led down into spooky darkness. I sobbed and feebly pleaded for her to release me but Ellen only laughed hysterically.

"I'll show you what I do to intruders. A few tastes of mother's homemade moonshine will make you steer clear of this place," she taunted as I felt my life slipping away with each step I was pulled down the staircase...

I awoke in a cold sweat. It took me a few moments to realize that I'd just had a ridiculous nightmare. Was it because it's Halloween? Definitely not. Then it finally hit me. I had a bad dream for two reasons. The first, because I'd watched the Texas Chainsaw Massacre before bedtime. The second: from eating a large all-dressed pizza while watching it.

### DAVE'S DEN

DAVID ELLIS

## REDIKER:

CONT'D FROM PAGE 9

Populaire stepped up and gave a donation which allowed the CAB Rediker Center to fix up the basement area into a cheerful meeting room and kitchen area where activity days and events could be held in comfort. Funds for a chair lift were also found.

Originally, the activity days were set up with both French and English seniors coming at the same time. But too much information was being lost so the groups were divided into languages, but an open invitation remains for anyone to come to either group as often as they like. This has proved to be an enriching experience for many of the seniors who would otherwise be sitting at home by themselves. These groups provide not only important social interactions with people their own age but

also provide an access to important information concerning issues faced by today's seniors and to open doors to a wide array of services.

Says Labonté: "Do I have any new ideas? Sure I do and I am sure that more will come. I am really looking forward to the change in responsibility — change is good! Do I think overseeing the staff will prove to be a problem? I don't think so as I am used to working with a group ..."

"If I have learned one thing over the last few years, it is that if you don't keep the children busy... the children will keep you busy! I think working with any group is much the same, it is important to keep things new and interesting. I will just be dealing more with adults, in this new position," adds Labonté.



Mylène Labonté (left) takes over from Louise Corriveau as director of CAB Rediker Center as of Nov. 3.

### BRIEFS

#### Bazaar and salad

The annual Christmas Bazaar and Salad Tea fundraiser will be held at Stanstead South United Church on Saturday, Nov. 3. The cost is \$5.

That's from 11 a.m. until 2 p.m. It's sponsored by the Ladies Groups of the Church. **Smoked fish and other tastes**

Tastings of the Region, hosted by the Colby-Curtis Museum, will be held Saturday, Nov. 17.

This is a real treat which focuses on products and producers from the Stanstead area, including smoked fish, preserves and fresh-made goodies. Learn what this area has to offer its clientele, both local and regional. That's from 1 to 5 p.m. The cost is \$5.

- Nancy Nourse

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# Mike Goudreau sells song to CBS

## Getting a tune on TV

By Nancy Nours  
RECORD CORRESPONDENT

One of Mike Goudreau's tunes has been picked up by CBS/Paramount and will be aired on the comedy *Everyone Hates Chris*, during a French restaurant scene.

Accomplished musician Goudreau, whom Stanstead claims as one of its own, is very low-key about his image and accomplishments. He is not one who sets about to talk about a project that he is working on until he can share some concrete results from his efforts.

"For the last year or so, I have been a member of a group called Taxi, which is one of numerous 'music libraries' that exists in the Los Angeles, California region. I followed their website for a long time before deciding to join." (It's now 13 years old and has an A rating from the Better Business Bureau.)

"The purpose of these libraries is to gather compositions, filter them and offer the best to film and television production companies. Since I joined with them, I have signed 13 publishing contracts.

"Even when they return compositions, the material comes back cri-

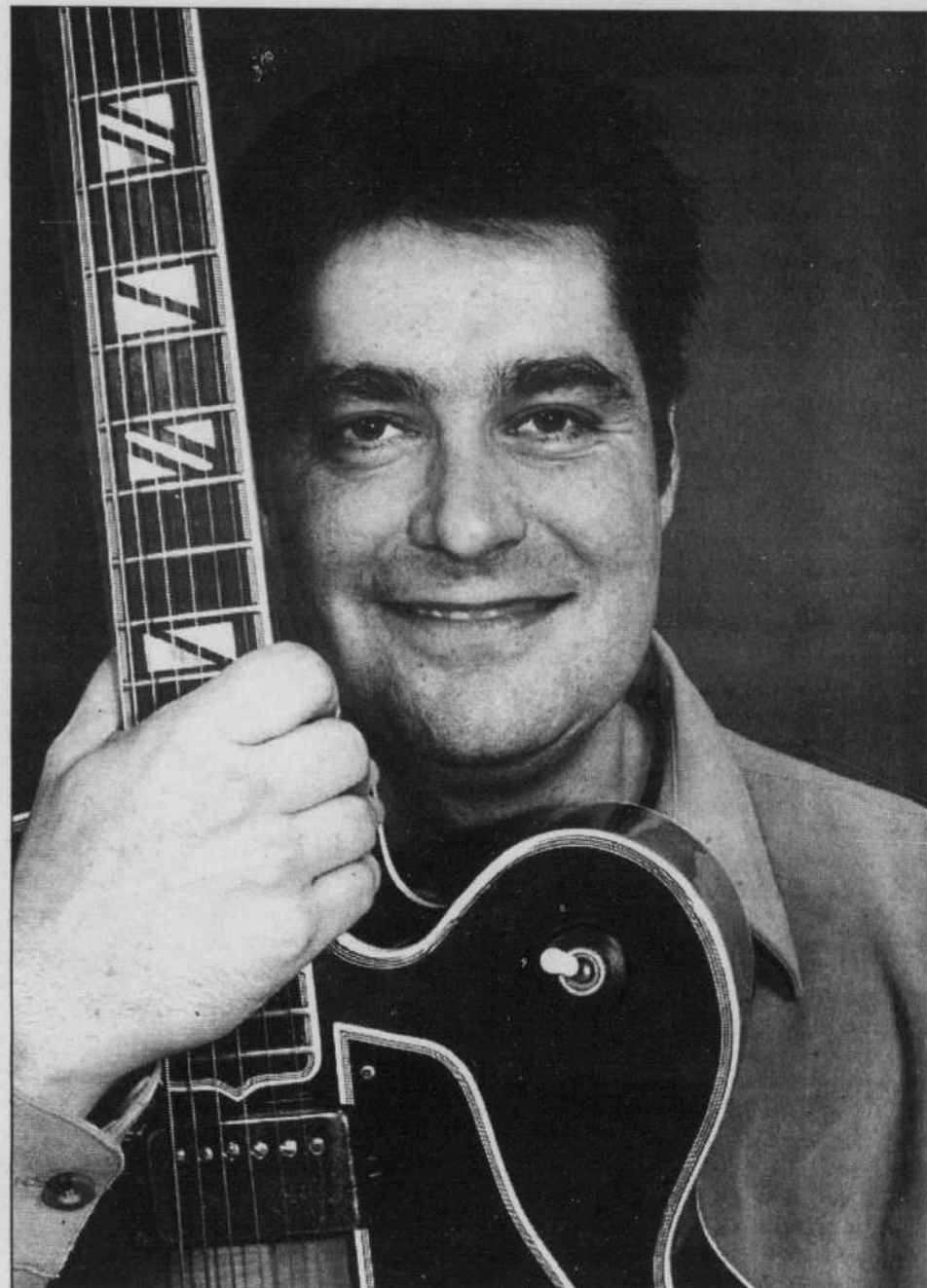
tiqued in such a way as to help the composer create better music in the future. I was told at the beginning that it would probably take several years before my work was recognized enough to make it worth while... 13 out of 60 in little more than a year, I find pretty encouraging," says Goudreau.

The song that was chosen for the show, depicting the childhood of TV celebrity Chris Rock, has a Parisian ballad sound with accordion in the background. And Goudreau recently signed a contract for royalty fees with CBS/Paramount.

He had sent in various compositions of blues, jazz and world music. He says Taxi is well-respected by the television and movie industry.

