

THE RECORD

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Stretching for snowboarding... See Page 8

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TUESDAY, JANUARY 13, 2004

Fire destroys Warden home

Staff

A defective wood heating system is being blamed for a fire that destroyed a house in Warden Sunday night, leaving an elderly man homeless.

Waterloo's volunteer firefighters were called to the house on Principale where they were joined at the scene by firefighters from Shefford Township and Bromont. Despite their best efforts, the house was heavily damaged, and will have to be rebuilt.

The fire apparently broke out between the chimney and the roof. With several layers of burning material to deal with, firefighters had to cut into the roof to get at the flames. Their task was further complicated by the lack of fire hydrants in the vicinity.

The owner, Edouard Papineau, 67, escaped without injury. Unfortunately the house, across the road from Cantine Chez Gus, was not insured. Damages to the house, which was about 30 years old, are estimated at about \$50,000.

Defective wood heating systems are common causes of fires during periods of intense cold, as owners try to get as much heat as possible out of their stoves, likely unaware of a problem with their stove, their pipes or their chimney.



DAVID ANDERSON/SPECIAL

Homeowner Edouard Papineau escaped without harm from his burning residence.

Feds begin pre-budget consultation

Budget won't have many goodies for taxpayers - Paradis

By Rita Legault
SHERBROOKE

Canadians taxpayers should not expect any new tax cuts or much increased spending in the upcoming federal budget that will be presented at the end of February or in early March, says Denis Paradis, the new Secretary of State for Financial Institutions.

Paradis is about to go on tour with his new boss Finance Minister Ralph Goodale as well as Treasury Board President Red Alcock to get input

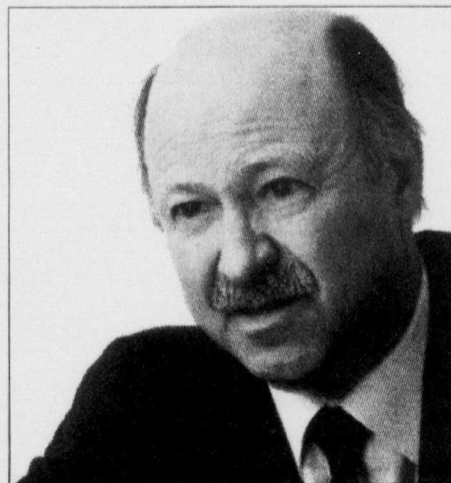
from Canadians during a pre-budget consultation.

The MP for Brome-Missisquoi said the coming budget exercise will be more difficult than past ones.

"The financial conditions are not like in the past when we had big surpluses," Paradis said. The Canadian economy has been weaker than anticipated and hopes for surpluses failed to materialize.

Paradis said the Canadian economy did not perform as well as expected due to a variety of factors including a rising Canadian dollar that has hurt exports. And, he added, the past year was filled with a variety of crises including the SARS outbreak and major

PLEASE SEE PARADIS PAGE 3



PERRY BEATON/SPECIAL

MP Denis Paradis is beginning a pre-budget tour.

Toddler dies in Roxton Pond crash

By Maurice Crossfield

A three-year-old boy died in a Montreal hospital after a car accident in Roxton Pond Monday morning.

At about 8:30 a.m. the child and his mother were traveling northbound on Route 139 in the village of Roxton Pond. In front of 11 Principale the mother lost control of her vehicle, and ended up sideways in the oncoming lane. Her car then collided with a southbound car.

Sûreté du Québec spokesman Const. Louis-Philippe Ruel said the oncoming car hit the vehicle directly on the rear passenger door. On the other side of that door, the boy was strapped into his car seat.

The car then rolled on across the lawn before crashing into the house at 11 Principale.

Police and ambulance workers at the scene managed to revive the boy, and he was taken to the Granby Hospital. Due to the severity of his injuries he was later transferred to St. Justine's Hospital in Montreal where he underwent emergency surgery.

Ruel said despite numerous attempts to save Samuel Valois, of Granby Township, he died at about 4 p.m.

The mother and the other driver were also taken to the Granby Hospital, where their minor wounds were treated.

Ruel said the crash was largely due to the road conditions. At the time, a thin layer of snow concealed a layer of ice below. That combination led to several other more minor crashes during the day Monday. Ruel said he spoke to a colleague in the Montérégie region who reported black ice on the Ange Gardien portion of Autoroute 10.

Statistics Canada will ask 30,000 to weigh in

By Norma Greenaway

Statistics Canada is poised to blow the lid off the nation's bathroom scales.

It has launched the first national study in more than three decades to examine the nutritional health of Canadians that, in a potentially embarrassing twist, will involve in-home weighing of 30,000 Canadians.

The decision to have Statistics Canada interviewers actually measure the height and weight of each participant in the study merely acknowledges one of the worst kept secrets of the human race.

"There are some studies that show you kind of under report the number of obese and overweight people when you ask them to report (their weight) themselves," Marc Hamel, a senior agency analyst, said with a chuckle.

The study stems from growing concerns about the impact that bad nutrition is having on the health of Canadians and the toll such conditions as obesity are taking on the country's health system, he said. It is part of the on-going Canadian Community Health Survey (CCHS).

"Hopefully this survey will help us

understand better some of the factors contributing to bad health in some ways, related to nutrition, related to obesity and physical activity," Hamel said.

Hamel, chief of the CCHS program, says the agency will document the eating and exercise habits of Canadians, using mostly face-to-face interviews over the next year with 30,000 Canadians of all ages.

Hamel says the interviews will be stretched over 12 months so the findings capture seasonal factors relating to nutrition.

"The approach is what we call a 24-hour recall," he said. "We contact the people on a given day and we ask them to remember the previous day, and everything they ate and drank during that time." They also will be asked what physical activities they did during the previous three months, as well as general health questions.

Hamel said the vast majority will be interviewed once, although about 7,000 will undergo a second interview. "We will 24-hour recall a second time because there is variance among people themselves," he said. "They don't eat the same way every day of the week and

we want to capture that."

The agency wants the height and weight measures to calculate a body mass index.

The study is the first by Statistics Canada since 1971 to focus on nutrition.

Hamel says he hopes the results will be made public in the fall of 2005.

Individual provinces have conducted nutrition-related studies at various times, but the country has been lacking a national snapshot, Hamel said. "It will allow us for the first time in a long, long time to have a national look," he said. "We'll have a more comprehensive picture of what people eat, their physical activity levels and obesity concerns."

Hamel said obesity is an increasingly worrisome trend

within the population. "It is a major problem for the health-care system," he said. "The trend is not going in the right direction and it is an issue we need to address."

CanWest News Service

Seabiscuit DVDs to give away

The Record has five copies of the newly released Seabiscuit DVD to give away to lucky readers. This inspiring true story of three men - a jockey, a trainer and a businessman - and an undersized race horse, which was a box office hit last summer, is now available on DVD in time for holiday viewing.



You could win your own copy of the movie everyone is talking about by clipping this ad and answering the skill-testing question: Which of the Bridges' acting family costars in the movie with Tobey Maguire and Chris Cooper?

The DVDs will be drawn randomly from qualifying entries on Jan. 15, 2004.

Name: _____

Address: _____

Telephone number: _____

_____ Bridges starred in the movie Seabiscuit

Tip on Info Crime tipline

By Maurice Crossfield

Warning for anyone using the Info Crime tipline: If you get a confusing message, hang up and keep trying until you get a real person.

Several recent attempts to contact the tip line, where all calls are confidential, resulted in a message telling the caller "Welcome to the Centrex voice messaging system of Bell Canada."

The message goes on to request that the caller enter the number of the person they are contacting. After entering the Info Crime number, it then says unfortunately there is a problem, and the call disconnects.

While it gives the caller the impression the Info Crime line is not in service, that is not the case, said Ginette Borduas, administrative assistant for Info Crime Quebec.

"We only have two lines for all of Quebec, when

those two lines are busy, they are busy," Borduas said. "Then it falls to the Centrex box at Bell."

"People need to call back until they get a free line," she added.

Because of the importance of confidentiality to the service, Info Crime does not want to leave a voice box where people can leave messages. The fear is that someone will leave their name and phone number, breaking the confidentiality. Security is established so that calls cannot be traced, no matter how important the information being sought is.

"We are reviewing the possibility of a message saying that all our lines are busy and to please call back," Borduas said.

In the meantime, calls to Info Crime can be made by calling 1-800-711-1800. If you don't understand what's going on at the other end, hang up and keep trying until you reach a human being.

Weather

Today: Periods of snow ending late in the day. Clearing later on. Amt. 2 cm. Winds becoming northwest 30 km/h with gusts to 60 in the afternoon. High minus 9.

Wednesday: Sunny. Low minus 32. High minus 22.

Thursday: Sunny. Low minus 27. High minus 18.

Friday: Sunny. Low minus 27. High minus 18.

Ben by Daniel Shelton



www.bencomicstrip.com

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Letters offer no clues to father-son murder-suicide

By Stephen McDougall
SPECIAL TO THE RECORD
DRUMMONDVILLE

Five personal letters written in poor French have failed to explain the motive behind a murder-suicide last week which involved the hanging of a six-year-old boy, provincial police said Monday.

"They were very philosophical letters but they did not tell us much," said provincial police spokesman Daniel Lamirande.

"The father was of Swiss-German origin, so his French writing was not that good. What we could read told us nothing about why he did what he did."

Police found six-year-old John Feurer-Pellerin hanging by a rope in the basement of his father's duplex on Des Pins Blvd. in Drummondville on Friday around noon. Beside him was his father, Bruno Feurer, 32, who had hung himself in the same manner.

The two bodies were discovered by Bruno Feurer's brother who came to the

home after repeated phone calls were not answered.

The brother told police Feurer had not shown up for work earlier in the week and the son had not attended school for the same time period.

Lamirande said investigators determined the father had hung his son, then himself, as early as Wednesday evening, according to an autopsy that was performed Saturday.

"We believe the cause was a custody battle over the son," said Lamirande.

rande.

"Feurer had won full custody this summer, but his estranged wife had taken further legal action to contest the decision and he did not like this."

Lamirande said Bruno had been separated from his wife Josée Pellerin for about five years.

Lamirande said Feurer, who was a welder by trade, had not shown suicidal or depressive tendencies to family or friends before the murder-suicide took place.

blackout in Ontario, forest fires in B.C., mad cow disease in the prairies, and floods in the Maritimes.

Paradis said that in the past, the federal Liberals maintained a \$3 billion reserve to face any uncertainties.

"This year we can expect only about \$2.3 billion surplus," he said, remarking that with some \$2 billion pledged to the provinces for health care, there won't be much room to maneuver.

"We will have to give it our best to deliver the \$2 billion," Paradis said, noting the remaining \$3 million buffer does not provide much protection and the government needs to shore up its funds.

"Canadians have told us they do not want to go back into debt, so we have to maintain a surplus, and maintaining a surplus won't be easy," Paradis said, adding that after 27 years of straight deficits, the federal government has been in the black for six years.

Paradis said the Liberals have decided to put a freeze on the civil service, to approve more infrastructure spending over \$5 million - except for military helicopters and existing agreement with the province. It is also asking all department to limit discretionary spending.

But it's not all bad news.

Paradis said that last year, the Liberals paid down \$52 billion of the country's accumulated debt of some \$510 billion. That, he said, has led to savings of some \$3 billion in interest payments.

He also notes that Canada is the only G-7 country that will end the 2004 fiscal year with a surplus.

During the pre-budget consultation, Paradis and the two top financial

ministers will be asking a select group of Canadians what their budget priorities are.

"We want to know where they want to spend the surplus, whether it be debt reduction, cutting income and other taxes or creating new programs," he said, noting they also want to see what policies Canadians want for the future.

In the meantime, Prime Minister Paul Martin has created a committee which is reviewing all government programs to find out why they were created and whether or not they are fulfilling a useful role.

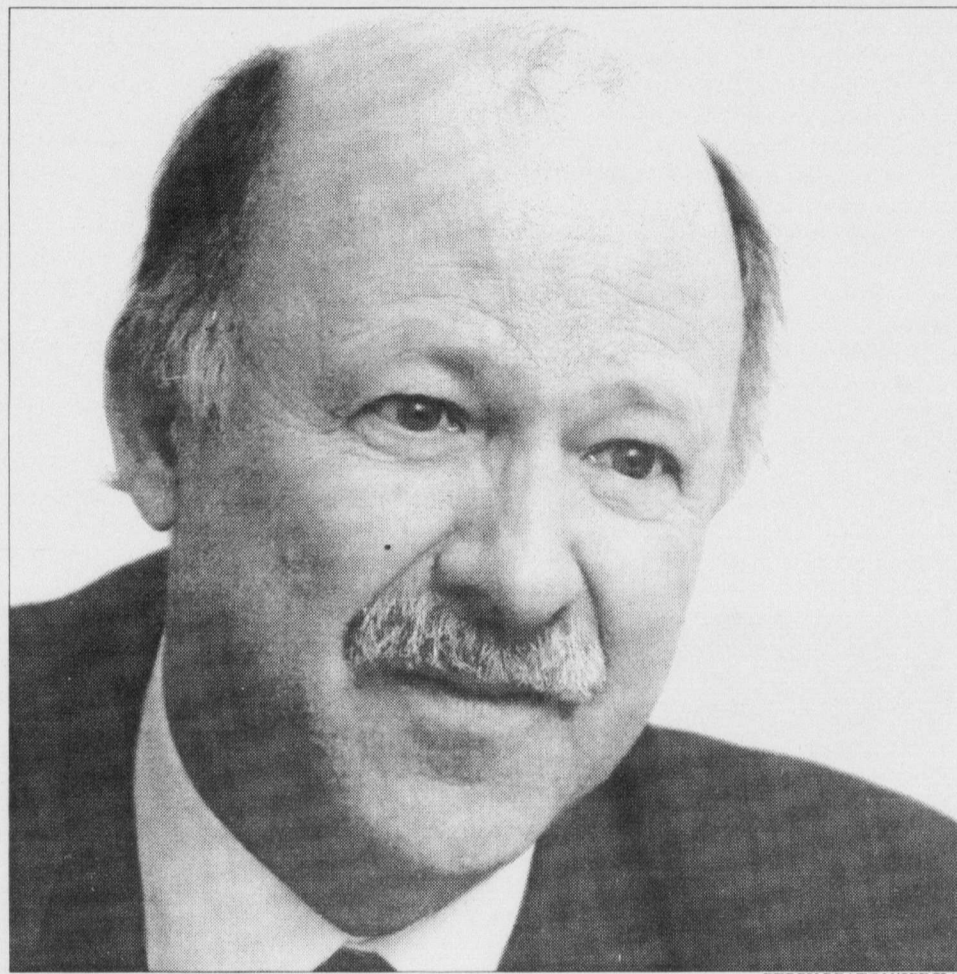
Paradis said the federal Liberals will also be looking at partnerships with the provinces and municipalities.

