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WEDNESDAY, MARCH 31, 2010

Quebecers see green value in homes

By Corrinna Pole
SHERBROOKE

Green is still a popular feature for Quebec homebuyers, according to the third TD Canada Trust Green Home Poll.

The poll showed that 58 per cent of Quebecers are willing to pay more for an environmentally friendly home for different reasons. Sixty five per cent said they were motivated by future cost savings on energy bills, 25 per cent for the health benefits and 28 per cent for a reduction of their environmental impact.

Quebec home owners have also continued their commitment to Environmentally friendly home renovations and upgrades with 28 per cent having completed or planning to complete one in the future.

Government incentives have helped to encourage Quebecers to make changes, with programs such as ecoENERGY Retrofit Homes Grants from Natural Resources Canada, while only five per cent have participated in a program, sixty-five per cent are interested in participating.

Almost half (49 per cent) of respondents say they are more likely to make energy efficient upgrades if they benefit from tax credits. Eighteen per cent would like to perform a green home renovation but are not sure where to start.

The survey, conducted by Angus Reid Public Opinion in March of this year, also revealed that Quebecers were enthusiastic about applying greener home improvements such as avoiding pesticide use (53 per cent), using green household cleaners (45 per cent), replacing or upgrading windows (28 per cent) and changing lighting fixtures to low wattage lighting (25 per cent).

Leading the Way

Alexander Galt's first leadership camp a booming success



COURTESY

Alexander Galt students put their leadership skills to the test organizing this...ahem...sturdy pyramid

By Doug McCooye

A couple of weeks ago, a group of 29 students from Alexander Galt Regional High School participated in the institution's first-ever Leadership Camp.

Hosted at Parkside Ranch in Orford,

students spent the better part of three days doing a wide range of activities to help show and develop the qualities of a good leader.

"When the idea was explained to us, we thought it sounded great," said Galt student Devon Ochman, who is also a member of the school's student

council. The camp was partially funded by the student council and four of its members actually attended. "The things we learned were definitely applicable to life."

CONT'D ON PAGE 5

He Has Risen

A baptism story from the Bottom Baptist Church

Lennoxville Duo Living Large

Lori Gear McBride earns coaching honours while Jen MacAuley leads Vermont B-Ball to best season in school's D1 history

Duck Fest

Brome Lake Duck Festival numbered among the top 5 Gourmet food festivals in Quebec

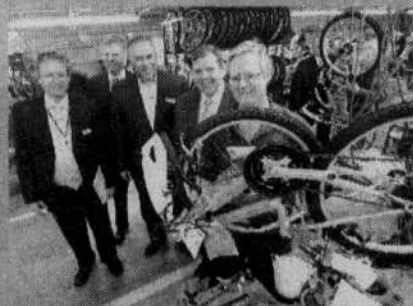
Spring time is barely here and the Brome Lake Duck Festival is already planning to fly even higher

this year for its 2010 edition. Fantastic news has sprung upon us and allowed us stronger winds under our wings!

Quebec Vacances has distinguished the Brome Lake Duck Festival amongst the « Top 5 » gourmet festivals of Quebec!

It's no wonder this festival is made with such great taste!

Correction



A cutline on page 2 of Monday's record incorrectly identified David Edwards as the president of Raleigh Industries. In fact, Mr. Edwards is Raleigh's Vice-president. The president of Raleigh Industries is Mr. Farid Vaiya. The Record regrets any embarrassment or inconvenience this error may have caused.

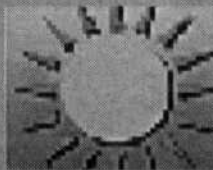
Weather



WEDNESDAY:
LIGHT
SHOWERS
HIGH OF 13
LOW OF 5



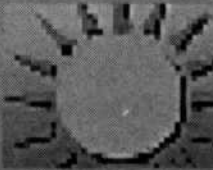
THURSDAY:
CLOUDY
PERIODS
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FRIDAY:
MAINLY
SUNNY
HIGH OF 22
LOW OF 7