Goudreau considers this recent attention to his work to be a real confidence booster, while a little humbling. If it weren't for being a member of Taxi, he would not have been able to connect with such big media companies — at least not without the aid of a personal agent.

For local fans, Mike Goudreau will be featured at Restaurant La Vieille Douane in Stanstead on Friday, Nov. 16. He will be accompanied by his friend and musician Daniel Poulin on bass. Cover charge is included in the \$20 price of this *souper/soirée*.



COURTESY

Mike Goudreau sells a song — and he sells it big.

## He helped set direction for newly independent USA

### A founding father

By Nancy Nourse  
RECORD CORRESPONDENT

An upcoming talk will focus on the life of Alexander Hamilton, the inventor of Wall Street, one of America's founding fathers and the author of that country's first law book.

Hamilton began his life as an immigrant, an orphan and a college dropout. The guest speaker will be historian Willard Sterne Randall, who will tell Hamilton's story.

Randall wrote the book *Alexander Hamilton: A Life*, and will examine the turbulent life and lasting contributions to USA that his subject helped make.

During the US war of independence against Britain, Alexander Hamilton served as an artillery captain, was an aide-de-camp to General George Washington, and led three battalions at the Battle of Yorktown. Under President Washington, Hamilton became the first secretary of the treasury. In that position, and as a confidante of Washington, Hamilton had wide-reaching influence over policy direction during the formative years of the United States government.

Randall is also the author of at least 12 books, including five biographies and two biographical readers. A former investigative reporter, he has received numerous awards including the National Magazine Award for Public Service from Columbia

Graduate School of Journalism and three Pulitzer Prize nominations during his 17-year journalism career in Philadelphia. After graduate studies in history at Princeton University, he turned to writing biographies, which have also led to three Pulitzer nominations.

Randall has undertaken the study of some of the most important figures of the American Revolution, producing biographies on Benjamin Franklin, Benedict Arnold, Thomas Jefferson and George Washington. A visiting professor at Champlain College in Vermont, he received the highest award of the American Revolution Round Table in 2001, making him the third person ever to be so honoured.

His talk will be held at the Goodrich Memorial Library, on Main Street in Newport, Vt., beginning at 7 p.m., on Wednesday, Nov. 7. It's free and the venue is accessible to those in wheelchairs.

The lecture is part of a series offered by the Vermont Humanities Council Program in Partnership with Stanstead College.

The First Wednesday's series is held on the first Wednesday of every month from October through May. The series alternates between Goodrich Memorial Library in Newport, Vt., and Stanstead College in Quebec.

### The 55



NANCY NOURSE

The southbound lane of Route 55 has been closed since Monday to, according to officials, facilitate final preparations for final reopening the road. Different sections of the 55 have been closed for the last couple of months as workers create a special truck lane which it is hoped will put a stop to the perpetual line-ups entering the United States. Since Monday evening, all southbound traffic — including heavy transport vehicles — has been rerouted through the main streets of Stanstead.

## The Halloween Parade



NANCY NOURSE

The Halloween parade by elementary school students from l'École du Jardin des Frontières

By Nancy Nourse  
RECORD CORRESPONDENT

**D**r. Robert G. Colby, a direct descendant of the Moses Francis Colby family, one of the more influential early settlers of the area, began his Stanstead Historical Society talk last month by referring to "his fuzzy childhood memories" — but much more vivid were his recollections of the portraits that were a part of those early visits to see his grandmother, one of many paintings created for the Colby family by Wilbur A. Reaser.

For Robert Colby, these early examples of Victorian culture hanging in his family home were a valuable experience and viewed as something very rare. Reaser painted many of the family portraits that have hung and still are hung in the Colby-Curtis Museum.

"The portrait of Charles C. Colby, hanging in the library of the museum, seems to be the most representative of the Colby family in the 19th century, of all the Colby Collection. Our tour guides spend more of their time explaining the portraits than anything else in the museum," noted museum acting director Harry Isbrucker.

After winning the Hallgarten prize at

## Colby family portraits

### The brush wielded by Wilbur Reaser

the New York Academy of Design in 1897, Reaser achieved recognition as a portrait painter and landscapist. He was well-known in society and artistic circles in New York and Washington. Reaser died at the age of 81 in 1940. Through his works, we can learn and appreciate, just as he did, how much the world changed around him during his lifetime.

The history of art has long been focused on modernism but there has been a recent movement which sees more attention being placed on Victorian art. Many of Reaser's ideas began as sketches and were later turned into a finished work. Those that are more vague or misty in nature are the ones that began as sketches that he created while sitting at his easel.

Robert Colby told how Reaser was said to have been engaged by the 7th Day Adventists who paid him \$40 per month to work abroad, illustrating

their publications. In those days, this was an excellent wage.

Beginning in 1903, Reaser and his family became familiar with the Colby family through Ellen Foster, the famous woman activist, who had a good friend named Jessie Colby.

By 1906, the *Washington Post* was calling Reaser the leading portrayer of Victorian life. In 1970, Walter Reaser, son of the distinguished American painter, wrote an autobiography in which he talked about his frequent visits to Carrollcroft in Stanstead and the people he met there. According to vignettes from Jessie Colby's diary, "Father's portrait was hung in the Library — where it should be" ... and still hangs there to this very day.

From where Robert Colby stands, the portrait of Charles C. Colby is the "portrait of all portraits" when it comes to depicting the history at Carrollcroft. From other portraits, you can see that

Haddie Colby was the hub of the social circle while Jessie Colby (Robert's grandmother) personified the hub of the home.

Reaser was also commissioned by Stuart Haskell and his mother Martha Stewart Haskell to create a portrait of his father Carlos Haskell, in whose honour the Haskell Library and Opera House were later built as a memorial to his contributions to the area.

From what Robert Colby could find out, the collection of Colby portraits is the largest single group of Reaser paintings that is known to be in existence. There are a few left in Europe but Robert lamented that many of the works are probably listed under "anonymous painters from the Hague School of Art" where Reaser studied, and located in collections of the Midwestern American states. Robert explained this hypothesis by saying that if anyone had not been familiar with Reaser's work, they would surely have thought he was a Dutch painter. If there is one thing that Robert Colby loves about his work as a historian, it is surely the sleuthing work that must be done to rediscover facts about the artwork and people who came before us.

# THE RECORD Sports

**INSIDE**  
Old timers  
hockey,  
& arthritis  
helpers  
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THURSDAY, NOVEMBER 1, 2007 PAGE 13

## Playoff time

### Gaiters lacrosse team heads to Baggataway Cup

By Mike Hickey

SPECIAL TO THE RECORD

This week sees playoff action on three fronts for the Bishop's Gaiters as the football team visits the Concordia Stingers on Saturday while men's rugby travels across town to face the Sherbrooke Vert & Or in a Quebec Student Sports Federation rugby semifinal match on Sunday, and the men's lacrosse heads down to Toronto for the Baggataway Cup tournament.

That starts on Friday with a quarter-final against McMaster.

Bishop's qualified for its sixth consecutive appearance at the Baggataway Cup with a 10-7 win last Saturday over the University of Western Ontario Mustangs at Optimist Field.

The Gaiters took a 2-0 lead after 20 minutes, but another second-quarter letdown allowed the Mustangs to tie the game, 4-4, at halftime. However, Bishop's pulled away in the second half, as they held the Mustangs to only three goals in the final 40 minutes of play.

The Gaiters have been Canadian University Field Lacrosse Association finalists in four of the past five years, with the only exception being a semifinal loss in 2005. The Gaiters have been seeded fourth in the six-team field and a win over McMaster would mean a semifinal meeting on Saturday with either the second-seeded Guelph Gryphons, or the top-seeded Brock Badgers — the Gaiters' perennial nemesis.

The championship game will be played on Sunday at 2 p.m.