"It's time to stop arguing between different levels of government," he said, remarking that federal, provincial and municipal taxes are all coming out of the same pockets.

"We are determined to have a partnership between the federal government, the provinces and municipalities," he said, noting that when skeptics say it won't work, he points to the success of the tripartite infrastructure plan which had all three levels of government investing in communities across the country.

Paradis said his main concerns during the tour will be rural Canada and small and medium-sized businesses which are responsible for the lion's share of job creation in Canada. "I want to look closely to ensure the next budget looks at that."

Goodale, who speaks limited French, and Alcock will be hitting main cities such as Toronto, Calgary and Vancouver, while the bilingual Paradis will be mainly handling Que-



PERRY BEATON/SPECIAL

Brome-Missisquoi MP Denis Paradis points out that Canada is the only G-7 country that will end the 2004 fiscal year with a surplus.

bec and the east.

"It's not just a question of language, there are also different issues in Quebec," Paradis commented, noting he begins the consultation tour with Goodale in Montreal today.

"There is not much time to get input from the population," Paradis

said, adding that pre-budget consultations usually begin six months before the budget.

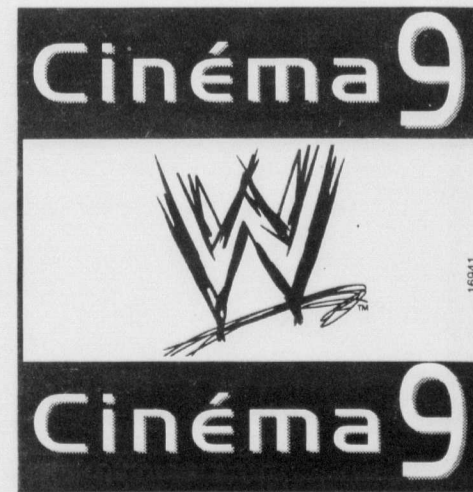
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Ombudsman wants compensation for human guinea pigs

By Mike Blanchfield

Calling it a "blot" on Canadian history, military ombudsman André Marin will try to get compensation for Second World War veterans who were used as human guinea pigs in mustard gas experiments.

"The thought of a government or a regime testing biological weapons on its own people in 2004 would be repugnant to most Canadians," Marin told CanWest News in an exclusive interview Monday.

"This is what we did 50 years ago and I think there's a blot that remains in our history books concerning that."

More than 2,000 soldiers unknowingly took part in tests at Canadian Forces Base Suffield, Alta., and in Ottawa during the Second World War, but the military for decades refused to publicly acknowledge the case.

A lawyer representing the families of 300 veterans is planning a class action lawsuit against the federal government seeking financial compensation.

Marin said he will take their case directly to Defence Minister David Pratt in order to head off the lawsuit and mediate a settlement with the government.

Marin said he would ask Pratt to address the issue sometime in the coming

weeks when he has his first meeting with the new defence minister.

As ombudsman, Marin is the equivalent of a deputy minister in the Defence Department, so taking up the torch for the veterans gives them unprecedented sway within the federal bureaucracy.

"It shouldn't go to court. This matter should be resolved out of a recognition that these people suffered long enough," said Marin.

He said the veterans have supporters within the Defence Department and Veterans Affairs who have been "chiseling" away at resolving the matter.

"I see everyone nodding politely that we should do something, but no one is stepping up to the plate. It's been 50 years. That's long enough," said Marin.

Marin said a class action lawsuit would be a "lose-lose situation for everyone involved."

For the aged veterans, it would be a war of attrition with the clock because many would die off before justice was served, he said.

Mediating a settlement now would also save the federal government, and by extension taxpayers, enormous legal costs.

Marin said there have been several obstacles to achieving a settlement, notably the secret nature of the experi-

ments.

"They were subject to an oath of secrecy that really was unprecedented," he said.

"One of the problems is there are so few records to back up their claims. Invariably everyone agrees this took place. But these people have not been compensated."

Most didn't find out they were test subjects until after they had taken part in the experiments, he said.

"This was offered to them as a cushy assignment. Stay back in Canada and help out the military from home. They discovered soon after it was far from cushy."

Many of the veterans who took part in the experiments, which were to test the results of exposure to dangerous and now outlawed chemical weapons, suffered disfigurement and long-term health problems.

Photographs have documented blisters on the limbs and genitals.

For years, veterans ran into a brick wall when they tried to get compensation from the military. They have been denied pensions because the military did not want to acknowledge that it had exposed its troops to chemical weapons.

The Defence Department has been

working to uncover more information about the testing and to identify the soldiers who might have been subjected to the experiments.

The military has compiled a list of more than 1,700 soldiers who took part in experiments in Suffield.

And it is compiling a list of 900 men who were used as research subjects at the former Chemical Warfare Laboratories in Ottawa, which has since been reconstituted as Defence Research and Development Canada.

The military has also uncovered records that show the National Research Council in Ottawa conducted experiments on human subjects.

Marin said he does not have a dollar figure in mind. He said he simply wants to start a process that will ultimately result in the closure of a dark chapter in Canadian history.

Marin noted that the United States and Britain went to war last year in Iraq with the intention to disarm Saddam Hussein's regime of weapons of mass destruction that included chemical and biological weapons.

"It would be unfathomable that this kind of thing would happen today," he said.

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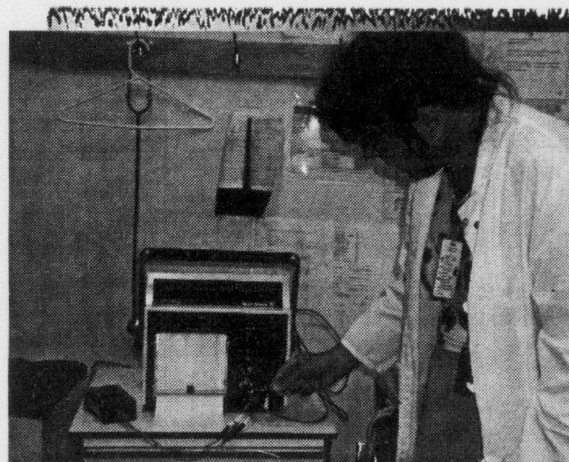
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BRIEF

CHUS ERs remain overcrowded

Staff
SHERBROOKE

The situation remains difficult in both emergency rooms of the Centre Hospitalier Universitaire de Sherbrooke.

By late afternoon Monday there were 38 patients on stretchers in CHUS Fleurimont, which has a capacity of 22, and 35 at Hotel Dieu, which has a capacity of 20. Three patients were being treated in the psychiatric emergency room at Hotel Dieu.

Nine patients at Fleurimont were awaiting hospitalization and were waiting for beds at seven Hotel Dieu. None had waited for more than 24 hours.

To help deal with the overcrowding, the CHUS opened 25 transition beds at the Hotel Dieu and eight in Fleurimont.

Emergencies included patients suffering for cardiac problems, respiratory difficulties as well as gastroenteritis.

Supreme Court's gay-marriage ruling may be delayed

By Janice Tibbetts

A potentially divisive Supreme Court hearing on gay marriage will be delayed until after an expected spring election if the federal government follows through with plans to change the terms of the case, legal analysts predict.

The hearing is currently set for April 15-16, meaning an issue that has divided Canadians could be at the top of voters' minds around the time Prime Minister Paul Martin is expected to go to the polls.

But the court's timetable could be set back months if Justice Minister Irwin Cotler seeks to expand the case, known as a constitutional reference, by asking the court for a non-binding opinion on whether it is constitutional to restrict gay and lesbians to registered civil unions instead of giving them full marriage rights.

Delaying the reference would mean the Liberals could avoid a political hot potato during the spring campaign.

The Justice Department has already asked the court three questions in the reference and adding a fourth would turn back the clock.

Under Supreme Court rules, the government would have another 12 weeks to file its legal arguments and intervenors would have four weeks after that deadline to apply to intervene and even longer to prepare their submissions.

There are currently only three provinces involved - Alberta, British Columbia and Quebec - but an expanded reference could attract other provinces and intervenors.

"These various steps eat up time," said Brian Crane, an Ottawa lawyer who helps litigants prepare their cases for the Supreme Court.

Crane predicted the case would be put off until next fall, a timetable that he said would also suit the politically savvy court because it could avoid becoming a key focus of the election campaign. "I think the court would want to avoid that situation," he said. "The court, in this sort of case, is not going to come down with an immediate decision, but on other hand if it's going to be argued at a time when people are taking stands on this in public, it would just muddy the waters."

Eugene Meehan, another Ottawa lawyer who works extensively on

Supreme Court cases, said the government could apply to the court to fast track the case so the regular time allowances would be set aside for the add-on question.

But the decision would be up to the court, which has already indicated it wants to take its time on the historic case.

The Justice Department asked the Supreme Court last summer to consider whether a draft bill legalizing gay marriage is in keeping with the Charter of Rights and Freedoms. The reference also

asks whether it is constitutional for religious institutions to refuse to perform ceremonies if it is against their beliefs.

Cotler, who personally supports gay marriage, has said broadening the case to ask if civil unions are constitutional does not mean the Liberal government has changed its position, but that he wants the judges to "canvass the issues in the most comprehensive and fair-minded way."

He has not made a final decision.

The Liberal government announced last June it would legalize gay and lesbian marriage in light of court rulings in three provinces that declared the federal prohibition violates the equality guarantees in the charter.

Same-sex marriage is currently legal in Ontario and British Columbia.

In the reference, the Supreme Court will give an opinion the government will use in crafting a bill.

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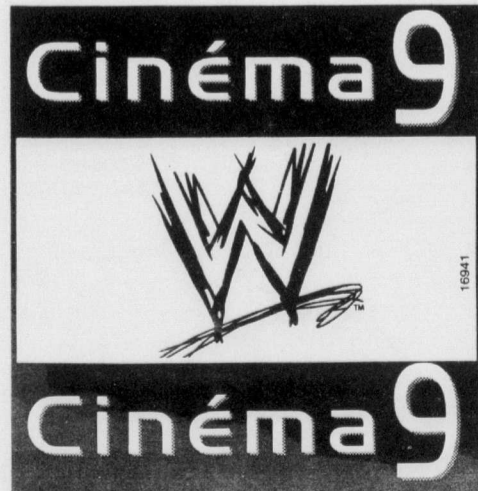
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Community Forum

How far will mandate for change go?

Before we start afresh in this New Year, let's present the award for the Most Over-used Expression of 2003 Made by a Quebec Politician in the Act of Justifying a Dubious Decision.

And the co-winners are: Premier Jean Charest and all his ministers, for their ad nauseum use of, "we were elected on April 14th with a mandate for change".

And the runner-up is: Premier Charest and all his ministers, for their repetitive use of, "it was all spelled out in our policy document published on Sept. 12, 2002, so no one should be surprised".

Before looking ahead, we should not forget either that in the waning days of 2003, the Charest government invoked closure to stifle debate and push through eight pieces of legislation.

I erred in a previous column, stating that at least the government would have to abide by new rules governing closure that would ensure a few hours of debate for each bill. But those were temporary rules brought in by the previous government after its outrageous abuse of procedure in 2001 and they were never permanently adopted.

The Liberals shamelessly used that loophole last month; it should never happen again. We'll see if their "mandate to change" extends to parliamentary democracy.

Among those bills was the daycare legislation, bumping up the cost from \$5 to \$7 a day and allowing for an annual indexing of the fee.

There was also the bill setting out the process for municipal de-mergers. It provides that between May 2 and June 15,

municipal registers will be open to allow residents to ask for a referendum. At least 10 per cent of voters must sign the register to get a referendum, to take place in September.

Two other laws ban unionization of home-based daycare providers and of family-type health care providers. Already, the Confederation of National Trade Unions (CSN) has indicated it will file complaints before the International Labour Organization, claiming the laws violate the right of workers to organize.

And then there's Bill 31 amending the Labour Code, which takes effect Feb. 1st and makes it easier for employers to contract out.

If any of the eight bills rammed through last month could have used the time for proper debate, this is the one.

Unions oppose the very principle of the bill because workers could suffer wage cuts if work is transferred to a subcontractor. But almost everyone else, including the Quebec Bar Society, also urged the government to take its time and consider making amendments to improve muddled wording.

It didn't bother, so the result will likely be an endless series of court cases to clarify just what the new law means.

MONEY WOES

In the coming months, two issues should dominate political debate and both revolve around money.

The deeper Finance Minister Yves Séguin delves into the books, the more red ink he seems to find.