SATURDAY:
MOSTLY
CLOUDY
HIGH OF 25
LOW OF 12



SUNDAY:
MAINLY
SUNNY
HIGH OF 21
LOW OF 14

Neglected Fish

Montreal painter David Farley's new exhibit opens at Studio Georgeville



COURTESY

Artist David Farley holds one of the pieces featured in his new exhibit, entitled *Les Poissons Mal-Aimés*

By Heather Paterson

David Farley's upcoming exhibition at Studio Georgeville—*Les Poissons Mal-Aimés* or, loosely translated, *Neglected Fish*—is a new venture for the Montreal painter. "I have always considered myself an illustrator or designer. But creating these fish allowed me to access my more primitive side." Farley has a reputation for painting on recycled materials—canvas sails, old window blinds, discarded wood, and secondhand picture and window frames. To create the work that will be on view at Studio Georgeville from April 10 until May 15, he used old pine boards that had washed up on the shores of the St. Francis River close to the house of a friend, who deposited them on the doorstep of Farley's home in the Plateau neighbourhood of Montreal. Inspired by the shape, texture, and patterns of this salvaged wood, Farley created a series of about forty bizarre and colourful fish. The title of the collection, *Pêches Mal-Aimés*, hints at the fishes' peril through pollution and human lack of concern for their well-being. In conveying his serious en-

vironmental message, however, Farley makes the viewer smile and endears him to the parade of flamboyant fish swimming across an entire wall of the gallery.

David Farley has had a long career as an architect, a city planner, and an urban designer. A graduate of McGill and Harvard, he taught at both universities. During the 1960s, he was a senior planning designer at the Boston Redevelopment Authority under Edward Logue, and later on, the first executive director of the Urban Design Council of the City of New York under Mayor Lindsay. In the mid-1970s, he instituted, within the McGill Faculty of Engineering, an accredited School of Urban Planning, which he headed until his retirement in 1993. In the 1980s, he won the design competition for Champs de Mars next to City Hall in Montreal in partnership with John Schreiber and Ron Williams.

As if all of these accomplishments weren't enough, Farley has been drawing, painting, and designing as a second career. When he was a student at McGill, he designed sets for the McGill Players Club and worked as a stage man-

ager, taking the now-legendary satirical revue, *My Fur Lady*, to Stratford.

He has also produced several art shows that drew their inspiration from his cottage in Rawdon and his beloved Montreal neighbourhood. He brought his talents as a designer, his training in urban design, and his use of recycled materials to capture the features that make Le Plateau so unique—features that he feared were being lost to gentrification.

All of Farley's work reflects a wonderful sense of humour, a love of quirkiness, colour, and design, and an appealing modesty.

Studio Georgeville, 20 Carré Copp, invites you to meet David Farley at the vernissage of *Les Poissons Mal-Aimés* on Sunday, April 10, from 5-7 p.m. His exhibition runs until Sunday, May 15. Studio Georgeville is open Saturday and Sunday from 11 a.m. to 5 p.m. For more information on the show and on upcoming activities at the gallery, please visit www.studiogeorgeville.com or call 819-843-9992. To see more of David Farley's work, visit his website at www.davidfarleymontreal.com.

Ben by Daniel Shelton



LOCAL NEWS

"They won't give us the money (to fix the runway) because we don't host regular flights, but we can't host those flights because of a restriction they put in about our runway."

IN BRIEF

Lennoxville crosswalk to get flashing lights

The Estrie division of the Quebec Ministry of Transport has announced that two new flashing light systems will be installed at two pedestrian crosswalks in Lennoxville.

The College Street crosswalk located just before Reed Street near Bishop's University and the crosswalk on Highway 108-143 in front of the AFT factory will have work done between March 30 and April 12. Victor Poulin Inc. will be doing the installation.

The College Street crosswalk has undergone many safety changes over the last few years in response to public outcry.

Hockey coach gets probation

Éric Haley, the assistant coach of the Trois-Rivières Caron et Guay, received his sentence in a Sherbrooke courtroom on Monday.

The 36-year-old hockey coach, who was convicted of armed assault and assault causing injury back in February, was given a one-year probation and forced to give \$1,000 in restitution to his victim.