#### RUGBY

The men's rugby team prepped for the playoffs with an exciting win over Concordia. Sam Campbell's penalty kick on the last play gave the Gaiters the two-point win at Concordia Stadium on Friday night, their second comeback win of the year over the Stingers.

The Gaiters were led by Mike Orlando, who made his presence felt on both sides of the ball. Defensively, he was the Purple and White's leading tackler, and offensively he ran through numerous Stinger tacklers.

The rugby team will have to be at their best Sunday against the Vert & Or. The teams have met twice this season, with the Vert & Or winning both times, 14-0 at home and 7-0 at Bishop's.

#### SOCCER

Women's soccer closed out the home schedule suffering a 6-0 defeat at the hands of the Laval Rouge et Or on Friday afternoon. Laval took a 3-0 lead in the first 16 minutes of the game on goals by Genevieve Lambert and two from Francine Brousseau. The Gaiters mounted some pressure on early in the second half, and were unlucky not to score. Their best chance came on a free kick, when Lauren Proudfoot's shot from 25 yards away bounced off the crossbar. The Rouge et Or put the game away with three late goals, including two from Marie-Michelle Vallée and one



PERRY BEATON/FILE

The football squad heads to Montreal this weekend.

from Monica Boudreau.

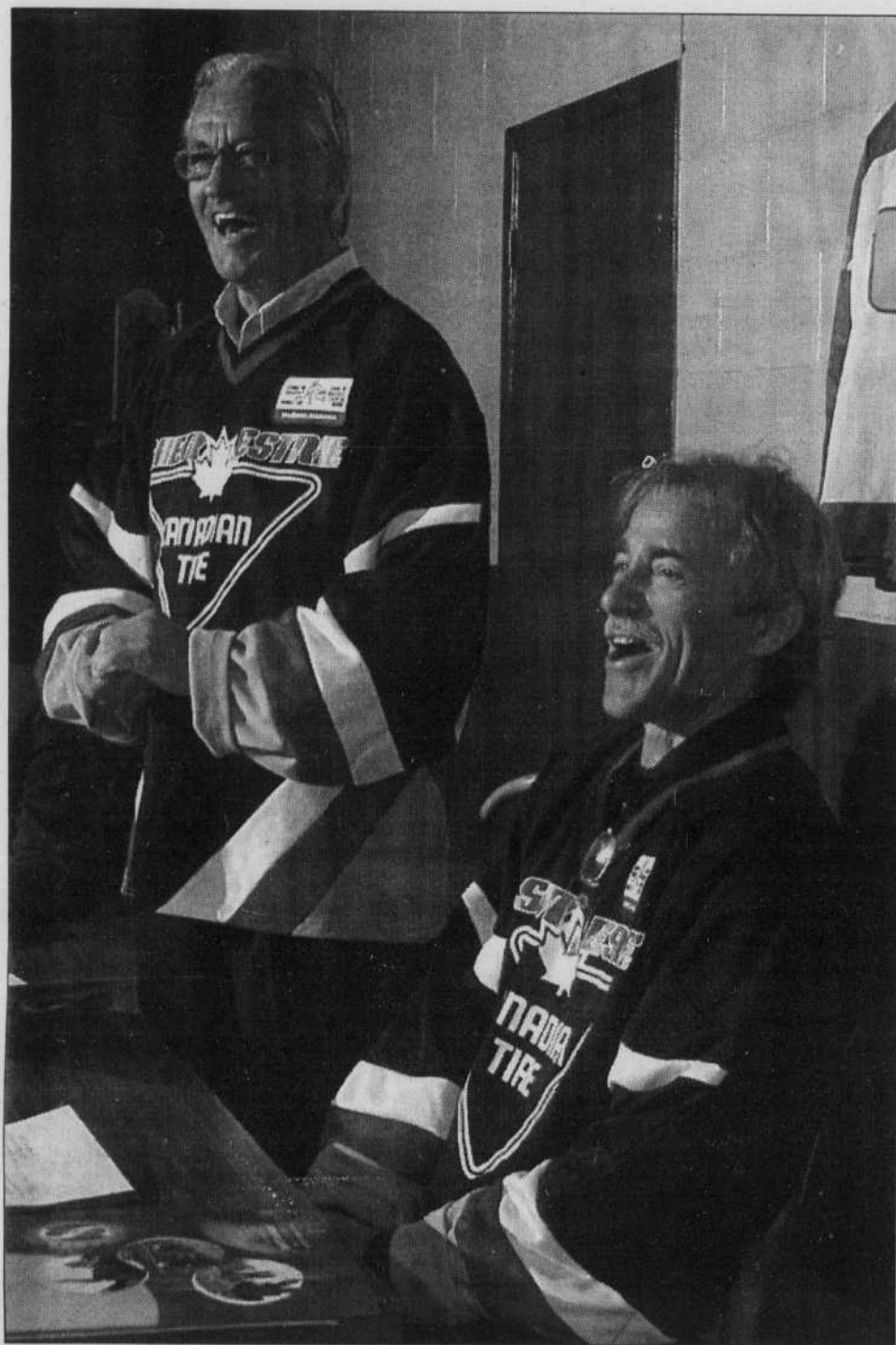
The Gaiters closed the season with a 2-2 draw at Concordia on Sunday afternoon. Bishop's got on the board in the seventh minute, but Concordia tied the game two minutes later and took the lead just before halftime. Linda Guerrero tied the game for the Gaiters with a goal in the 56th minute.

#### BASKETBALL

In other Gaiter news the women's basketball team concludes their preseason schedule with a two-game road trip to Vermont. They will face St. Michael's on

Friday and the University of Vermont on Saturday, while men's basketball has the week off.

Sue Magwood was named a QSSF Women's Rugby All-Star last week. Magwood has just completed her first year with the Gaiters, after transferring from Saint Mary's University. The third-year inside centre tied for the Gaiters lead in scoring, and led the team offensively and defensively. Magwood was named Bishop's team MVP in two of their six games this season. Coach Eryn Hessian said "her play both makes the players around her better and encourages them to strive to improve."



PERRY BEATON

Jean-Guy Dion and Paul-Emile Boutin shared a laugh as they helped announce the line-up for the old timers squad heading to Quebec City.

## Sherbrooke all-stars prep for World Championships

### Locals headed for Quebec City

By Mike Hickey  
SPECIAL TO THE RECORD

There is a belief that competitive hockey is a young man's game but don't tell that to the Sher-Estrie Old Timers hockey team whose members will participate in the upcoming CARHA World Cup to be held in Quebec City next March and April.

The group of players, all of whom must be at least 60 years of age, has two members who still lace up the skates on a regular basis despite the fact that they are 70. The duo, Jean-Guy Dion and Daniel Roy, will take a regular turn with the all-star team, playing in several tournaments in the next few months to prepare for the World Cup.

Organized every four years in a selected Canadian city, the CARHA Hockey World Cup attracts participants from all over the world. Over the years, this

tournament has come to offer competition in a spirit of international camaraderie for recreational players. Although recreational in nature several former professionals will be playing and perhaps taking leeway with the tournament's no-hitting rule.

The 20-man roster is put together from several different local senior teams and has come together as a unit for the World Cup, being held in conjunction with the 400th anniversary of the founding of Quebec City.

As befitting a team composed of players who first picked up a hockey stick over 50 years ago, there is plenty of experience from a wide variety of backgrounds. Four players — Denis Castonguay, Richard Lapalme, Francois Martel and Marcel Perusse — played junior hockey in the 1960s. Former university players

## Got arthritis? Try dancing

### Moving is healthy

By Terry Bell  
CANWEST NEWS SERVICE

Canadian Olympic speedskating medalist Nathalie Lambert has a message for anyone suffering from arthritis: get moving.

"The key is that you need to move to stay healthy, but very often it's the opposite for people," says Lambert, a 43-year-old Montrealer and mother of two who has created a series of DVDs designed to get people dancing their way to fitness and better health.