NATIONAL ASSEMBLY

GLENN WANAMAKER

At the moment, the province is heading towards a deficit of \$944 million, much of it because of lower than anticipated federal transfers but some of it due to lower tax revenues and

losses incurred by the government's investment agency, the SGF, and the SAAQ, the auto insurance board.

Conflicting messages have been heard about the promised \$1 billion in tax cuts. Premier Charest suggested last month that perhaps only families will benefit from tax cuts, while Séguin insisted "nothing will detour us from a zero deficit" and the tax cut promise still stands.

But there are also contract negotiations with public sector unions to consider. Contracts expired last year, and the major unions have asked for a 12.5% salary increase over three years.

Those talks will not be pretty, especially since the Premier said in his end-of-session press conference that "we have no money".

The major unions were already so agitated before Christmas that FTQ President Henri Massé raised the idea of a general strike. He stepped back from that threat in a year-end press conference, but given the climate of mistrust between the two sides, it would not take much to spark a labour crisis sometime this year.

PUBLIC CONSULTATIONS

Meanwhile, Séguin will hold pre-budget public consultations beginning Jan. 26th. They'll deal not only with current budgetary policy issues but also long-term problems facing Quebec because of the aging population.

The background document points out that over the next 25 years, the ratio of retired people to the number of people in the workforce will rise dramatically.

Right now, there are five people

working for every retired person; in 2030, that ratio will be two-to-one, meaning there will be a tremendous impact on public finances.

Another public consultation begins Feb. 4 on food safety. A parliamentary committee will be examining a range of issues, including genetically-modified foods, food labelling, and traceability. Interested people have until Jan. 23 to submit a brief.

Another committee is holding public hearings in February on the quality, financing, and accessibility of post-secondary education. The deadline for briefs is Feb. 6.

TARTAN DAY

Amidst the end-of-session chaos, there rose, like the mist over the Isle of Skye on a fine summer's morning, one splendid piece of legislation.

It's the bill proclaiming April 6 to be Tartan Day in Quebec.

In a gesture of non-partisanship, Liberal MNA Geoffrey Kelley and PQ MNA Lucie Papineau co-sponsored the bill, which was adopted unanimously.

The bill recognizes Scottish contributions to the founding and growth of Quebec, and says "the bond uniting the Scottish community and other communities of Quebec is profound and sincere and exemplifies the friendship that can exist between communities."

"Whereas the National Assembly encourages all Quebecers to be proud of their cultural heritage;

"Whereas April 6, 1320 is the date on which the declaration of Arbroath establishing the historical independence of Scotland and the rights of the Scottish people to choose their own sovereign was signed;

"Whereas the tartan is a Scottish symbol recognized worldwide; "...

Tartan Day is hereby proclaimed to be April 6 in each and every year."

LETTERS TO THE EDITOR

Reasoned response was welcome

DEAR EDITOR,

Just a quick note, to say how pleas-

ant it was to read Mr. Westman's intelligent and carefully reasoned letter of Jan 7. Such a pleasant change from the inane ravings of Mr. Coates.

DAVID DUTTON

Lennoxville

THE RECORD

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6 MONTHS	59.00	4.13	4.73	\$67.86
3 MONTHS	30.00	2.10	2.41	\$34.51

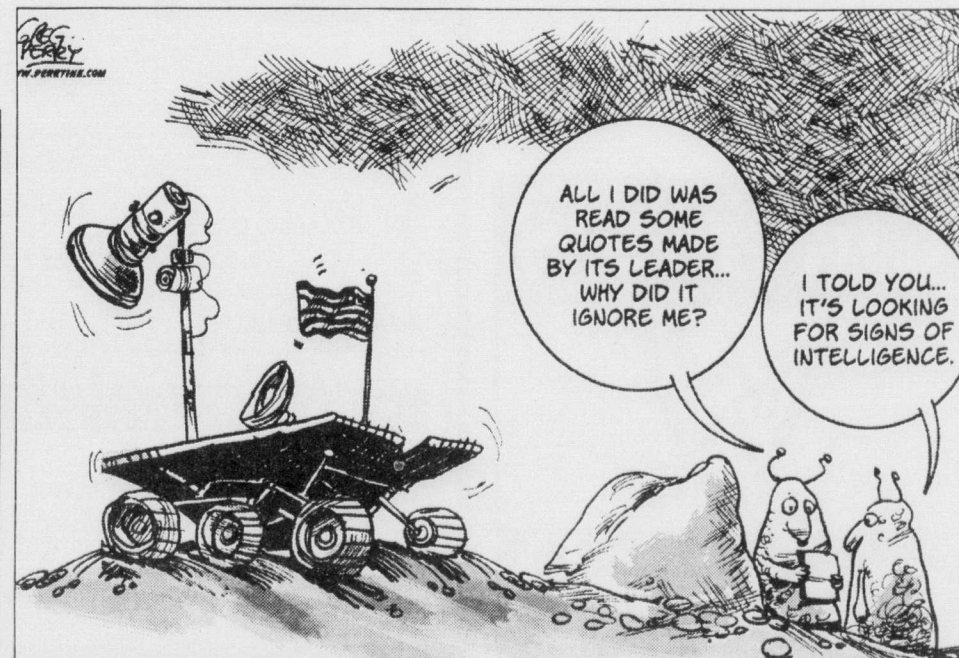
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Friends in need and in deed

"Where are you?"
"In Saint-Félix."
"Is everything alright?"

Just minutes before, there had been tears in my eyes as we had embraced and exchanged adieux. After ten days together, we had become closer to this couple composed of my curious cousin and her mechanically-minded mate. They were heading back to their abode, near a town located on the banks of Lake Huron.

"We just got gas.... Steve went over to the Co-op. They have a water pump. He would like to install it for you. He knows how to do it, and...."

A huge lump filled my throat. This was kindheartedness beyond description. These people had been our guests as they began coping with the death of a parent and dealing with the logistics of the loss of a loved one. They had been away from

the comforts of their own home, from other family members (including a cherished grandson), from their menagerie (miniature horses - Shadow, Dixie and Daisy, rabbits, ducks and doves, and honey bees) and from their respective places of work for a week and a half. As much as we had hated to see them go, they needed to be getting back to their normal routines. I handed the phone over to my partner-in-life.

Earlier that morning, our water pump of several decades had hummed and hissed to no effect - the motor would not start. It was the weekend, of course. Saturday, to be precise.

A call had been placed to Normand, or 'Monsieur Pompe', as our local master of



SUSAN
MASTINE

the water pump world is known. No answer. Half an hour later, still no answer. Time for another approach.

Perhaps the new manager at the Co-op could give us some direction. No luck - 'Phonse' had the day off. I had dared to phone his home; only an emergency like this would make me disturb his well-deserved time off.

(Back in the spring, he had smilingly loaded a spanking new sump pump into our car, and insisted we should never to be shy to call him in the case of an emergency.) My joy at hearing the receiver picked up was short-lived - 'Phonse' was still sleeping.

So, we had resigned ourselves to waiting a bit before searching for another solution, and had begun to question

whether we'd be able to host the planned 20-person brunch scheduled for the following day as we waved good-bye to our Goderich-based guests.

It wasn't more than ten minutes later than the phone had rung. My curious cousin has a way of cajoling my most significant other, and soon he was out the door, headed to the feed store to buy the pump.

Before long, the three returned. "Turn around," I instructed Steve as he entered the kitchen. With a quizzical look, he acquiesced.

"Where are they?" I queried. No response.

"They must be hidden under your jacket."

The frown etched into his forehead reflected his perplexity.

"Your angel wings," I softly added.

The future of the Catholic Church in Canada

*Tommy serves the seven mass,
Never lets a morning pass,
Fast asleep at half past six,
Up when the alarm clock ticks...*

I don't know if my mother wrote that poem or copied it out. There were more verses, but these lines are all I recall. I was given it the year I served daily mass for Peterborough's Bishop Berry. I was probably about ten year's old. His residence, the "Bishop's Palace" is still there, and I like to drive by when visiting the old home town. Lots of nice memories. Walking in softly falling snow through quiet empty streets in early morning darkness. I didn't much appreciate it back then. I do now.

Embedded has become an overworked buzz word, but it serves aptly to describe my religious life and history. I have been embedded in Catholicism since I was in my crib. Medals were pinned on my blankets, underwear, and shirts. And in the evenings we said the rosary. Nuns and priests taught me from elementary school to university. Embedded. Priests attended our Teen Town meetings at Sacred Heart Church and ensured there was sufficient room for the Holy Ghost between dancers. In later years our 'gang' rented a cottage for several summers in Greenhurst in a lake area near Lindsay. Like teenagers everywhere we should have known better - with our all night parties and beer cases stacked to ceilings. But we never missed Sunday mass. Never? Well, hardly ever. Even hung over, we were regulars at the little wooden church a few miles from our cottage. Embedded. One Saturday night at a dance I got into a dust-up with someone from a Toronto gang. The next morning we met him and his buddies at mass at the little Greenhurst church. It sounds incredible today. We became friends and hung together for years. Embedded. A lot more years, blood and water have passed under the bridge since then, but I was always the first to defend my faith and the first to bristle at criticism. Embedded.

This confessional-type introduction was written after completing the article below. My remarks are critical of the Church, but I love it and it is a major part of my identity. If someone like me, brain-washed, embedded, - call it what you will - feels compelled to criticize, there must be good reasons.

Cardinal Marc Ouellet and Catholicism in Canada

Last October a new cardinal was appointed for Quebec and Canada. Marc Ouellet. He is one of a family of eight children, born in the small town of La Motte, Quebec. He is highly intelligent, and respected in the corridors of power in Rome. Although he laughs when asked about it, some "Vatican watchers" view him as a possible successor to the present Pope. Commentators speak of him as the man of the hour - the man the Church is looking for. I am not so sure.

Like many other religions, Catholicism faces divisive issues and serious problems here in Quebec and around the world. Evidence of difficulties in North America is seen in many areas: declining church attendance, declining numbers of aging clergy who are not replaced; disillusion over shameful sex scandals that have not been, and probably never can be completely resolved. In addition, there is growing resentment about the place of women in the Church. Or lack of a place. Fifty percent or more of Catholics remain effectively excluded from decision making and positions of influence in the Church. (My sister is one. She is an active Church member and daily communicant. But not a happy camper.)

One could go on about unresolved problems and divisive issues: abortion; artificial contraception; birth control; homosexuality.

Some would say that many of these items are not really issues of concern, since the Church has taken a clear stand



TOM
CAVANAGH

on them. But that is precisely the problem. No one expects the Vatican to make a sudden about face. No one expects a sudden change of mind. What we need however is evidence of open mindedness, a willingness to listen, an acceptance that the world has changed and is still changing, - a possibility for hope.

Catholicism will not disappear, but in order to grow, flourish, and maintain its influence it must show greater flexibility and relevance. And a willingness to accept help to work itself out of the cement.

I am a regular churchgoer, and for decades at both French and English masses, I have felt like a member of the Golden Age Club. (When someone my age feels young and spry in any group there has to be some serious demographic distortion. It doesn't happen often. Only in Church.) Several years ago I joined the choir, and on some Sundays I fear our little group of singers may outnumber the congregation. The Catholic Church is indeed facing a crisis in Quebec.

Unfortunately there is good news, and bad news associated with Cardinal Ouellet's appointment.

The good news is that Ouellet recognizes there are problems, especially in Quebec, and feels something must be done. He possesses many stellar qualities, and some commentators fairly rhapsodize about them. Rightly so. His achievements provide convincing evidence that he is a man to reckon with; and I give him full credit for his leadership abilities, spirituality, brilliance, charm, world-class intellect, and determination. His resume is more than impressive: Scholar; Professor; author; Head of seminaries; widely traveled; five languages; Chairman of Dogmatic Theology and on the Pontifical Council for Christian Unity in the Vatican; Archbishop of Quebec. Indeed "impressive" seems an inadequate description. On top of that he

seems a gentleman from sole to crown, possesses the human touch - and enjoys his wine, a good meal, and classical music.

The bad news is that he seems to look backwards as much as forwards. We can be certain he will neither question nor try to change existing Papal policies. This is hardly surprising, but for me it is deeply depressing. Even more disturbing is the realization that it is not exactly his fault. It seems no man who is open-minded enough to question or challenge conventional wisdom and policies in Rome will ever be made cardinal. (Of course, and alas, only men are eligible.)

When asked about the source of the problems of Catholicism in Quebec Ouellet spoke of Marxist-inspired teachers of the sixties and seventies who turned children against the Church. Well, there is something to that, but not much; and it even sounds a little paranoid. Some teens today have W.W.J.D written on their knuckles. "What would Jesus do?" I wonder where Jesus would have been during the sixties and seventies? I wonder too how he'd react to a tour of the Vatican.

Apart from a "hold the line" approach Ouellet seems little inclined to address many complex problems facing the Church. In truth he sounds like a confident and good administrator. "No can do. Avoid making waves." We need more than that.

In generations past Ouellet would be seen as one with all the right qualifications for cardinal. Yet he has limited experience as a parish priest. This is unfortunate. One of his friends says Ouellet "is very much aware of Quebec society and what is going on." I wonder about that.

Another friend says "Once Marc has made up his mind... there is no dissuading him." I worry about that too. I believe we need open minds and leaders capable of and responsive to change. No one holds a monopoly on truth.

(To be continued)

Control the speed the hill gives you

By Chris Zdeb

Snowboarding has survived Ross Rebagliati to become the fastest growing winter sport in Canada. To recap, Rebagliati of Whistler, B.C., became the first ever Olympic snowboarding champ in Nagano, Japan in 1998 - yay! He lost his gold medal after testing positive for marijuana - boo! But got it back after an appeals panel overturned the disqualification - yay!