During a game versus the Sherbrooke Saint-François on December 7, 2007, Haley threw a stick in to the stands during an on-ice brawl. The stick hit a teenage fan in the face, causing a mouth injury.

Haley's defense lawyer Michel Lebrun had asked that his client be conditionally or unconditionally absolved of the crime in the hopes that the incident would not appear on his permanent record.

According to a report, the parents of the victim find the restitution amount to be insufficient because the scars from their son's injury could be permanent.

Perfect pins

A Sherbrooke man bowled two straight perfect games – and was one pin short of a third – at the Centre communautaire de Sherbrooke on Friday.

According to a La Tribune report, Luc Pinard started off his night bowling a 299 and followed that up with two straight 300 games.

"There are nights when you have it more than others," he said in the report. "You have to believe that tonight, I had it."

An avid bowler, Pinard's two perfect games were the fourth and fifth of his season. His average is 234.

"It is my favorite hobby," he said. "It demands precision and a lot of technique."

\$1M expected for Sherbrooke airport

By Doug McCooye
SHERBROOKE

It appears that the Sherbrooke Airport runway will receive its necessary repairs as it is expected that the Quebec government will soon announce a major contribution that would cover a large portion of the \$2.5 million costs.

According to a recent Radio-Canada report, the offices of MNA Monique Gagnon-Tremblay, Minister responsible for the Estrie region, will announce a \$1.1 million contribution to the project from the Quebec-Municipal infrastructure program in the near future.

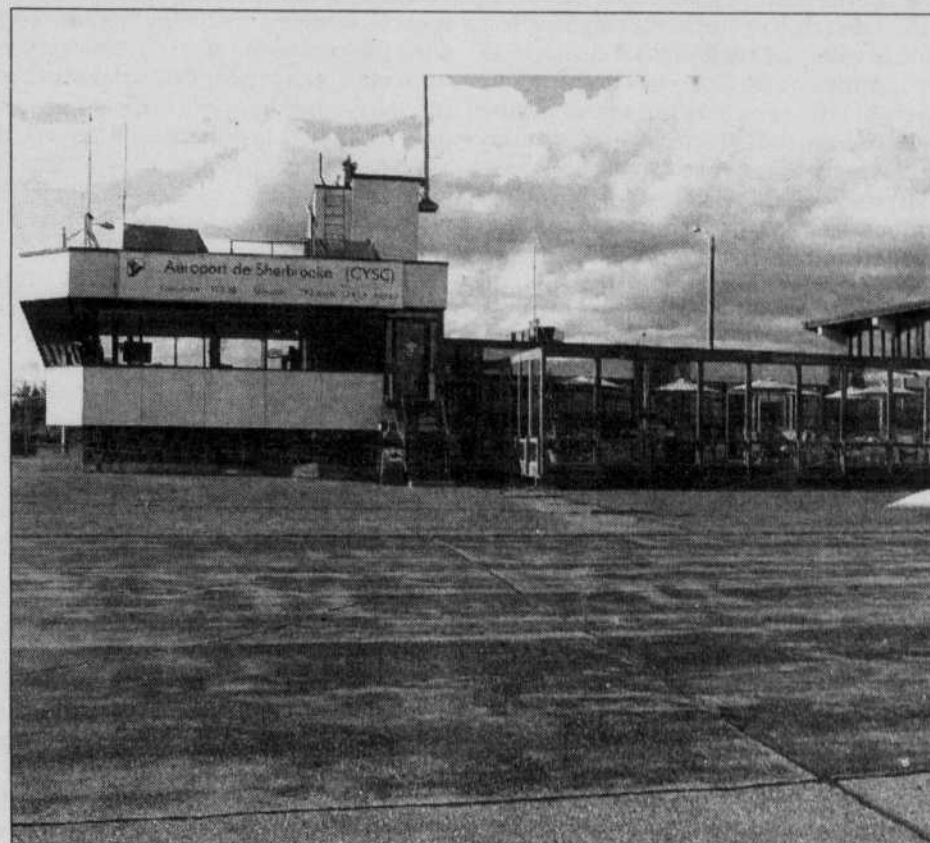
This amount will be added to the \$550,000 already promised by the City of Sherbrooke.