"People have pain so they do less and less and limit themselves more and more. What happens is you get weaker. You need to move on a regular basis to stay away from the stiffness."

Lambert is not a doctor, but she speaks from experience. She has had severe osteoarthritis in both knees for years and has been a regular spokesperson for The Arthritis Society, Quebec Division, for the past decade.

A 1988, 1992 and 1994 Olympian who won four medals in short-track speedskating, she retired in 1997 because of an ankle injury. The years of training and racing have taken a toll.

"The science of training (when she was competing) wasn't what it is today," she says. "We were doing the quantity not the quality in training; way too much heavy weight training and even jumping and running. I think my knees were not good for all that training. If I had not been a speedskater for so many years I would not have the problems I have right now."

"In the past 10 years I've lost muscle and the knees fell apart," she says. "I became an arthritic patient."

But not an arthritic patient who is confined to a couch.

She works at a Montreal health club. And along with partners Viridiana Bustos and Uriel Arreguin she developed Cardio Latino, which last year sold 50,000 copies in Quebec. Now she's touring Canada to talk about Cardio Fever (\$24.95 wherever DVDs are sold), which combines rock and roll, jive, swing, disco and even the Charleston. It teaches dance steps in a 45-minute workout.

"It's Arthur Murray with a car-

dio twist," she laughs. "For myself, dance is a fantastic way to stay in shape with my arthritis. It covers everything I need for exercise and doesn't damage my knees."

"There are definitely limitations if you have arthritis and you need to progress into things more cautiously, but you do have choices," she says.

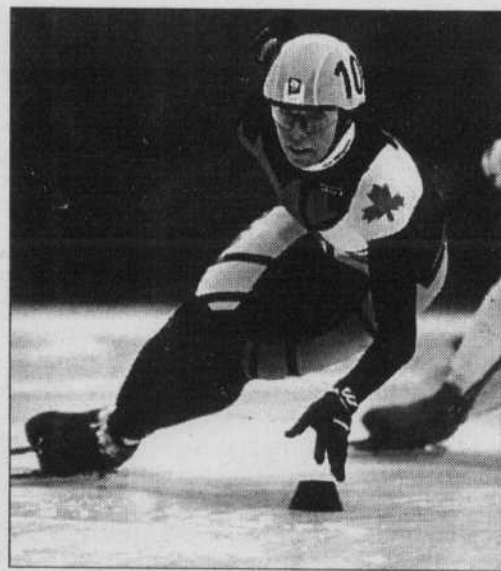
"Water workouts work really well. You can walk or bike or, if you like the challenge of new steps and the music (Cardio Fever) is a fantastic way to stay healthy," she says of the new DVD. "When the dance choreographer came to me with ideas, I made sure all the moves could be modified for an arthritis sufferer... You need to find something you like. If you like working out and the challenge of new steps, it will work for you."

Lambert says it's important to see a doctor and get help finding a solution. Do it now.

"If you have pain, seek a solution," she said. "Don't wait. I live with pain and stiffness every day. I have limited range of motion so I can't bend my knee or fully extend. I have no more cartilage in my knee so it's bone on bone. The bone rubs against the bone, which causes pain."

"But I can play with my kids. I can watch a movie in a theatre and then get up and actually be able to get out of the theatre."

Heck, she can even do the Charleston.



Years of training left Olympic speedskater Nathalie Lambert with osteoarthritis in both knees.

with the Vert & Or include Jacques Adams, Dion, Jacques Clement, Jacques Duquette, Gilles Massicotte and Luc Thibodeau. Daniel Labonte, Darie Laflamme, Paul-Emile Boutin, Richard Carrier and Donald Sigouin all played either senior or intermediate hockey while Clement Bernier, Andre Brunelle, Louis Clement, Roy and Jean-Marc Sarrazin were recruited from the recreational leagues.

The team will be in good hands behind the bench with the trio of Benoit Laflamme, Judes Vallee and Charles Thiffault handling the coaching responsibilities while Andre Lavallee will serve as team manger.

**TOWNSHIPS' CRIER**

**LENNOXVILLE**

November - Basic Tutor Training, 2-day Workshop, offered by Literacy in Action and Yamaska Literacy Council. This workshop will provide you with the necessary skills and information to become a volunteer tutor. Helping others to improve their reading and writing skills is very rewarding and fun work. A love of learning and reading plus two hours/week is all you need to make a difference in someone else's life. There is no fee for this workshop. Workshop will be held at 257 Queen, Lennoxville. For details and to register call Kathy Richan at 819-346-7009.

**BULWER**

Annual Fall Brunch on Sunday, November 4 from 11 a.m. to 2 p.m. at the Bulwer Community Center, on Jordan Hill Road. Menu: pancakes & maple syrup, sausages, home-baked beans, scalloped potatoes, scrambled eggs, cookies, doughnuts and beverages. Admission charged.

**BURY**

Christmas Craft Sale at Pope Memorial Elementary School in Bury on November 3 from 9 a.m. to 4 p.m. Lunch of soup and sandwiches will be available. For more information or to rent a table, call Robin Harrison at 819-872-1179 or Pope Memorial 819-872-3771.

**BISHOPTON**

Chicken pie luncheon and card party on Friday, November 2, at the Catholic Church Hall - lunch at noon, cards at 1:30 p.m. Sponsored by Maxwell Rebekah Lodge # 17. Lots of prizes. All welcome.

**LENNOXVILLE**

St. George's Church Hall, Rummage Sale, Friday, November 2 from 9 a.m. to 5 p.m. and BAG SALE on Saturday, November 3 from 8:30 a.m. to 11:30 a.m. Please call 819-563-1659 or 819-562-6245 for info or pick-up. Save your \$\$\$ - Shop with us!

**SHERBROOKE**

Plymouth-Trinity United Church Women's annual pre-Christmas Buffet and Sale at 380 Dufferin Ave., Saturday, November 3, 3 p.m. to 6 p.m. Includes sales tables of home baking, handi-crafts, novelties, etc. Everyone welcome.

**AYER'S CLIFF**

Sunday Brunch at Beulah United Church in Ayer's Cliff on Sunday, November 4 from 11 a.m. to 1 p.m. Menu: bacon, sausage, ham, scrambled eggs, homemade baked beans, pancakes, pure maple syrup, toast, fruit cocktail, juice, coffee and tea. All are welcome!

**IVES HILL**

The annual Family Fun Bingo will be at

the Ives Hill Hall on Friday, November 2 starting at 7:30 p.m. For info call June Suitor (819) 837-2289 or Jennifer Sylvester (819) 837-2265.

**DANVILLE**

Christmas Bazaar and Luncheon, Saturday, November 3 from 11 a.m. to 1 p.m. at St. Augustine's Anglican Church. Christmas crafts, home baking, candy, sewing, knitting, cookie table and white elephant treasures. Decorating theme: Snowmen and Snowwomen. Door prizes! All welcome.

**LENNOXVILLE**

Elder Abuse, it can happen to anyone. Lennoxville and District Community Aid is hosting an information session to discuss this topic. This event will be held on Friday, November 2 at the Masonic Hall, 3002 College Street, Borough of Lennoxville, from 1:30 p.m. to 3:30 p.m. For more information call 819-821-4779 and ask to speak with Tiffany Blinn.

**ROCK ISLAND**

Christmas Sale and Luncheon at Stanstead South United Church, Rock Island on Saturday, November 3 from 11 a.m. to 2 p.m. Craft tables and food table. Everyone welcome.

**MAGOG**

Christmas Craft Fair at Princess Elizabeth Elementary School, 420 Bellevue West, Magog on Saturday, November 3 from 9 a.m. to 3 p.m. Raffle Draws. Door Prizes. Baked Goods available. Activities for Children. Featuring approximately 40 exhibitors with many creative and exciting items. Something for everyone on your Christmas shopping list!