About half the school kids whipping down the slopes at Rabbit Hill this day are on boards. Most of them boys.

"Guys are more go-getters. They'll try anything. They don't worry about risk. Girls are more cautious," explains Jenelle Bradley, an instructor at Rabbit Hill snow school. More boys also skateboard and play skateboarding and snowboarding video games, which whet their appetites to try the real thing. Unfortunately, these same activities skew their perception of the sport.

"It gives them the misconception that they already know what they're doing, that they don't need any special training," Jenelle says, but snowboarding isn't like skateboarding and it isn't as easy as it looks.

"Your balance is the same, but with skateboarding, you control your speed," she says. "With snowboarding, you have to control the speed the hill gives you."

Anybody can board says Jenelle, who has taught people from five to 70. It's easier to learn if you already know how to ski. You probably won't like it if you're a timid person who doesn't like to try anything new.

Kids gravitate to boarding because it's a cool thing and it has an extreme image. Adults see the kids doing it and figure why can't they?

Jenelle recommends novices give the sport at least two tries.

"The first time people go, they usually don't know if they like it, they think it's too hard. Then they try it again, get the hang of it and think, 'Oh yeah, I can do this.'"

Jenelle was 10 when she tried snowboarding on a school ski outing because her friends were all boarding. She rarely skis anymore.

Here are Jenelle's tips to make your first attempt at snowboarding a success.

The right equipment. A good board will cost you about \$200. Before you make that kind of investment try renting boards a few times to find out if you really like it. Make sure the board has a metal front edge. Kids with plastic front edges aren't allowed to snowboard at Rabbit Hill because the plastic edge gives them no control.

• A helmet and wrist guards are musts. Sprained or broken wrists are the most common snowboarding injuries, Jenelle says. Wrist guards reduce the risk. A helmet protects your melon should you spill, and you will, in the beginning.

• Warm up. Stretch out hamstring and calf muscles, which are used the most in boarding.

To warm hamstrings, sit on the ground legs in front and reach for your toes, holding the stretch for 20 to 30 seconds. Relax and repeat.

Warm up tight calf muscles but standing with supporting leg slightly bent. Extend other leg, resting on the heel of the foot and draw toes back towards the ankle. Hold stretch for 20 to 30 seconds. Relax and repeat.

• Take a lesson. You'll learn proper techniques that will make snowboarding safer and more enjoyable.

• The stance. Jenelle can spot a beginner boarder by the way he rides, bent over, facing the snow. "It's a balance thing and kind of a trust issue with themselves," she says. The proper way to ride a board is with knees slightly bent, back straight, head up, arms up from your side.

• The fall. Most wrist injuries happen when boarders fall. They instinctively reach back to stop a fall with their hands, bending their wrists, Jenelle says. Learn to fall bum first, using your hands to guide yourself down once your tush has touched the ground.

• In the extreme. Many snow hills feature a terrain park - snowboarding's version of a skateboard bowl. Beginners think they can hit the terrain park on their first outing but, depending on how often you come out, it could take most of a season to perfect your snowboarding techniques to a level where you can safely take on a half-pipe. Demonstrate your technique for a snow hill supervisor or snowboarding instructor to see if you're ready to take on the extreme dream.

CanWest News Service Stretch out hamstring before snowboarding to avoid injury.



CANWEST



CANWEST

Stretch out calf muscles before snowboarding to avoid injury.

Lennoxville

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Estria's unique sound at Bandeen



COURTESY PAULINE FARRUGIA

The members of Estria are (left to right) Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Kate Herzberg (flute) and Michel Bettez (bassoon).

By Leah Fitzgerald

Musica Nova kicks off its 2004 concert season with a night of woodwind music at Bishop's University's Bandeen Hall on Thursday.

The first concert of the contemporary music ensemble's concert series features Estria quintet, minus their horn.

The group is playing an assortment of contemporary music, including a new piece written for the group by Sherbrooke composer Mario Tourmand, who recently graduated with his masters in music.

"The quintet is really a subgroup of Musica Nova," Pauline Farrugia, general manager of Musica Nova, explained. "We play concerts on our own."

The Estria quartet, which has been together since 1998, premiered the new piece at a concert in Sudbury, Ont. last week, and played it again Monday night in Montreal.

The program also features a solo piece for oboe and clarinet, duos for oboe and clarinet and a quartet piece.

"It's more common to have a piece for the quintet than for quartet," Farrugia explained recently. "We're playing more solos, duos and trios."

One of the duos is a piece by American composer Wallingford Riegger for clarinet and oboe.

"It's interesting," she said. "He's a composer whose works are hardly ever played."

Another interesting spot in the program is a piece by Korean composer Isang Yun. The solo for oboe is called 'Piri,' which is the Korean word for oboe.

"He (oboe player Etienne de Médicis) will be trying to capture the sound of the Korean oboe, which is made of bamboo, with a classical oboe," Farrugia explained. "There are lots of sliding notes."

Musica Nova has been together since 1989, with the mandate of playing contemporary music. The ensemble includes vocalists and many other instruments, and is known in the Eastern Townships for premiering new compositions, especially on the local stage.

Also part of Thursday's concert are flautist Kate Herzberg, Farrugia on clarinet, her husband de Médicis on oboe, and Michel Bettez on bassoon.

Herzberg is the most recent addition

to the group, joining in 2002. Besides playing with Musica Nova and the Estria Quintet, she is a founding member of the McGill Conservatory Woodwind Quintet.

She teaches flute at the conservatory, where she is also woodwind and brass co-ordinator.

De Médicis is the artistic director of the Estria Quintet, and the solo oboist for Musica Nova. He was awarded first prize for oboe by the Conservatory of Quebec in Montreal.

Farrugia teaches clarinet at Bishop's University and the McGill Conservatory of Music. She is the solo clarinetist for Musica Nova, and for the Estria Quintet. She also manages Musica Nova.

Bettez is the bassoon professor at the Conservatory of Montreal, and has worked with the McGill chamber orchestra and L'Opéra de Montreal.

The concert series continues in March with a concert with the full ensemble at the Granada Theatre in Sherbrooke.

Musica Nova appears at Bishop's University Bandeen Hall on Thursday, Jan 15, at 8 p.m. Tickets are available at the door.

BU prof recovering

Staff

Bishop's University English professor Joanne Craig is recovering in a Sherbrooke hospital after being struck by a SUV on her way to school last Friday.

Craig suffered serious injuries including a broken leg in the accident, which police say was caused by icy road conditions near the bridge on College Street.

"It was -40 C, and the roads were very slippery," said Michel Martin, spokesman for the Sherbrooke Police Force. "The car lost control and rode up onto the sidewalk."

Martin said the police will not make further enquiries into the accident.

Craig's husband Sandy said his wife is in good spirits, despite her injuries. She was busy Monday afternoon organizing coverage for her classes at the university.

"She's on an IV, but yesterday she was finally allowed to drink some water," he said. "Her spirits are decent, although she was down this morning."

Doctors operated on professor Craig twice over the weekend, to determine the extent of her internal injuries and also to repair her broken femur.

Despite having to deal with a dizzying amount of doctors and nurses in both the orthopedic and general surgery departments of the CHUS, Sandy Craig said the couple had no complaints whatsoever about the service at the hospital.

Craig also said the couple was pleasantly surprised to find that all the services were provided in English.

"We are very pleased with the service," he said.

Professor Craig, who has taught at Bishop's for 27 years, is not expected to return to the classroom this semester. Sandy Craig said he expects his wife will be hospitalized for at least a few weeks, followed by several months of rehabilitation.

"We're going to a wedding in New York in June, and she wants to dance at that wedding," he said.

Good Reads at Lennoxville Library

Get ready for CBC's Canada Reads. The second book selected by this year's panel is Barney's Version, by Mordecai Richler.

Sixty-seven-year-old Barney Panofsky decides to write his memoirs when a former acquaintance and annoyingly successful novelist, Terry McIver, announces the publication of own autobiography.

Barney, his three failed marriages, and a scandal, will figure prominently. Indeed McIver accuses him of murdering his friend, Boogie, whom Barney found in bed with his second wife.

This accusation forms the mystery at the heart of the novel: Did Barney do it?

Barney is a television producer who drinks and smokes too much, rails against feminists and separatists, and is passionate about the Montreal Canadiens.

His story is full of digressions, and even errors which his son corrects in footnotes – giving it a ring of authenticity. Also it is hilarious.

Lying in bed at night, Barney recites the number he is to call if he has a heart attack.

"You have reached the Montreal General Hospital. If you have a touch-tone phone, and you know the extension you want, please press that number now.

If not, press number 17 for service in the language of les maudits anglais, or number 12 for service en français, the glorious language of our oppressed collectivity."

Barney's Version won the Giller Prize in 1997.

WINTER'S HERE

If it's minus 40, this must be January. If you're tired of lining up for chair

lifts and dodging errant snowboarders, why not give cross-country skiing a try?

Cross-Country Skiing, by George Sullivan, is written for children but is a good guide for anyone beginning the sport.

Sullivan goes over what sort of equipment you will need, how to dress for the weather, how to wax your skis, as well as reviewing basic skiing skills.

He includes a list of skiing areas across North America that winter travellers might find helpful, and a list of guidebooks.

This is an ideal sport for anyone who loves the peace and quiet of nature, and is easy enough that all family members can participate.

For younger children, Sadie and the Snowman, by Allen Morgan, is an endearing story about a young girl who makes a snowman.

Animals come to eat the food she

uses for the eyes, nose and mouth, and the sun comes out to melt the snow, but every time it snows again Sadie remakes her snowman.

When spring finally comes, the snowman melts into water, and Sadie realizes she will never see the snowman again unless she comes up with a plan. How does she preserve her snowman through the summer?

Good Reads won't tell.

UPCOMING EVENTS

On Thursday, Jan. 15 at 7 p.m., the Library will host its annual general meeting. Everyone is welcome.

Join us at the Library on Saturday, Jan. 24 at 1:30 p.m. for children's storytime in both French and English.

For information on all library events, call 819-562-4949 or visit www.lennoxvillelibrary.ca

—Submitted by by Michelle Barker

Our new signal and the CKTS question

Starting just before the holidays and running throughout the season work was undertaken to improve several aspects of CJMQ.

The first and most important task was to relocate the transmitter and antenna.

This work was successfully completed and the CJMQ transmitter and antenna are now located on the CBC tower in Fleurimont, on the other side of the river from our former location.

This change has greatly improved our signal and has allowed us to be heard in many more households than before.

The change of transmitter site does not affect the location of our offices which are still in the Student Union Building of Bishop's University.

You will undoubtedly notice a great improvement in the sound of

CJMQ. The improvement in signal is due to the relocation of the transmitter, but the improvement in sound is due to changes of equipment in our broadcast studio.

Our sound had for quite some time been plagued by a mysterious hum that would come and go. Over the Holiday period we took advantage of the reduced schedule to trace this annoying hum.

I am very pleased to report that we found the source and corrected it. Another problem encountered was a lack of vitality in our sound, and more recently a loss of the right side of the stereo signal.

Again, I am very happy to report that both of these problems have been fixed, with many thanks to Chuck Jodry for his work in tracing

down the problem and fixing it.

Be sure to tune in, the improvement in sound quality is quite

striking.

During the holiday period we were unable to continue our live broadcast over the Internet, a wiring problem was the source of this problem and

upon the return of Dave Humble, our technical director, this problem was quickly rectified. Those of you who listen over Internet can once again do so.

These changes have been in the works for several months, and now that they have been completed CJMQ can address more issues affecting our daily operations.

As mentioned in our last story, CJMQ is setting up a network of reporters and a system by which breaking news stories can be covered immediately.

This will entail several changes at CJMQ, the first of which will be the diffusion of a number to call to report breaking news stories.

The next step will be recruiting people in the different sectors covered by our broadcast area to provide

updates on activities and happenings in their regions.

The final step will be the creation of a second broadcast booth that will allow us to rapidly diffuse the information received.

The completion of all of these steps is foreseen for this spring, or at the latest early summer.

Of course CJMQ will continue to expand on its' local content and involvement in the community.

Also, we are still waiting for the official decision of the CRTC on our request for change of status to that of Community Radio.

Another interesting subject that has just come up is the question of the future of CKTS. At this point in time, CKTS is once again up for sale.

This opens some very interesting possibilities for the English community of the Eastern Townships and of course, CJMQ. I will expand on this subject and give you an update of actions taken concerning CKTS in our next article.

—Submitted by David Teasdale

BRIEF

Snow removal underway in Lennoxville

Staff

Slowly but surely, the City of Sherbrooke is meeting its promise to clear roads and sidewalks throughout the city.

Side streets in the Borough of Lennoxville narrowed by the snow will see relief by tonight as crews from the city widen streets narrower than 20 feet wide.

Guy Labbé, director of public works, said the work is going as planned.

"I haven't heard about any specific problems in borough number 3 (Lennoxville)," he said. "I've seen from my own street that there is lots of snow accumulation."

The public works crews have been removing snow banks entirely where possible to get the street widths up to the minimum 20 feet.

‡ When you can't breathe, nothing else matters!

You suffer from chronic bronchitis or emphysema... You are among the 250 000 Quebecers struggling with a COPD (chronic obstructive pulmonary disease).

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Cold weather no excuse to become sedentary

Over the next few months, many Canadians will choose to stay indoors, as the decreased hours of daylight and cold air makes getting cozy in front of the television more rewarding than going for a walk.

This is a great concern for Canadian physiotherapists.

"Keeping active through the winter months will help maintain your level of fitness and mobility, and help reduce the potential for muscle strains, lower back problems, and poor postural habits due to inactivity," says Sandy Rennie, President of the Canadian Physiotherapy Association (CPA). "It will also help maintain your overall health."