**STANSTEAD**

Lecture/luncheon, Saturday, November 3 at 10:30 at Colby-Curtis Museum, Stanstead. Diane Shink - Caring for Grandmother's Quilt. Diane Shink has also kindly offered to do evaluations of quilts brought in by members of the audience (by appointment only please). Participants who wish to bring in a quilt (with a value of \$200 or more) for consultation and/or appraisal must sign up for this in advance. The appraisals will be done after lunch; each takes about one half hour, and a fee will be charged. She is an expert on textiles and fabrics. Please reserve early (819) 876-7322.

**DANVILLE**

Advance notice. Danville-Asbestos U.C.W. will hold a Military Whist on January 17, February 21 and March 20, 2008 at 7:30 p.m. in the Church Hall. All welcome. For reservations, call 819-839-3777.

**WATERVILLE, HATLEY, NORTH HATLEY** In November, Sunday Service and Sunday School in Hatley United Church will be at 11 a.m., Waterville and North Hatley United Church congregations will worship in Waterville at 9:30 a.m. Rev. Patricia Lisson, 819-837-1112.

**LENNOXVILLE**

Christmas Bazaar and Salad Supper at

the ANAF Hut, 300 St. Francis St., Lennoxville on Saturday, November 3. Sales tables open at 3 p.m. Supper served from 4 p.m. to 6:30 p.m. Everyone welcome.

**SHERBROOKE**

Sherbrooke Christian Women's. On Thursday, November 8, we will learn a little about the art of pressed flowers with Lois Beach. Learn about packing your own care kit with our speaker, Janet Lacroix from Podar Point, Manitoba. Listen to some great music sung by Mr. and Mrs. David Heath. So don't be late! We'll start all the fun at 9:30 a.m. at the A.N.A.F. located at 300 St. Francis Street, Sherbrooke. If possible, please RSVP by Monday, November 5 to Mary Harbinson at 819-889-2466. Moms, you can have a break while your preschooler enjoys well supervised nursery on the premises. Please bring a small snack for your child. Toys are provided. It's always lots of fun to meet old and new friends! Hope to see you there!

**AYER'S CLIFF**

Card parties on November 5 and 19 in the Legion Hall, Ayer's Cliff starting at 1:30 p.m. Benefit of the Royal Canadian Legion Branch #128. All welcome.

**NORTH HATLEY**

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Friday, November 2 at the Library, 165 Main St. N., from 10 a.m. to 11:30 a.m.

**LENNOXVILLE**

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, November 13 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

**WATERVILLE**

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, November 27 at the Town Hall, 170 Principale South, from 2 p.m. to 3:30 p.m.

**LENNOXVILLE**

Opening Tea and Bridge at the Lennoxville Curling Club on Tuesday, November 6. Tea served at 3:30 p.m. All members welcome.

**LENNOXVILLE**

Lennoxville United Church, corner of Queen and Church Street: Worship and Sunday School on November 4 at 10:00 a.m. Allan Marshall will be leading worship. Rev. James Potter, 819-565-8449.

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

**Deaths**

**GAGE, Kasey Erin (1983-2007)** - At home in Stanbridge East, on October 30, 2007. Kasey was the much loved wife of Chris Kelly and dearest daughter of Colin Gage and Louise Shepardson. She was the loving youngest sister of Megan and Morgan. Kasey was the dear daughter-in-law of Brendan and Nancy Kelly and sister-in-law of Ryan Kelly. She is survived by her Uncle Brian and Auntie Barbara Gage (whom she lovingly referred to as her second parents), Uncle Floyd and Aunt Candy Gage as well as her many cousins, especially Holly, Doug and Parker. She is also survived by Rosemary Gage. Kasey was predeceased by her grandparents, Wesley and Louie Gage and King and Margot Shepardson. At this time we would like to thank our family physician and friend, Dr. Allen Phillips who has been there for Kasey and all of us during the past two years. We would also like to thank the extended medical staff at the Montreal General Hospital - Drs. Robert Turcotte and David Roberge, Researcher Cindy Wong, but in particular, Judy Hughes for her dedication, compassion and devotion to Kasey. There will be visitation at Joseph Dion & Fils Funeral Home, 215 Rivière, Bedford, QC. Tel: 450-248-2911; fax: 450-248-3749 josephdionfilslee@bellnet.ca Friday November 2, 2007 from 2 p.m. to 5:00 p.m. and 7:00 p.m. - 10:00 p.m. A service celebrating Kasey's life will be held on Saturday, November 3, 2007 at 2:00 p.m. at the Stanbridge East United Church, 16 Academy Street, Stanbridge East, QC. Kasey requested that in lieu of flowers, any donations in her memory be sent to Real Time Cancer, (a support group for young adults with cancer) 120 Kenmount Road, Box 8171, St. John's NF A1B 3M9 or to "Au Diapason" (a non profit Palliative Care support network) c/o Brome-Missisquoi Perkins Hospital, 950 rue Principale, Cowansville, QC J2K 1K3. Forms are available at the funeral home and at the church day of the service.

**Card of Thanks**

The Brown's Hill Cemetery Corporation Trustees wish to thank everyone who responded to our appeal for funds in support of the upkeep of this old cemetery. Your financial assistance is certainly appreciated.

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**

Text only: 34¢ per word. Minimum charge \$8.50 (\$9.69 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$22.79 taxes included) **DEADLINE:** 3 days before publication.

**WEDDING WRITE-UPS, OBITUARIES:**

\$19.50 (\$22.22 taxes included) **WITH PHOTO:** \$29.50 (\$33.62 taxes included)

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

**DEADLINES FOR DEATH NOTICES:**

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail:

production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

## St. James Guild holds last card party of the season

FOSTER

St. James Guild sponsored its last card party of the season when nine tables of 500 were played on October 15. Highest score went to Pat Côté with 5800, Bobbie Cochrane 5400, Margaret Royea 5290, Annie Jones 5280, Gerald Coupland 4910, Eugene Jones 4870, Doreen McPherson 4800, Shirley Beaulac 4760, Nellie Williams 4720, George Wilson 4600.

The ten No Trump was won by Ruth Cornish and Ethan Perkins.

The game tables were two playing and Nellie Darling was the winner.

Door prizes were won by Yvette McElrouy, Doreen McPherson, Edna Badger, June Call, Doreen Gibbs, Ethan Perkins, Louise Lowry, Bobbie Cochrane, Arnold Fletcher, Connie Peacock, Eugene Jones, George Bailey, Bruce McPherson and Ruth Lefebvre.

A drawing on several nice articles took place under May Banks with prizes going to Pat Côté, Katie Jones, Gerald Coupland, May Banks, Barry Heather-

ington, Gladys Cook, Cliff Cochrane, Connie Peacock, Jean Riti, Herb Riti, Douglas Talbot, Carol Dunn, Reba Holloway, Doreen Gibbs, Reba Holloway, Nellie Darling, June Call, Ellen Heath, Annie Jones, Stanley O'Brien, Ola Streeter, Pan Williams, Ruth Lefebvre, Sandra Whitehead, Sadie Talbot, Nellie Williams, Edna Badger, Randy Williams, Ruth Lefebvre and Eugene Jones.

The grocery basket was won by George Wilson, applesauce cake; Nellie

Williams, muffins Connie Peacock and muffins Gerald Coupland.

Elvia Johnson's apple crisp was served for dessert and enjoyed by all!

Once again we thank all those people who attended throughout the summer anyone who supplied food and prizes. It was all greatly appreciated.

Sincere thanks is extended to Doreen Gibbs and Nancy Dixon for convening the card parties throughout the season.

Submitted by  
Muriel Whitehead

## Stanbridge East United Church Women

September 12 began the UCW's 2007 fall season with Jean Cook as host for the first meeting and her sister Carol Soule as co-hostess.

Secretary Elsie Lackey took roll call; ten members were present...four had forgotten to wear their UCW pins; at 25 cents per fine, one dollar went into the

postage-pot; it won't cover two stamps but it does add to the fun, besides as we continue to age the custom may become profitable! (That fact being more likely than Canada Post reducing prices).

The meeting scheduled for 2 p.m. began with a Devotional composed and read by Jeane Corey for the Colin/Louise Gage family who have been foremost on our minds and in our hearts as their daughter Kasey had wished to come home from the Montreal General Hospital to be cared for by family, (sisters Meagan and Morgan included) with long-time friend and family physician Dr. Al Phillips' supplying medical treatment via house calls.

Treasurer Mable Erno's report showed a substantial balance, bills were paid and it was decided to table a fundraiser.

Correspondence: a thank-you from Kathy Kaiser thanking members for their help catering a reception after the funeral for the late Barbra Corey Woolmer which took place at Bedford's United Church.

For our Nostalgic Moment: Pres. Thelma Rhicard read from our 1983 Minute Book, the meeting had been hosted by

Sheila Perry Blinn in that Sept. We had ordered 10 dozen china bells for profitable resales; inscribed on them was 1884-1994 with a sketch of our church. We had donated money to Butler school's Terry Fox Run (2nd year anniversary).

Helen Ingalls, our Food Convener has arranged for foods to be taken to the Gage family to help during this most difficult time.

We planned to hold the Congregational Pot-Luck Supper for Nov. 11 at 5:30 p.m. in the church hall.

The meeting closed with the members holding hands and repeating the Mizpah; "May the Lord watch between me and three while we are absent one from another" the late Mrs. Frank Corey (Edna) had requested that we add, "and Lord God let us not forget to be kind." We did then and still do. Edna was a dedicated member for many years.

Our hostesses served abundant refreshments which included Jean's special cucumber slices on crusty bread that had been spread with creamed cheese.

## The Canadian Club of the Yamaska Valley



The Canadian Club of the Yamaska Valley will welcome Louise Penny, author and former journalist as their guest speaker: When? Nov. 5th at 2:00 p.m.,

where? The Auberge West Brome on Route 139, Topic? "Murder for a living: From CBC host to Mystery Writer."

Penny was born in Toronto and became a journalist and radio host there and at Thunder Bay, moved to Winnipeg where she produced documentaries, then to the Morning Show in Quebec City followed by the CBC Montreal noon show, left the Radio business to write.

The result is three acclaimed mystery books set in the fictitious town of three pines in the Eastern Townships of Quebec. Her book #1: "Still Life" won both

the Anthony and Barry Awards for best first novel also the Uk Dagger, the Canadian Ellis and the American Dailys Awards. Book #2: "Dead Cold/A Fatal Grace" was named one of the top mysteries of 2007 by deadly pleasures magazine. Book #3: "The Cruellest Month" is a captivating tale about jealousy, its consequences. Betrayal & revenge. All stand in sharp relief against daily life in a Quebec village.

Penny, her husband Michael and two golden retrievers, Maggy and Trudy now make their home in Sutton ... www.louispenny.com Refreshments will follow her address. Non-members are asked to pay a \$10.00 entrance fee. If anyone would like to have dinner at the Auberge prior to the meeting, please phone 450-266-7552 for reservations.

Thelma Rhicard,  
Publicity

## Her letter was the kick in the butt I needed

**Dear Annie:** As a teacher of 35 years, I feel invigorated. Recently, I've helped pilot a program that reminded me why I got into teaching in the first place — to develop not just good students, but also great young people.

Can you help me pass on an invitation to every teacher, parent, school and student? The LEAGUE is launching its first event, called simply "The Drive," to see how much food and clothing we can all collect for those in need. We invite every classroom and student group to join in.

It's free and simple. Any teacher or teacher-certified student group (like a student council or club) can log on to www.theleague.org and then collect as much food or clothing for any agency they choose by Thanksgiving. Each class reports its total online, which contributes to a record attempt and earns LEAGUE points toward awards for the class, school and students — and recognition in the media. It's a friendly "co-opetition" — with the community and all those participating as the real win-

ners.

The LEAGUE is a web-based, all-inclusive system for students K-12, engaging them in doing good for their community, nation and the world. One hundred sixty-seven schools are now piloting The LEAGUE in New Jersey, Michigan, Indiana, Georgia, Texas, New York and California, and as far away as Zambia and India.

I have seen how students respond, not only to various LEAGUE events during the year (from King Day to Earth Day), but especially to the Learning to Give Curriculum and Learning Links included with each event. They connect what they learn in the classroom with the good they do for others. It makes learning come alive. Parents can help by clipping this column and sending it to their child's teacher with a personal note of support.

Obviously, school is about academics first, but do you think we can one day make "doing good" as much a part of school as sports? — Sincerely, "Mr. C" Joe

### Annie's Mailbox

Czaszynski

**Dear Mr. C.:** We have a great deal of faith in today's students and hope they and their teachers will log on to your website and check out the available activities, especially the upcoming Thanksgiving Drive. The more schools that participate, the better for our communities and those worldwide. Thanks for giving us the opportunity to let our readers know.

**Dear Annie:** My husband and I eat supper around 8 p.m. Some of our friends like to drop in around 6 p.m. and stay for three hours or more. Of course, then it's too late to eat. Is there a polite way to let our visitors know we haven't eaten and that we'd like to do so by ourselves? — Hungry in Iowa

**Dear Hungry:** Your friends may assume you eat a lot earlier, so it's OK for you to politely assert yourself when people drop by unexpectedly. At 7:00, you should stand up, turn to your visitors and say, "It's been wonderful visiting, but Jim and I haven't had dinner yet. We

hope you don't mind," and escort them to the door.

**Dear Annie:** I have been struggling with depression for almost five years and have had several different issues arise from it — weight gain, loss of sex drive, etc.

After reading the letter from "Feeling Better Now" regarding exercise, I have a newfound hope for myself. I have joined a gym and I actually go. I am eating better, and as far as that sex drive, slowly but surely it will return. I want to thank that writer. Her letter was the kick in the butt I needed. And thank you, Annie, for printing it. — Hope Has Arrived in Van Nuys, Calif.

**Dear Van Nuys:** Studies show that regular exercise can lift depression as well as make you feel better and stronger in every way. We hope your letter will serve as a needed "kick" for someone else.

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

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: N equals W

"MPTRC RPC IZDAH LI NGTPT SRCLPT TSYH." - FRPD DGRMRXX "Z IRZSC NZCG HGRITH." - HDLXICUP RXTWRSYTP DRXYTP

PREVIOUS SOLUTION - "Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold." - Judith Olney

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KIT N' CARLYLE



HERMAN



"You won't find it under 'plumber.' Look under 'drainage engineer.'"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



GRIZWELLS



SOUP TO NUTS



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

11:16 PM The paramedics arrive. MedicAlert SPEAKS FOR YOU 1-800-668-1507 www.medicalert.ca

CLASSIFIED

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405 Found

FRIENDLY CAT - Brown, short haired tabby, un-neutered male, found on Bishop's University, MacKinnon Drive. Abscess on right paw. No collar or identification. Taken to SPA de L'Estrie on Monday, October 29, a.m., file number ER-050354-0001. Cat will probably be euthanized if owner not found by Thursday, November 1. Please call SPA at 819-823-1573 A.S.A.P.