Winter can be an excellent time of year to stay active and maintain fitness. There are a variety of winter activities that provide solid strengthening and a good cardiovascular work out. Depending on your location, you can ski, skate, snowboard, snow shoe or go sledding. And both walking and running are 'all season' sports!

For those who don't like the cold but want to stay active, there are many indoor options.

- In some centres, local shopping malls sponsor walking clubs. This can be a good way to get some exercise, as well as enjoy other people's company;

- There are a range of fitness centres that offer individual or group programs that are geared to your needs;

- Many local pools have 'aqua fitness' programs for all ages, and community



PERRY BEATON/SPECIAL

Winter can be an excellent time of year to stay active and maintain fitness.

recreation facilities offer a variety of programs that promote cardiovascular fitness and muscular strength; and

- 'Housework-outs' are a great way to maintain mobility - so include your weekly clean up in your overall plan to stay active in winter!

Staying active and mobile during the winter months can significantly maintain and improve physical and emotional health. It doesn't take long to lose many of the benefits of fitness gained during the warmer months. For the greatest overall health benefits, experts

suggest 30 minutes of moderate-intensity aerobic exercise three or more times per week plus muscle strengthening activity and stretching twice a week.

One factor to consider in winter workouts is the risk of hypothermia - a drop in the core body temperature. In very tough weather conditions, the energy consumed can be three times greater than for warm weather workouts, making it difficult to maintain the body's normal temperature. In addition, it can be difficult to stay warm after a workout in cold temperatures. Along with the

extra demands on your system, weather conditions and external temperatures can change rapidly, so it's important to be well prepared to get maximum pleasure and benefit.

Here are the cold facts on dressing for winter workouts:

- Dress in layers. There are a number of fabrics that help 'wick' moisture away from your body and help keep you warm (and dry). Top off the layers with a lightweight, breathable, windproof jacket that will protect you against cold, wind, rain or snow;

- Cover your head. Wear a hat to minimize heat loss from the head and neck. As much as 50 per cent of your total heat loss is through the head and neck;

- Protect your hands and wear moisture wicking mittens or gloves. Mittens provide more warmth than gloves because warm air is able to circulate freely around all your fingers at once;

- Extend your warm-up. Slowly warm-up to increase your heart rate and circulation. Your performance and flexibility will be better, and your risk of injury will be lower; and

- Drink water! It's harder to gauge how much sweat you are losing when it's cold outside, so it's easy to become dehydrated. Fluid replacement is essential!

For more information on stretching exercises and physiotherapy, visit the Canadian Physiotherapy Association's (CPA) bilingual web site at: www.physiotherapy.ca

Children and the importance of giving thanks

By Cheryl Clock

They're two simple words. Yet when put together, they convey a powerful message.

Parents need to teach their children to say them. The words? Thank you.

Whether they're spoken, in writing or even by e-mail, children need to learn the importance of giving thanks, says Zopito Marini, professor in the department of child and youth studies at Brock University.

Simply by saying thank you, children develop respect for other people's feelings and an understanding that giving thanks feels just as good as receiving a gift.

"Graciousness and gratefulness start when children are very little," says Karen Mallett, a Canadian etiquette expert.

She grew up in St. Catharines but now lives in Winnipeg.

Mallett and business partner, Lewena Bayer, are founders of In Good Company. Their company is best-known for its corporate etiquette training but they also offer courtesy camps for children and write a weekly column on canoe.ca.

"Say it over and over and over," she says. "So 'please and thank you' become part of their routine."

But there's an important distinction between children who receive a lot of gifts and children who are spoiled.

"Getting things doesn't spoil people," she says. "It's the disrespect they have for the people who've given it to them by not being grateful or thankful."

"We know lots of people who have lots of things. But they're very respectful and kind and helpful."

In other words, children who receive loads of presents for special occasions are not spoiled. What makes them spoiled is not appreciating what they've been given.

Mallett has a straightforward consequence for children who don't bother to say thank you. "They don't need to get gifts," she says.

She suggests children should always phone the gift-giver to say thank you. As children get older, instead of simply saying thank you, have them think about and explain why they're thankful.

Maybe even help them give thanks

for the not-so-obvious things such as a kind deed.

And even though they've verbally thanked grandma for the knitted sweater, it's always nice to send her a thank-you note too, she says.

But remember to make it fun, so children won't think of it as a chore, says Marini.

Sit around the kitchen table, and maybe be a good role model and write a few cards of your own. Children will be more receptive if they feel included in a family activity.

Get out the crayons or paints and have the kids create their own thank-you notes. It doesn't have to be written in elaborate, flowery language. Just as long as it comes from his or her heart.

And don't forget to praise your children for giving thanks - that just makes them more eager to say thank you the next time.

"It's one of those words we learn quickly as youngsters," he says. "But if we don't get rewarded for using it, we lose it."

For younger children, be very specific in your praise - say something like, "I

really like the way you said thank you."

Older children may only need a wink or pat on the shoulder.

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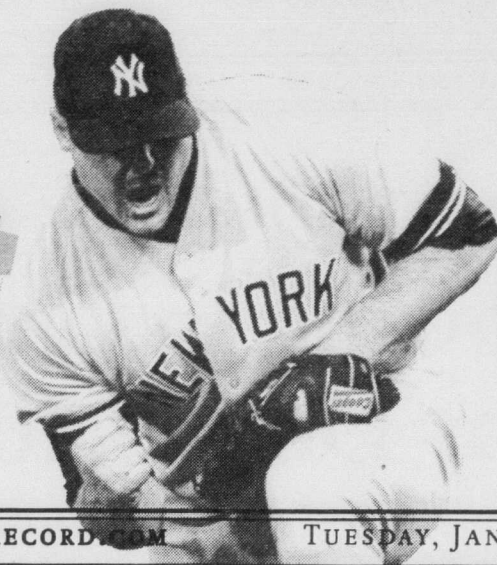
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THE RECORD Sports



INSIDE
Roger Clemens signs with the Houston Astros for one season ... see Page 14

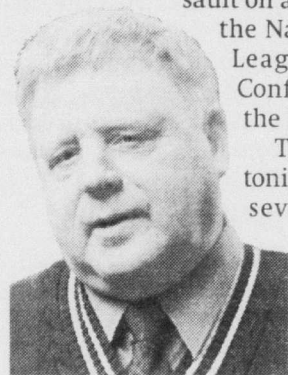
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TUESDAY, JANUARY 13, 2004 PAGE 13

Theodore is the straw that stirs Habs' drink

The Montreal Canadiens are back on the Bell Centre Ice tonight when they try to extend their present assault on a playoff spot in the National Hockey League's Eastern Conference against the St. Louis Blues.



MIKE HICKEY
FROM THE BLEACHERS

More importantly, the Canadiens are within striking distance of the Boston

Bruins, Ottawa Senators and New Jersey Devils. Montreal also has more points than the Tampa Bay Lightning who have only amassed 45 points, but lead the Southeast Division.

A healthy Sheldon Souray has been cited as the main reason for the team's winning record to date (21-16-5-2), and certainly the former New Jersey Devil has made his presence felt on the blue line. He set or tied several team records Saturday afternoon with a six-point performance that sparked the team to an 8-0 win over the Pittsburgh Penguins.

He is the team's second leading scorer (14-18-32) and leads all NHL defencemen with 14 goals.

His unexpected offensive production has overshadowed his true value to the club. He is by far the team's best defensive player. He hits everything in sight inside the Montreal defensive zone.

His play has raised the level for the team's other defencemen including both Patrice Brisebois and Stephane Quintal who are playing some of the best hockey of their careers.

Head coach Claude Julien deserves credit as well for going with younger players when veterans, such as the overpriced Donald Audette or Yanic Perreault, have failed to play up to their expectations. Audette was released by Bob Gainey earlier this month while Perreault has been a healthy scratch on several occasions as he struggles with his game.

According to sources in Montre-

al, Gainey is not finished wheeling and dealing. He has placed forward Chad Kilger on waivers and is reportedly shopping Perreault around to other teams in the league.

Mike Ribeiro, Saku Koivu, Michael Ryder and Richard Zednik have all proven to be solid two-way players over the first half of the season, and if the team can stay healthy and the young players don't fade down the stretch, this team will return to the post season.

The key to their success, however, remains goaltender Jose Theodore.

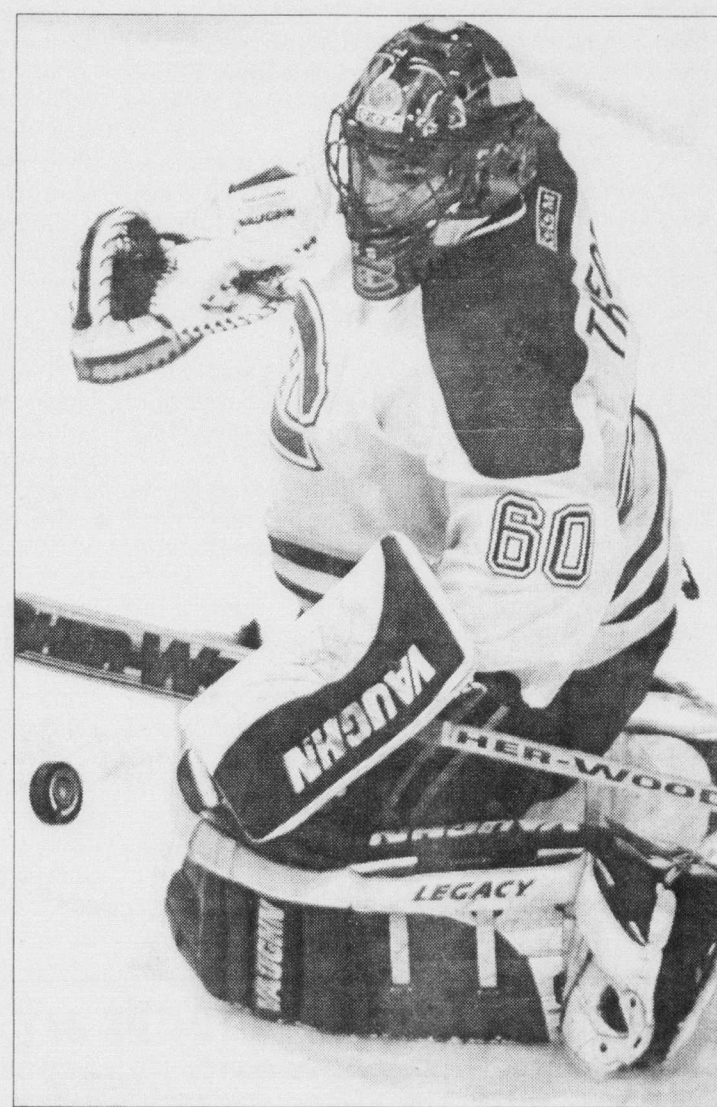
In a season dominated by goalies, Theodore is at the head of the class and his play is the main reason the team is five games over .500.

Theodore, who had an off year last season after winning the Vezina Trophy for his work in the 2001-02 campaign, has been outstanding after receiving a strong vote of confidence from Montreal management this past summer.

Theodore has a 18-4-4 record, a solid 2.05 goals against average, a save percentage of .927 and five shutouts.

The amazing thing is that in this era of oversized goalie equipment, the trap and a determined effort by the majority of league coaches to stick to a defensive minded approach, Theodore is not in the top 10 in any goaltender statistics.

Brian Boucher, who was left unprotected by the Coyotes at the beginning if



CANWEST NEWS SERVICE

Jose Theodore is back to his Vezina and Hart trophy form of 2001-02.

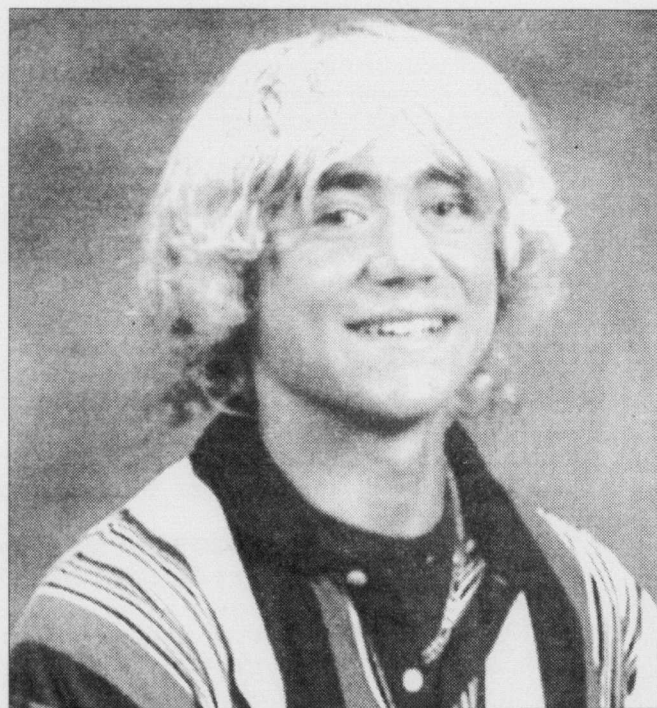
the season, has equaled Theodore's shutout total while playing in 23 fewer games. Perennial all-star and Olympic hero Martin Brodeur leads the league with nine shutouts.

His stats may not be as good as those of other netminders, but Theodore is a money player and is still the club's trump card when the pressure is on.

He has the ability to keep his teammates in a game with clutch saves and has shown to be a good playoff performer.

The Habs play with confidence when he is in nets and Julien would be wise to give him rest during the regular season so he will be rested for the playoffs.