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# Your Birthday

Thursday, Nov. 1, 2007

**Restlessness on your part may be more prevalent than usual in the year ahead. But if you're smart, you can use this to your advantage — as a stimulus to push you onward and upward. Don't let it impel you to go off on tangents.**

**SCORPIO (Oct. 24-Nov. 22) — Don't kid yourself about your ability to achieve certain goals or objectives that you know are beyond your skill and know-how. You'll only get yourself in the middle of a big mess.**

**SAGITTARIUS (Nov. 23-Dec. 21) — When your better judgment is telling you not to do something, listen. If you go against this inner voice, you'll end up being your worst enemy and regret it bitterly.**

**CAPRICORN (Dec. 22-Jan. 19) — You know better than to put yourself under obligation to an individual who makes you feel small and inadequate, yet it looks like you may make this counterproductive arrangement again.**

**AQUARIUS (Jan. 20-Feb. 19) — Before making any promises to share something with another, be certain you can live up to your pledge. Your word may not be kept if you feel you are carrying most of the load.**

**PISCES (Feb. 20-March 20) — Be careful about whom you ask to help you achieve a critical task, because the wrong type may think he or she is better at giving the orders while you're only good at doing the work.**

**ARIES (March 21-April 19) — Your ability**

to judge others is a trifle iffy, so be careful in whom you place your faith and trust. You should stick to dealing with those you've known for a long time, people with whom have a track record.

**TAURUS (April 20-May 20) — Sometimes it's OK to let one person or another have his or her way, but in order to maintain harmony on the home front, a compromise may be called for. Be prepared to make concessions.**

**GEMINI (May 21-June 20) — It is not uncommon for you to go out of your way for another who needs help. However, you might choose to spend time only with those who can do something for you.**

**CANCER (June 21-July 22) — If you're not budget conscious, you are likely to frivolously spend funds earmarked for essentials. Later, when you need to pay your bills, you'll regret your lack of careful budgeting.**

**LEO (July 23-Aug. 22) — It is truly unwise to treat those you outrank in an arrogant manner. If you do, be assured they'll find a way later to even the score in ways that will put you down in front of others.**

**VIRGO (Aug. 23-Sept. 22) — Generally speaking, you're the type of person who is quite tolerant of those who have diverse opinions. But should someone differ from your way of thinking, you'll not take kindly to it.**

**LIBRA (Sept. 23-Oct. 23) — Don't be influenced or pressured by friends into making a commitment to do something you consider too rich for your pocketbook. You'll end up angry with both yourself and them.**

Thursday, Nov. 1, 2007

# Start right to end on top

By Phillip Alder

Robert Morley, an English actor, director and playwright, said, "Beware of the conversationalist who adds 'in other words.' He is merely starting afresh."

At the bridge table, we start afresh when we pick up our cards. And after the auction, the card play begins anew. With a reasonable frequency, the opening lead decides the fate of a contract — as in this deal. What start by West might beat four spades?

On the second round, many tournament players with that North hand would double to show three spades (the so-called support double). East, with four-card diamond support, raised despite his zero-count and the prevailing unfavorable vulnerability — some players know no fear. South rebid three hearts, West tried four diamonds, and North admitted to three-card spade support.

When the deal was originally played, West led the diamond ace and continued with his diamond king. Declarer ruffed and played the spade king from his hand. West took the trick and tried the effect of a third diamond, but South ruffed on the board and led another trump. Declarer ruffed the next diamond, removed West's final spade, and

North 11-01-07			
♠ 8 4 3			
♥ K Q 7			
♦ 9 2			
♣ A Q J 6 5			
West			East
♠ A Q 6			♠ 5 2
♥ 8 4 3			♥ 9 6 2
♦ A K Q J 6 3			♦ 10 7 5 4
♣ 2			♣ 10 8 7 3
South			
♠ K J 10 9 7			
♥ A J 10 5			
♦ 8			
♣ K 9 4			
Dealer: North Vulnerable: East-West			
South	West	North	East
1 ♠	2 ♦	1 ♣	Pass
3 ♥	4 ♦	4 ♠	3 ♦
All pass			
Opening lead: ♦ A			

claimed.

The only winning start is West's club. Declarer takes the trick on the board and leads a spade to his jack, but West wins with his queen. Now comes a play that requires courage, and would be very hard to find if East had passed throughout. West shifts to his diamond three! East will be surprised to take the trick with his 10, but should not be so shocked that he fails to find the club return, which West ruffs. The defenders collect three spades and one diamond for down one.

# CROSSWORD

**ACROSS**

- 1 Pares down
- 6 Webber play
- 10 Dines
- 14 Tippy vessel
- 15 Curved molding
- 16 Fencer's foil
- 17 Start of definition of a scholar
- 20 Irritate
- 21 And others, briefly
- 22 Poster star
- 23 Miss a step
- 25 Simile center
- 27 Part 2 of definition
- 34 Light lager
- 38 Remove cargo
- 39 Coll. course
- 40 Cave denizen

- 42 Extra dry
- 43 Chocolate browns
- 46 Amicable
- 49 Part 3 of definition
- 51 Made a lap
- 52 Wildcatter, e.g.
- 57 \_\_ nous (confidentially)
- 61 Soviet news agency
- 64 First-class
- 65 End of definition
- 68 Terrible ruler?
- 69 Popeye's \_\_ Pea
- 70 Great brilliance
- 71 Engrossed
- 72 Shooting marbles
- 73 Approaches

**DOWN**

- 1 Head wrap
- 2 Female vampire
- 3 Omitting nothing
- 4 Impressionist painter
- 5 Do tailoring
- 6 Codger
- 7 Spanish water
- 8 Units of magnetic flux
- 9 Behold
- 10 Tractor-trailer
- 11 Stratford-\_\_-Avon
- 12 Lima's land
- 13 Ooze
- 18 Shallow-water hunter
- 19 Legendary Brave southpaw
- 24 Ram's partner
- 26 Actor Erwin
- 28 Civil War

- 29 Air current
- 30 King of comedy
- 31 North of Paris
- 32 Attract a cab
- 33 Form a vortex
- 34 Actor Gregory
- 35 Graphics image
- 36 Start of a motive?
- 37 Overwhelm with flattery
- 41 Three in Italy
- 44 Item of value
- 45 Rwy. stop
- 47 Concise concession

- 48 QB Manning
- 50 North American capital
- 53 Spear
- 54 Dough
- 55 Sadat of Egypt
- 56 Brooding places
- 57 Bahrain ruler
- 58 PBS program
- 59 Lobster pot
- 60 Big budget item
- 62 From the start
- 63 Females of the species
- 66 DDE's predecessor
- 67 Barbie's ex

**Wednesday's Puzzle Solved**

S	O	L	A	R		P	U	N	S		G	A	P	E								
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By Alan P. Olschwang Huntington Beach, CA 11/1/07

## Card party

### BULWER

A 500 card party was held in the Bulwer Community Center on Thursday, Oct. 25, with 10 tables in play.

Prizes were as follows: Ladies' 1st, Meryl Nutbrown, 5940; Marian St. Onge, 5940; Louise Peasley won the Consolation.

Special prizes: 9 no trump, Rena Lassenba; Joker no ace or face, Fern Lapointe; Skunks, Grayce Betts.

The half and half was won by Esther Cote and Clyne McDonald.

Door prizes were won by: Eileen Lowe, Herb Wingeat, Sam Lake, Gertie Hetherington, Fern Lapointe, Clyne McDonald, Mayotta Taylor, Grayce Betts, Mary Shepard, Esther Cote, Archie St. Onge, Serena Wintle, Audrey Dougherty, Helen Taylor, Beulah Turnbull, Jack Kimpton, Cathy, Edith Hyatt, Jeanny Kezar, Belva Dougherty and Gertrude Nutbrown.

George Pinchin

## St. George's ACW Card Party

St. George's ACW, Ayer's Cliff, held a 500 Card Party on October 29 with nine tables.

The winners were: Lady's First Greta Nish, Lady's Second Elvera Patterson, Men's First Royce Wallace, Men's Second Garth Coll, Consolation Dorothy Blake, 9 No Trump Jean Martin and a 4 of Hearts trick Jack Kimpton. The grocery box raffle was won by Herb Lilly.

A good time was had by all.

Following the games a lovely luncheon was served and everyone was lucky and won a door prize.

St. George's will have two more card parties, November 12 and 26, at 1:30 p.m. at the Legion Hall in Ayer's Cliff. Hope to see you there.

Greta Nish

## 'Afraid Of A Cat'

Dear Wayne,

Your contempt for the cat is made very clear,  
But I also think you are hiding a fear.  
You are very tuned in to the fluffy pet -  
But you are afraid - it's you it wants to ett.

You seem to know what they can do  
To bugs and birds and little mice.  
And you are afraid you are their prey -  
For the thing you did on Christmas day.

You seem to think its out to get you  
For the way you go back into time.  
To the days when you courted Marjorie  
And your prostate was doing fine.

Halloween is the night of the bat,  
Out of the foggy mist will lunge the cat.  
If I were you, I would give me that retraction,  
Before those devious devils take some action.

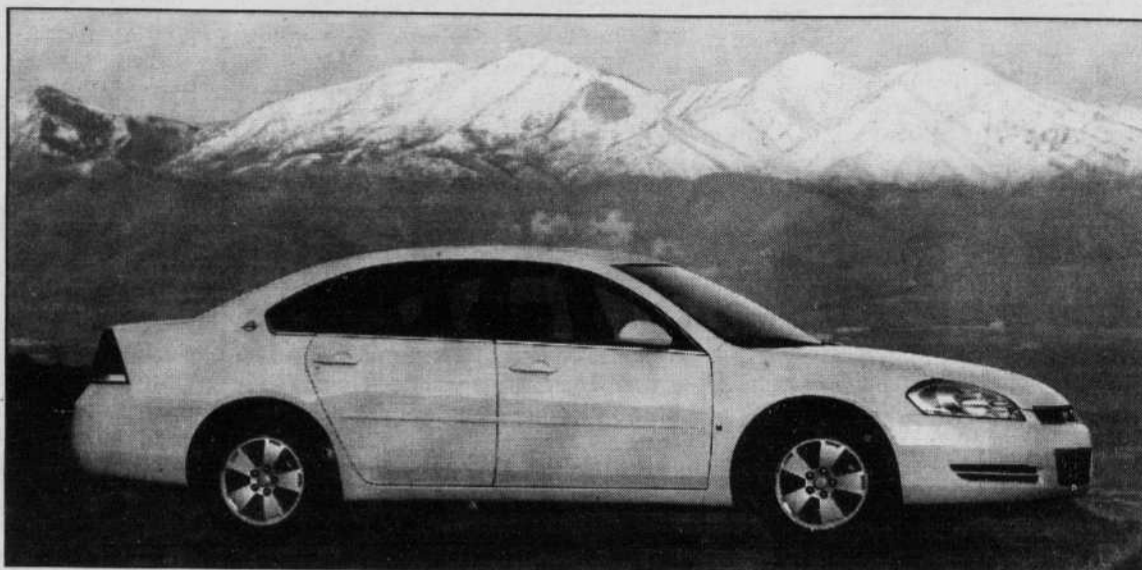
Kojac is my friend's shepherd  
And I still walk him ever day.  
I don't know what I will do,  
If he is also called away.

So regarding the dog -  
I put down my pen -  
And I will admit,  
He is mans best friends.

I love the dog but I also love the cat  
Now does this end our little spat?

Marina Melanson  
Knowlton, QC

## Comfortable stalwart attractively priced: Road Test: 2007 Chevrolet Impala LT.



The 2007 Chevrolet Impala LT tackles the day-to-day grind of family transportation with stoic competence, is laden with many standard features and is attractively priced.

### By Brian Harper

CanWest News Service

TORONTO - For a number of years, when friends and family members who were not "into" cars asked my advice on what was a good, safe, reliable family sedan that wasn't too expensive, I would mentally go through my list of what was new, what I'd driven recently and what I knew was coming up, before invariably concluding with: "Of course, you can't go wrong with either the Honda Accord or Toyota Camry."

For more than two decades, those two cars' near-bulletproof reputations have earned them the right to be standard bearers for the mid-sized family sedan segment.

Over the past couple of years, and certainly since its redesign in 2006, I have added the Chevrolet Impala to my list of fallback stalwarts.

No, the Chevy isn't going to inflame the passions of motorheads who yearn for burnout-inducing acceleration and BMW-style, limp-like grip - not even the sporting, V8-powered SS model. But it tackles the day-to-day grind of family transportation with stoic competence, is laden with beaucoup standard features and is attractively priced.

The most intriguing aspect of the four-model lineup - LS, LT, LTZ and the aforementioned SS - is the inclusion of the FlexFuel 3.5-litre V6 engine, which runs on either gasoline or a blend of up to 85 per cent ethanol (E85) and 15 per cent gasoline.

And, as much as GM should be applauded for its efforts to keep corn farmers gainfully employed as well as reducing the car's need for non-renewable crude, it's a case of not being ready for primetime - at least in Southern Ontario. A Google search could locate only two gas stations selling E85, the nearest one

more than 100 kilometres away.

So it was good, old, 87 octane for the tester, which slurped it to the tune of 10.8 litres per 100 kilometres for the week. (It's worth noting that, when powered by E85, a 10 to 15 per cent reduction in fuel economy is to be expected.)

While it's the smallest and least powerful engine in the Impala lineup, the 211-horsepower 3.5L performs yeoman service, getting the mid-sized sedan to desired speeds in proper time without any sense of strain. And, though bolted to a rather prosaic four-speed autobox, power flow was smooth, not interrupted by huge drop-offs between upshifts - GM knows how to get the most out of old tech.

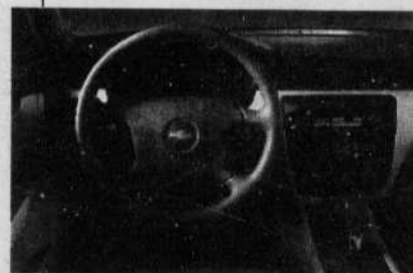
Actually, my biggest beef with the transmission was that the column-mounted shifter (which comes as part of a \$195, six-passenger seat option) didn't have a proper detent for Drive, meaning that it was too easy to drop into a lower gear without realizing it.

Unlike the SS model, which can make some claim in the performance department, the LT tester was the epitome of family transport. Despite the 2007 model year's retuning of the suspension and slightly wider track, the ride is definitely skewed toward comfort and not sport. Pushing the Impala hard into a corner will only result in the expected pronounced understeer. A milder approach works best, the car rewarding a gentle application with an equally gentle, relaxed result.

Considering the Impala's role as a reasonable alternative to the minivan, I find it unconscionable that anti-lock brakes with traction control are a \$950 option on the base LS and LT. (General Motors of Canada must have felt the ground quake from my unbridled fury. It has made ABS

standard across the Impala range for the 2008 model year.)

Moving to the inside of the car finds a comfortable cabin that highlights a more concerted effort on the part of GM to improve its interiors - tighter panel gaps, higher quality trim bits, improved seat upholstery stitching, that sort of thing. No, it's not Lexus-like quality, but neither is it the cold, stark, built-for-a-price effort of the past. And it's roomy in the front and back as well, although I



The interior of the 2007 Chevrolet Impala LT.

wouldn't want to go three abreast on the front bench with that option.

For those needing to maximize utility, the optional (\$325 on the LT) flip-and-fold rear seats are a worthy consideration. The seat cushions flip forward to create a covered storage area beneath the seat with cushions down and offer convenient grocery bag hooks when the cushions are flipped forward. The seat back also folds down to create a pass-through from the trunk.

More than big-car roominess, Chevrolet wants the Impala to convey sophistication, not just transportation. For the most part, it succeeds, primarily on the strength of competence backed up by the automaker paying greater attention to sweating the details.

The Impala LT is solid value for the money.

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