Blake Jones shines in NH



Blake Jones represented Massey Vanier High School recently at the American Eastern High School Championships at Dartmouth College in Hanover, New Hampshire. Blake was seeded 54th out of 80 athletes going into the competition and placed an impressive sixth place overall with a personal best time of 52.9 in the 400m dash.

SPEED SKATING

Following in Catriona Le May Doan's footsteps

By Murray McCormick

Saskatchewan continues to be the engine that runs the Canadian women's long track speed skating program.

Three of the four members of the Canadian sprint women's World Cup team are from Saskatchewan. The team, which is competing in the world sprint championships in Nagano, Japan, features Regina's Kim Weger, Melville's Kerry Simpson and Lloydminster's Krisy Meyers. Winnipeg's Shannon Rempel rounds out the squad, which trains at the Olympic Oval in Calgary.

"We have been doing really well and it's because of our good programs in Saskatchewan," said Weger, who recently spent a couple of days visiting and training in her hometown. "To maintain speed skating ovals in cities like Moose Jaw, Saskatoon, Melville and North Battleford really helps. Skating outside toughens you up."

The women are attempting to fill a void left by Saskatoon's Catriona Le May Doan, who retired in May. She set the standard for women's speed skating, appearing in four Winter Olympics.

She won three medals, including two golds. She also earned four world titles in the 500 metres and three 500-m World Cup championships and another in the 1,000 metres.

Le May Doan had a major impact on Saskatchewan's speed skaters. Simpson remembers first seeing a poster of her in 1984.

"I was really young and I didn't know who Catriona was," Simpson said. "I started to watch speed skating on television and she was such an inspiration because someone from Saskatchewan could do so well. It's awesome to be compared to her. But I don't know if I could ever fill her shoes, especially in the 500."

Weger feels there was more than a competitive

void left when Le May Doan retired.

"It was nice to have her on the team because she had so much experience and she was so much older. She had so much to offer the younger skaters on the team."

The new team is young. Rempel, 19, is in her second year. Simpson, 22, is a first-year national team member. Weger, 23, is in her fourth season. Myers, 25, is in her fifth year.

"We've had so much success and all of a sudden we're a young team without any experience," Weger said. "But it's exciting because everyone is excited about being there. There aren't the veterans who were kind of tired. It's not just another trip for us."

Simpson has been part of the Oval program since graduating from high school in 2000. She burst into national prominence by winning four gold medals and establishing four records at the 2003 Canada Winter Games.

"People still talk about it," Simpson said with a laugh. "When I was racing on the weekend, the announcer was talking about it. It was a really great experience and I enjoyed being part of the multi-sport games."

The borders of those experiences will be expanded. Along with the world championships Jan. 17 and 18, the sprint team is participating in World Cup events in Harbin, China; Collalbo, Italy; Inzell, Germany; and, Heerenveen, Netherlands.

Each team member is anxious to be in the 2006 Winter Olympics in Italy and possibly in 2010 at the Vancouver-Whistler Winter Games.

"I really want to go in 2006," said Weger, who, like Simpson is studying kinesiology at the University of Calgary. "If I don't make it in 2006, I'll look at 2010. I don't want to leave the sport until I go to the Olympics."

—CanWest News Service

SPORTS NOTEBOOK

Report: Clemens to pitch for Astros

Roger Clemens is pushing back his retirement, agreeing to a one-year contract with the Houston Astros, a baseball source told The Associated Press on Monday. The six-time Cy Young Award winner had said for more than a year that he planned to quit after pitching last season for the New York Yankees. But he was persuaded to join the Astros after close friend Andy Pettitte signed with Houston last month. Clemens agreed to a contract Sunday, the source said on condition of anonymity.

BU winter registration underway

The Winter Recreation deadline for registration at Bishop's University is fast approaching, with the final opportunity for those interested in signing up for such interesting programs as Hatha Yoga or Martial Arts being this Thursday between 5 and 8 p.m. at the John H. Price Sports Complex on the campus of Bishop's University. For more information please contact Lise Parent-Simard at 819-822-9600 extension 2321.

Five cities vie for 2006 World Jrs.

Vancouver, Saskatoon, Quebec City, Ottawa and a joint bid from London and Kitchener, Ont., were the five finalists named Monday as candidate cities to host the 2006 world junior hockey championship.

The finalists were chosen from 11 bids. The winning bid is expected to be announced by Jan. 30. Canada has hosted the world under-20 men's championship six times.

On TV

TUESDAY

• **HOCKEY: 7:30 p.m.**, National Hockey League, St. Louis Blues at Montreal Canadiens, Sportsnet. RDS.

Around Town

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Around Town

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UPCOMING

- **MEN'S CEGEP AAA BASKETBALL: Friday**, Vanier Cheetahs at Champlain Cougars, Mitchell Gymnasium, Lennoxville, 9 p.m.
- **MEN'S UNIVERSITY BASKETBALL: Saturday**, Concordia Stingers at Bishop's Gaiters, Mitchell Gymnasium, Lennoxville, 8 p.m.
- **WOMEN'S UNIVERSITY BASKETBALL: Saturday**, Concordia Stingers at Bishop's Gaiters, Mitchell Gymnasium, Lennoxville, 6 p.m.
- **JUNIOR AAA HOCKEY: Sunday**, Collège Français de Longueuil at Champlain Cougars, Léopold-Drolet Palais des Sports, Sherbrooke, 4 p.m.
- **SENIOR HOCKEY (LHSMQ): Friday**, Laval Chiefs at Sherbrooke St. François, Léopold-Drolet Palais des Sports, Sherbrooke, 8 p.m.; Saguenay at Thetford Mines Prolab, Centre Mario Gosselin, 8:30 p.m.
- **SENIOR HOCKEY (LHSP): Friday**, Disraeli at Asbestos, 8:30 p.m.; Valcourt at Lac-Mégantic, 9 p.m.; Waterloo at Windsor, 8:30 p.m.; **Saturday**, Lac-Mégantic at Coleraine, 8:30 p.m.; Coaticook at East Angus, 7 p.m.; Disraeli at Magog, 9 p.m.

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Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 2
Open Trails: 6/6
Lift Hours: N/A

MONT GLEN
Snow, last 24hrs (Cm): 8
Snow, last 7 days (Cm): 16
Open Trails: 33/33
Lift Hours: 9 a.m. - 4 p.m.

MONT ORFORD
Snow, last 24hrs (Cm): 5
Snow, last 7 days (Cm): 22
Open Trails: 40/54
Lift Hours: 9 a.m. - 3:45 p.m.

MONTJOYE
Snow, last 24hrs (Cm): 4
Snow, last 7 days (Cm): 10
Open Trails: 17/20
Lift Hours: 9 a.m. - 10 p.m.

OWL'S HEAD
Snow, last 24hrs (Cm): 7
Snow, last 7 days (Cm): 19
Open Trails: 37/43
Lift Hours: 8:30 a.m. - 4 p.m.

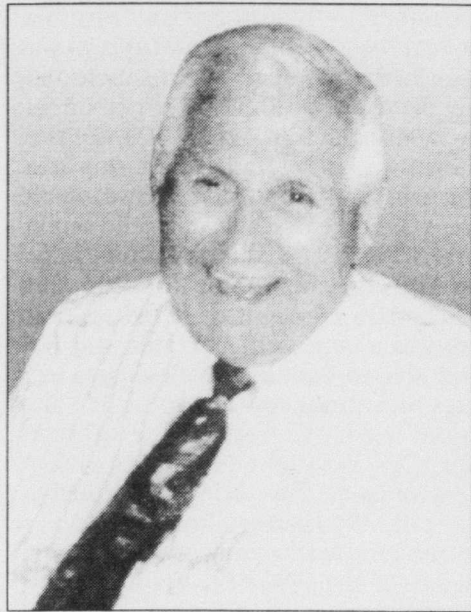
SHEFFORD
Snow, last 24hrs (Cm): 10
Snow, last 7 days (Cm): 10
Open Trails: 22/22
Lift Hours: 9 a.m. - 4:30 p.m.

SKI BROMONT
Snow, last 24hrs (Cm): 10
Snow, last 7 days (Cm): 10
Open Trails: 39/52
Lift Hours: 8 a.m. - 10 p.m.

SUTTON
Snow, last 24hrs (Cm): 5
Snow, last 7 days (Cm): 17
Open Trails: 53/53
Lift Hours: 9 a.m. - 4 p.m.

JAY PEAK (VERMONT)
Snow, last 24hrs (Cm): 15
Snow, last 7 days (Cm): N/A
Open Trails: 48/75
Lift Hours: 9 a.m. - 4 p.m.

Death



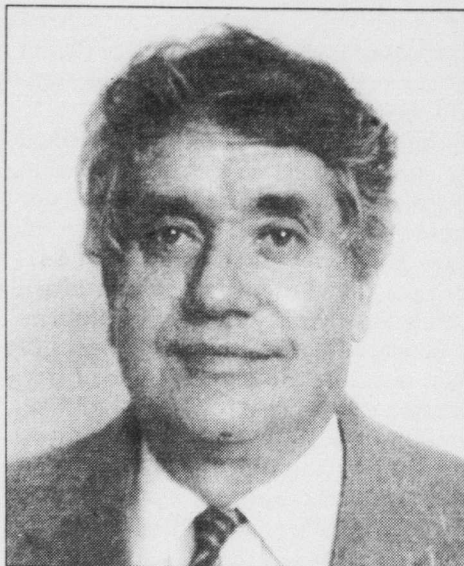
BLOUIN, Paul - At the CHUS Fleurimont Hospital on Sunday, January 11, 2004. Paul Blouin, in his 78th year. Beloved husband of Beverley Allanson of Sherbrooke. Loving father of Diane, Louise (Dale Hastings), Richard (Karen Deline), Philip (Francine Demers). Cherished grandfather of Jaimie, Jordon, Tiffany and Christopher Lamontagne-Blouin, Shawn and Jeffrey Hastings, Michael Blouin and Alexandra D'Opera, Mélissa and Gabriel Blouin. Great-grandfather of Justin. Brother-in-law of Carmen Fisette (the late Gérard Blouin), Bruce Allanson (Audrey Coates), Bernice Allanson (Carroll Hodge). Also survived by several aunts, uncles, cousins, other friends and relatives. Resting at the Steve L. Elkas Funeral Home, 601 Conseil St., Sherbrooke, Que., tel.: (819) 565-1155, fax: (819) 820-8872. Funeral service will be held on Wednesday, January 14, 2004 at 3 p.m., at St-Patrick's Church, Sherbrooke. Family will receive condolences at the church on Wednesday, from 2 p.m. As a memorial tribute, donations to the Multiple Sclerosis Foundation (div. Quebec), 666 Sherbrooke West, Bureau 1500, Montreal, Que., H3A 9Z9, would be appreciated.

Elders Meet

When Golden Agers happen to meet Their conversation seldom's discrete "Is your macula staying fast today?" "Is your blood-sugar level still okay?" As their talk goes on it never fails To reveal extremely funny details....

The Poet in the Glen

Death



LAMY, Dr. François - At the CHUS Fleurimont Hospital on Saturday, January 10, 2004. Dr. François Lamy, in his 83rd year, beloved husband of Gabrielle Toulouse of Sherbrooke. Loving father of Daniel Lamy (Rowena Ramprasad), Peter (Kirsti Suutari), Catherine (Craig Bremner). Cherished grandfather of Jeremy and Stefan Lamy, Alexander and Christopher Bremner. He also leaves to mourn the mother of his children, Loraine Taylor as well as his mother-in-law, Annette Toulouse. Brother-in-law of Thérèse Toulouse, Marcel Toulouse (Diane Beauchesne), Diane Toulouse (Paul Baker), Yvette Toulouse (Marc Campagna), Lise Beauchesne (the late Robert Toulouse), Michel Toulouse. Also survived by his many nephews, nieces, cousins, other friends and relatives. Dr. François Lamy was Chairman of the Département de Biochimie de la Faculté de Médecine du CHUS from 1968 to 1989. Visitation at the Steve L. Elkas Funeral Home, 601 Conseil St., Sherbrooke, Que., tel.: (819) 565-1155, fax: (819) 820-8872 on Monday, January 12, 2004 from 7 to 9 p.m. Please note that there will be no visitation on the day of the funeral. Funeral service will be held on Tuesday, January 13, 2004 at 2 p.m., at the St-Elizabeth Church in North Hatley. Interment of the ashes at a later date. The family would like to thank the personnel of the CHUS Fleurimont Hospital for the kind and professional care given to Dr. Lamy. As a memorial tribute, donations to the CHUS Foundation, 580 Bowen South, Sherbrooke, Que., J1G 2E8 would be appreciated.

Deaths

HARTLEY, Norma Matilda (nee Cunningham) - Peacefully in Knowlton on January 9th, 2004, after a courageous battle with Parkinson's Disease. Predeceased by her husband Frederick (Ted), she also leaves to mourn her two sons Peter (Suzanne) and Stephen (Lilian), granddaughter Robyn and faithful friend Maureen Shea. Funeral service will be held from the Anglican Church in West Brome on Thursday, January 15, 2004 at 11 a.m. In lieu of flowers, donations in her memory to the Canadian Parkinson's Foundation would be appreciated. A special thanks to the staff at Knowlton House for all the years of loving and professional care.

TRYON, Marjorie Ella (nee Brazel) - Passed away peacefully at the Drew Residence in Ayer's Cliff, Saturday, January 10th, 2004 in her 94th year. Beloved wife of the late Nelson Tryon. Loving mother of Doreen (Malcolm Fraser) and Linda (Georges Robitaille). Dear grandmother of Faith (Mark Harmer) and Hope (Shannon Lancaster). Marjorie will also be sadly missed by her sisters-in-law, Gladys Brazel and Carrie Marlin, many nieces, nephews, other relatives and friends. Predeceased by her brothers and sisters: Edith, Steve, Clifford, Mildred, Arnold, Elwin and Raymond. There will be visitation at the Cass Funeral Home, 900 Clough St., Ayer's Cliff (819-876-5213) Wednesday, January 14th from 1 to 2 p.m., followed by the service in the chapel at 2 p.m. Interment in Pine Hill Cemetery in the spring. The family wishes to express their deepest gratitude to Gary Drew and the staff at the home for the gentle and wonderful care given to their mother. As a tribute to her memory, donations to the Drew Residence, 851 Main St., Ayer's Cliff, Que., J0B 1C0, would be greatly appreciated by the family.

In Memoriam

NEWMAN, Muriel - June 21, 1907 - January 13, 2000.

May she find welcoming loved ones in Heaven,
And rest and freedom from care
With no worry o'er us while she's waiting
Until we can go to her there.
DOUGLAS, GABY.

Death

YETTER, Grace McIntyre - Passed away on January 11, 2004, at the age of 73. Wife of the late Leonard Yetter. Loving mother of Margaret Blair, Edward (Karen), Graydon (Janet). Cherished grandmother of Penny Virley (Neil), Lisa and Kim Yetter and Kyle Yetter. Great-grandmother to Stacey and Shane Virley and great great-grandmother to Maylee Virley. Visitation will be held at the Cass Funeral Home, 6 Belvidere St., Lennoxville, on Thursday, January 15 from 10 - 11 a.m., followed by a funeral service at 11 a.m., with the Reverend Dean Ross officiating. Interment in the Massawippi Cemetery in the spring. Memorial tributes may be made to The Arthritis Society, 2155 Guy St., Suite 1120, Montreal, Que., H3H 2R9, would be appreciated by the family. Arrangements by Cass Funeral Home.

Birchton Eleanor Taylor

Sympathy is extended to Sharon Moore Laberee whose husband Ed's funeral was held in the Bulwer Church on January 6. His family members and many friends gathered at the Bulwer Community Center for sandwiches, squares, beverages and conversation after Ed's burial in the Eaton Cemetery. Our local community has lost a wonderful man who was so active in the Eaton Historical Society and Museum and also in the U.E.V.P.C. churches.

Sympathy is also extended to Rena Hallsall who recently received news of the death in California of her sister-in-law Alice (Sutton) Munkittrick, wife of Rena's brother Bob. I felt very sad about this news because Alice was a high school friend and classmate of myself back in 1937 when we both completed the eleventh grade of the old East Angus High School. Also Bob Munkittrick from Marbleton long ago came often to play tennis with "our gang" in Angus. Alice was an R.N. who trained at the old Sherbrooke Hospital. She died of cancer.

On Sunday afternoon, Jan 4th, several relatives of Mrs. Ethel MacLeod met in her living room to enjoy a piano recital of special arrangements of Christmas hymns performed by Ethel's great-grandchildren, Erica, Samantha and Ryan Taylor, children of Dean and Patty Taylor. Their audience included their aunt Donna Nugent, grandmother Helen Taylor, and great-aunts Polly Smith and Eleanor Taylor, who all appreciated the children's musical gift to us. Afterwards Polly and Patty served us sandwiches, cookies, tea and juice.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)
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With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

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

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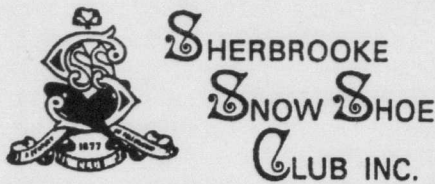
\$19.50 (\$22.43 taxes included) **WITH PHOTO:** \$29.50 (\$33.94 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. 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) 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.

RCMP visit SSSC The Secret of how SSSC eat like Kings



There are secrets at the Sherbrooke Snow Shoe Club that very few members tell outsiders about. We sometimes bring guests to the Club, and we let them be entertained by all the goings-on at the Club, but we don't often boast about this best-kept secret. The secret can at last be revealed. The fact is we eat like Kings. Do you ever wonder why we always have a singsong right after supper? Do you ever wonder why all new members must serve tables as their first duty at the Club? We have a singsong after supper because, having eaten so well, we would be hard put to stand up and move. A sing-a-long allows us time to furtively let out our belt a few notches, and to move around enough to 'settle down' our supper. We ask new members to serve tables as their first initiative. This action allows them to become skilled at proper table etiquette from watching those members who have learned from experience to show restraint when faced with so much good food. I have been much remiss in not taking you readers behind the scenes to introduce our Chefs. This column has often mentioned the family Lacroix. Nearly every night our President invites them out from the kitchen to receive a well-deserved applause for the excellent supper. Reg and Jeanette Lacroix started as chefs at the SSSC the season 1971/2. Frank Jenne was President that year and Ernie Kimmis was Honorary President. Those were the days when Newt Munkittrick

was Chorister, Wright Gibson was Pianist and Nelles Jackson led a large Snow Shoe Club choir. The Lacroix have been with us longer than many of our current members and well remember the men just mentioned. As their family grew the Lacroix' have brought them to the Club to help in the kitchen and to learn the fine arts of serving a large crowd a great dinner. Carole was just 15 when she first came and now is here every night. Richard, Denis, Claude, Sylvie and Grandchildren Tommy, Annie, and Nancy come as needed to be sure that the soup is hot and the service first class. To M. et Mme Lacroix we say thanks for the great years and great meals you have given us. We salute you and your supportive family. We hope you feel as much a part of the SSSC as we feel you are a part of us. Thanks again. Now to get back to the meeting; something extraordinary happened. A White Knight was appointed to assure that I had everything I needed. I only had to nod and my needs were promptly fulfilled. I was almost embarrassed by the attention. Mac Learned was at my beck and call and every other server stopped to assure that Mac was doing his job. WOW.

Tonight Richard Goodhue was the Grand Poobah, being Chief of the Snowwalkers. Don Loughed was his 2 IC with Alf Whittier as adjutant. (Now I understand why there was no Spoon tapping). Pres. Burton had been relegated to the ranks. Harry Brown gave his usual important spiel about Fire escapes. He gave a short prayer for the success of the Club and the safety of its members in this New Year. He then asked the Blessing. We remained standing for our National Anthem and then settled in for the meal.

Supper tonite was the usual hot spicy soup followed by Roast beef with mashed potatoes, gravy, green beans and a great cake for dessert. We ad-

justed our belt while John Foster passed out books for the singsong. Bruce Patton gave us a chord on the piano and we were into the first verse of 'Memories'.

The harmony over, Richard thanked the choristers, called on the Lacroix' to accept a round of applause, then had our guest speaker draw the half and half. Peter Meesen walked away with \$41. Richard asked members to introduce their guests, well right there in front of us appeared Heber McBath, a cousin of Blair and Gus, and a guest of Red Party. Smaller than Gus, grey haired and resembling one of the 'wee folk', he played us a tune as he tapped his foot in time with the music, another leprechaun to be added to our growing list of characters.

Richard asked Snowwalker Blair Donnachie to introduce our guest speaker for the night. Russell Sangster is a Constable Investigator with the Coaticook detachment of the RCMP. He must have felt right at home among the Red Coats. Due to 9/11, and from Apr 2003 he is now part of the IBET (International Border Enforcement Team). This team composes the RCMP, Canadian Border Security, US Customs, US Dept. of Homeland Security, and US Coast Guard. It was very interesting to now hear the Canadian side of Border protection as a supplement to what we had recently heard from two American Border Inspectors. It was encouraging to have confirmed how well the two Border Protection Agencies work together. We live in fast changing times and only with speakers such as Russell do we have even a hint of those actions being taken in Locally and in Ottawa on our behalf. Russell is a true Townshippier. He was educated here in the Townships from Elementary through AGRHS, Champlain and Bishops. He was excited to be at the Club and knew many of the members from his school days here, both as fellow students and as teachers. He joined the RCMP in 1988 and has spent

considerable time in British Columbia. He told the Club of his activities and was open to discuss our concerns including any decrease in Cdn Border personnel. He mentioned that our M.P. David Price, being intimately familiar with this area, and being well situated at Ottawa, would presumably be well able to defend our interests. We discussed illegal immigrants, smuggling, marijuana, tobacco, and touched on major crime activities. Russell was a confident narrator and was well able to handle questions and subjects of mutual concern to us. He also found it easy to avoid those subjects which his job might describe as 'Taboo'. He gave us an interesting and informative talk. We thanked Russell and presented him with a copy of our 125 year history of the SSSC "The Tradition Continues".

Secretary Cec moved that the minutes be accepted as if read, Bill Lyon seconded and all agreed. Cec then read a letter from Doug and Fern Thompson making a donation to the Club in honor of departed member Ken Kinnear. The Sick committee passed on regrets from Max Salvas. Fred Currier pointed out that notices would go out to those whose dues are not paid by Jan 01 2004. Denis Oakley gave out a form by which members may make a donation to the AGRHS Bursary Fund. Pres. Burton asked that a list be prepared showing our total membership, new members added, deaths over the season, and new net total.

Pres. Burton reminded us all that at next meeting, Wednesday Jan 14 will be presented the results from the two teams discussing the pros and cons of 1: staying in the present building, repairing it and how to finance the aforesaid vs 2: selling the present land and Building AND relocating and at what cost. Two thirds of members present must vote in favor if we are to sell. In the latter case a 'notice of motion' will be sent to all paid up members before a final decision is made. Do

come and be prepared to put forward your ideas, your approvals or oppositions, your doubts or objections, and make our final decision a democratic one showing the combined agreement of the whole Club.

Next Saturday Jan 17 is a 'Ladies Night', Auction Night. Bring in your goods to be auctioned off that night. All widows of members are welcome. Hoping that you all are surviving this little stretch of "old time winter" that we all brag about having happened in The Good Old Days.

Respectfully
submitted,
Cec Blenkhorn, Hon.
Secretary, SSSC.



Blair Donnachie, left, poses with the guest speaker, R.C.M.P. representative, Cst. Russell Sangster.



Our 'Lacroix' Chefs - Pictured, left to right, are Reg., Carol, Nancy and Jeannette Lacroix.

CELEBRITY CIPHER

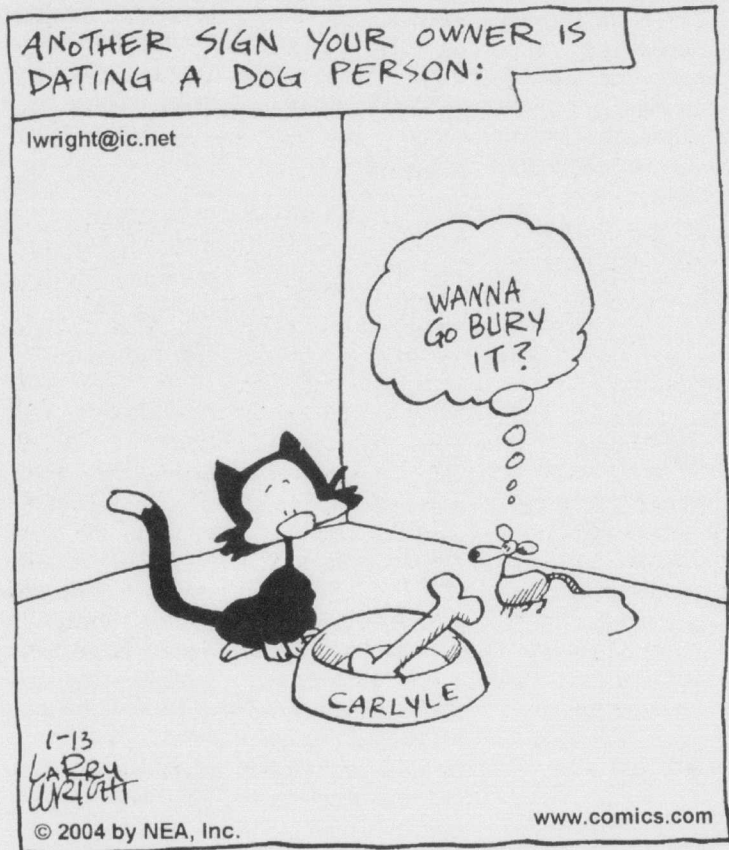
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: U equals F

"URXOMORIOBT ZIFFNL GDWBFXSB." - RFLDS "URXOMORIOBT ZIFFNL GDWBFXSB - RWN GYOMNIFW." - XRIP BJROW

PREVIOUS SOLUTION - "If God didn't want man to hunt, he wouldn't have given us plaid shirts." - Johnny Carson (c) 2004 by NEA, Inc. 1-13

KIT N' CARLYLE



HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



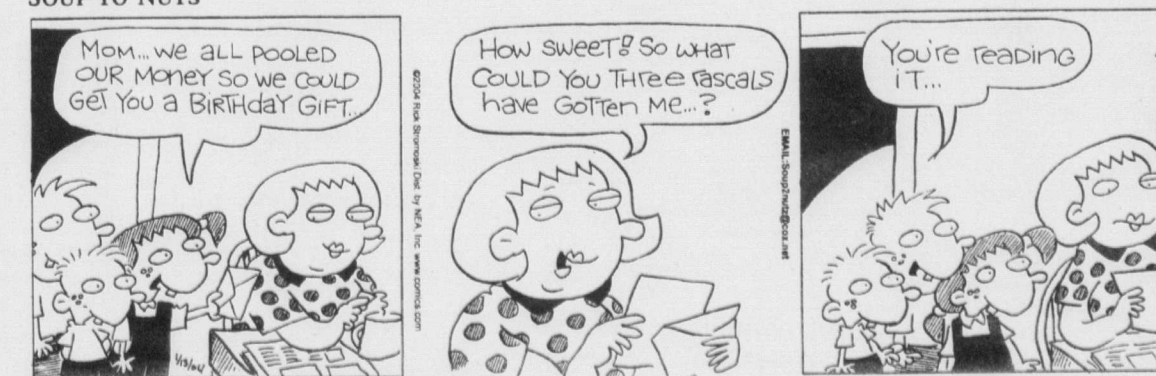
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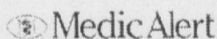
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BURY

Our fourth Bury United Cultural Center Coffee House Evening will be held on Friday, January 16 at 8 p.m. at the Bury Town Hall. All musicians and people who enjoy good music are encouraged

to come. 'Nuts and Bolts' and 'Coffee' will be served. Donations are welcomed. It really is great fun. Sure hope that you can join us.

LENNOXVILLE

Brunch, Sunday, January 18 from 10:30 a.m. to 12:30 p.m. at the Army, Navy, Air Force, 300 St. Francis Street. Everyone welcome.

LENNOXVILLE

There will be a blood pressure clinic on Tuesday, January 13, and Tuesday, January 27 at the Masonic Hall, 2 Belvidere

Street, from 1:30 p.m. to 3:30 p.m.

WATERVILLE

The blood pressure clinic will be held Tuesday, January 27 at the Town Hall on Main Street from 2 to 3:30 p.m.

NORTH HATLEY

There will be a blood pressure clinic on Friday, February 6 at the Library on Main Street, from 10 to 11:30 a.m.

• • •

This column accepts items announcing events organized by churches, service

clubs and recognized charitable institutions for a \$6.00 fee, \$9.00 for 2 insertions of same notice, \$12.00 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.

Your Birthday

Tuesday, Jan. 13, 2004

Although in the year ahead you may have to shoulder far more work or responsibilities than you ever have in the past, the rewards you garner will be equally more substantial – provided, of course, that you do a good job.

CAPRICORN (Dec. 22-Jan. 19) – It's not like you to depend upon a crutch to accomplish your purposes, but today that's exactly what you might do. You, better than most signs, know you can only rely on yourself.

AQUARIUS (Jan. 20-Feb. 19) – Too much introspection could contribute to uncertainties in your plans today and place unnecessary pressure on you where your work is concerned. Getting

rattled won't help.

PISCES (Feb. 20-March 20) – If you gamble on other people or situations with which you're totally unfamiliar, you are not apt to like the payoff today. Stay in your own ballpark and play by your customary rules.

ARIES (March 21-April 19) – Put on the shelf those things that are eating at you, and don't resurrect any volatile issues on which you and your mate disagree. Let time take care of those problems, not arguments.

TAURUS (April 20-May 20) – You might not be up to par today concerning your usual careful methodologies. If you have a complex task to perform, double-check the means you intend to apply before beginning.

GEMINI (May 21-June 20) – When sharing the expenses with another

today on a social outing, do the math on the division yourself. Even if it is unintentional, you could end up with the heavy part of the bill.

CANCER (June 21-July 22) – Being too stern a disciplinarian could make matters worse within the household today. Ask for order and consideration to be followed by all, but allow for the existence of human frailties.

LEO (July 23-Aug. 22) – Doing what you want, when you want, is not on the charts today, so rather than get frustrated, know that cooperation by all parties will be needed if this is to be a pleasant day.

VIRGO (Aug. 23-Sept. 22) – Be sure to voluntarily pick up your end of the tab today when involved socially with others. If you give associates cause to label you a deadbeat or a freeloader, it'll

stick with you for a long time.

LIBRA (Sept. 23-Oct. 23) – If you have any hopes of achieving your objectives and goals today, be prepared to be a bit thick-skinned. Don't abandon being cooperative, but lay down the law when necessary.

SCORPIO (Oct. 24-Nov. 22) – Have several alternatives to accomplish your plans today just in case your first idea falls through. If you're prepared to take another route, roadblocks can be circumvented.

SAGITTARIUS (Nov. 23-Dec. 21) – Be sure you understand exactly what to expect from others today and you won't be disappointed – or, worse yet, be responsible for a joint venture fizzling. Don't get involved with unknown quantities.

CROSSWORD

ACROSS

- 1 Actress Pinkett
- 5 Space-saving abbr.
- 9 Sacrifice plays
- 14 Patron saint of Norway
- 15 Ward of "Sisters"
- 16 For the birds?
- 17 Squatter's land
- 19 Okra stew
- 20 Born in Nice
- 21 Wimbledon woe
- 23 Ben and Bobby
- 24 Cream-filled pastries
- 25 Takes place subsequently
- 28 Fire-sale caveat
- 29 Climbing vine
- 30 Verne's captain

- 31 Lose footing
- 35 Fist as food?
- 38 Bargain period
- 39 God of the sun
- 40 Bill __ and the Comets
- 41 Shawl or cloak
- 42 Locating devices
- 43 Cheap cigars
- 47 Hole-makers
- 48 Bend in a swamp?
- 50 Governor Bush
- 53 Liquid part of fat
- 54 Sewing machine man
- 56 Physicist Enrico
- 57 Examine
- 58 Perused
- 59 Set up an innocent party
- 60 Goes steady with
- 61 "Auld Lang __"

- 25 Part of BPOE
- 26 Singer Simone
- 27 Writer Bellow
- 28 Ancient fabulist
- 30 Foot of the plus column
- 31 Graceful birds
- 32 Singer McCann
- 33 Champagne bucket
- 34 Part of P.E.
- 36 Roman gods
- 37 Wild Asian dogs
- 41 Wuss

- 42 Perspires
- 43 Treat with derision
- 44 "Ladder of Years" novelist
- 45 "The Girl of the Golden West," e.g.
- 46 Brothers of fairy tales
- 47 Licorice flavor
- 49 Swiss painter Paul
- 50 Kangaroo kid
- 51 McGregor of "Trainspotting"
- 52 Anglo-Saxon theologian
- 55 "48 __"

Monday's Puzzle Solved

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

DOWN

- 1 Mr. Doe
- 2 Shaving-cream additive
- 3 Knight's lady
- 4 5th or Park
- 5 Organic compounds
- 6 Soon-to-be adults
- 7 Shepard or Greenspan
- 8 Casanova
- 9 Deli rolls
- 10 Palate dangler
- 11 Sainly haloes
- 12 Fifer's drum
- 13 Phoebe and Hank
- 18 Run naked
- 22 Descendent
- 23 Light weight

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
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25	26	27						28						
29							30				31	32	33	34
35							36				37			
38							39				40			
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43	44	45	46							47				
48									49			50	51	52
53									54			55		
56									57			58		
59									60				61	

North 01-13-04			
♠ A K 6			
♥ A 6 5 4			
♦ A 10 5 3			
♣ 8 7			
West		East	
♠ 2		♠ Q J 10 3	
♥ Q J 9 3		♥ K 10 8 7	
♦ K 8 2		♦ Q 9 7	
♣ Q J 9 5 2		♣ 6 4	
South			
♠ 9 8 7 5 4			
♥ 2			
♦ J 6 4			
♣ A K 10 3			
Dealer: West			
Vulnerable: Both			
South	West	North	East
2 ♣	Pass	1 NT	Pass
2 ♠	Pass	2 ♥	Pass
	Pass	4 ♠	All pass
Opening lead: ♣ Q			

Tuesday, Jan. 13, 2004

The simple line is often best

By Phillip Alder

If you watch a beginner playing in a trump contract, you will often see her or him taking as many ruffing tricks as possible. And typically this will be disastrous, declarer losing trump control and having winners ruffed later in the play. But every now and then ...

In traditional methods, South's sequence shows five (or six) spades and game-invitational strength. North has only 15 high-card points, but three aces, one king and a doubleton make his hand worth the jump to game. (If you use transfer bids, this sequence would show a game-invitational hand with five spades and four hearts. Instead, you should respond two hearts, transfer, then rebid two no-trump.)

One can make the spade game by various means, but the line adopted by Frenchman Herve Pacault looks best. The deal arose during the 5th European Mixed Championships, held in Aachen, Germany, in 1999.

South won with the club ace, then, apparently playing like a beginner, led a heart to dummy's ace and ruffed a heart in hand. Back to dummy with a trump, declarer ruffed another heart. Repeating the process — trump to dummy, heart ruff — South had now raked in seven tricks. He cashed the club king and trumped a club in the dummy. If that had won, declarer would have taken dummy's diamond ace for his contract. But East overruffed. No worries! East cashed the spade queen and tried her best, leading the diamond queen, but declarer let her hold the trick. East had to play another diamond, giving South two more tricks for plus 620.

Often, it is fine to ruff in hand when dummy holds strong trumps.

Most married couples share confidences

Dear Annie: Three years ago, my best friend, "John," married "Diane." We all got along well and seemed to have an excellent relationship.

Nostalgia

Continued from part #16
Mechanics

The blacksmith was probably the most important mechanics needed in a settlement. No progress could have been made without his art, in the early settlement of the townships the farmer was dependant on the blacksmith for his axe, hoe pitchfork, and almost every other tool made of iron and steel. Lot Wetherall was the first blacksmith in Richmond followed by Otis King, Edward Gustin, Levi Cleveland, Ephraim Driver and many others. In Danville, John B. Emerson was the first blacksmith followed by Thomas Brooks, Jesse Baker, Mr. Presby, Charles Cleveland, Joseph Brown, John McCoy, N.W. Willey and Willard B. Hall.

The jointers and carpenters were also an important class of class during this time. John Stevens was very useful in helping the farmers in building and making their sleds, ox-yokes, etc. Samuel Marston was also a house jointers, and his work was seen in many of the buildings in Shipton. He was accustomed also to making coffins that were needed during the early period to conduct funerals. March Martin was also in the same business in Richmond during the same period of time. He continued in this business until his death. James Boutelle was also a cabinet maker in Danville for many years.

To be continued....

Marlene Brown

Annie's Mailbox

In the last few weeks, I've discovered that Diane has been talking about me to others. She claims that I spend too much time with her husband, although I don't know why. We play on the same soccer team, but other than that, we don't see each other much. Diane also has told people some rather personal things about me that I told John in confidence. Now I no longer can trust him to keep a secret.

I haven't said anything about this to John because I'd like to maintain our friendship, but I don't know how to handle Diane's blabbering. Must I end the relationship to protect myself? — Need Privacy in Michigan

Dear Michigan: You don't need to end things, but you must be more circumspect around John. Most married couples share confidences, so assume that whatever you tell John will be repeated to Diane. Since Diane has a big mouth, it would be wise not to divulge any major secrets. Also, some wives become overly possessive of their husbands and resent the time Hubby spends with old friends. If this describes Diane, it will be up to John to maintain the friendship, and you'll have to take your cues from him.

Dear Annie: My husband and I recently purchased some artwork for our professional offices. Our receptionist now tells us that she objects to the pieces on religious grounds. These are fine works of art, not religious statements. They depict classical Mayan themes and include nothing sexual or profane. Does she have the right to make us remove them? — Ann Arbor, Mich.

Dear Michigan: She has the right to sue you for creating a hostile work environment, and whether she wins or loses her case, you must ask yourself if it's worth the cost of a legal fight. Can you discuss her ob-

jections calmly? If she truly is upset at having to look at these pieces, you ought to place them elsewhere.

Dear Annie: You ran a survey about cheating spouses and printed several letters from the "poor victims." When I read the one from the woman who wished her ex-husband would burn in hell for all eternity, I realized there are a lot of people like my ex-wife.

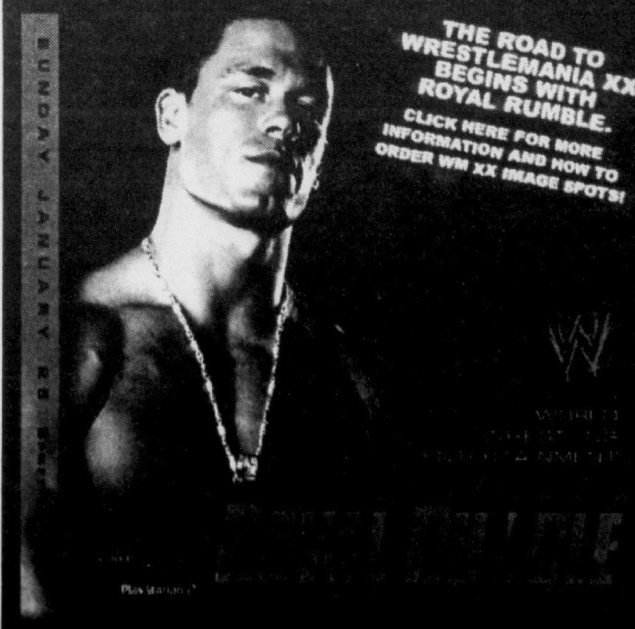
My wife was verbally abusive. When she didn't get her way, she'd call me names and put me down in front of her friends. When I asked her to go with me for counseling, she lied and told the counselor I beat her. One night, I walked out of the house, looking for someone to talk to. One thing led to another, and I ended up in an affair that lasted three months. I was euphoric to find someone who was kind to me.

I now am married to a wonderful person who talks to me, listens, laughs and shares my dreams. I am truly happy and have no desire to be with anyone else. When a spouse cheats, it's because he or she is unhappy at home. — Wisconsin

Dear Wisconsin: After we printed the results of our survey, we heard from hundreds of readers, and many agreed with you, although most just wanted to vent about their cheating exes. We also received a letter from a man who pointed out that many sexually abused children grow up to become promiscuous, and they need therapy to understand and overcome their compulsion to cheat.

Here is what our survey taught us: There is no single reason why a spouse cheats, and each person must deal with the situation in whatever way will bring a result he or she can live with. One size definitely does not fit all.

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



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