For its part, the Quebec Ministry of Transport will contribute another \$300,000 and the Conférence régionale des élus (CRÉ) de l'Estrie will give \$100,000. An investor for the remainder of the balance – some \$450,000 – has yet to be announced.

Last August, the City of Sherbrooke announced the \$2.5 investment for runway repairs under the assumption that a Federal government grant would be covering two-thirds of the cost. The repairs were deemed necessary after an inspection made by Transport Canada in May 2009 revealed cracks in the runway that were considered potentially unsafe. While the airport can still host certain flights, the current runway could be hazardous for larger planes.

In mid-February, the situation changed as the Federal government announced it would no longer be providing its portion because the Sherbrooke Airport no longer receives regular flights.

"It's a chicken and egg situation," said Lennoxville borough president



COURTESY

The Sherbrooke airport is desperately in need of tarmac repairs

David Price, who is also the president of the Sherbrooke Airport committee, in an interview with The Record back in February. "They won't give us the money (to fix the runway) because we don't host regular flights, but we can't host those flights because of a restriction they put in about our runway."

Price is on vacation until April 1 and was unavailable for comment on Tuesday.

After the Feds dropped out, the City of Sherbrooke re-applied to the Quebec-

Municipal infrastructure program for funding.

In the Radio-Canada report, Sherbrooke mayor Bernard Sévigny wanted to be cautious before making an announcement regarding the \$1.1 million. "It's being analyzed," he said in the report. "They told us not to worry, but (...) before making it official, it takes a confirmation from the government, something that we do not have at this point, even though we are optimistic about receiving it."

Charest government 'paralyzed' by allegations of corruption

By Marianne White
CANWEST NEWS SERVICE

When Quebec Premier Jean Charest was re-elected with a majority in December 2008, he promised to weather the economic storm by keeping both hands on the wheel.

More than a year later, many are wondering where he is headed.

Quebec's Liberal government has been plagued by allegations of corruption and collusion in the construction industry, questionable ethical decisions and party financing, bad governance and poor handling of reasonable-accommodation issues.

A cartoon in the newspaper Le Devoir on Friday pictured Charest driving a Liberal bus, asking passengers to look at a

map and tell him where to go.

"I think that sums up well what's happening right now," said Rejean Pelletier, a political scientist from Laval University.

"The government, and especially the premier, seem totally paralyzed by allegations of corruption or questionable ethics that surface every day."

Opposition parties in the province's National Assembly since last fall have been pressing the Quebec government daily to hold a public inquiry into allegations of corruption, extortion, violence and intimidation in Quebec's construction industry.

Charest's government continues to oppose an inquiry, however, arguing that police investigations are sufficient to bring order to the industry.

But things heated up last week when

a former Liberal justice minister said he has information to prove the Quebec Liberal Party is financed by construction companies.

Marc Bellemare, who served under Charest for a year, said he raised the issue with the premier at least three times while in office. He called Charest a "liar" after the premier denied the allegations.

Meanwhile, the Opposition Parti Québécois has accused the government of favouring its party donors and friends of the minister responsible for families when awarding subsidized day-care spots.

Charest has also been under fire for pocketing a paycheque of \$75,000 from his party on top of his \$183,797 salary as premier.

CONT'D ON PAGE 5

Commentary: Canada: United under God?

By Ivy Weir

The time has come to identify the best possible reason for choosing Liberals to govern the country. It is not because of such crucial dossiers as economics or defence or education or even health care. It is not even because they are necessarily capable. It is purely and simply to get rid of Stephen Harper. Harper is a danger to the structure and values and vision that Canada has earned and practised since its inception. His inroads have been stealthy, his progress surreptitious. Seen through only one prism, Harper's policies run perversely against our history and traditions.

In a land that lives by choice with secular governance, Harper has set about to impose his 'born again' fundamentalist religious convictions upon every aspect of governance within his reach. The concept of 'freedom of religion' presupposes any religion or none, while Harper adheres to only one. Aiding and abetting him are the many bible-belt ex-Alliance members within his caucus. For them, freedom of religion means not only freedom to impose their god but a mission to do so. In His name, the end justifies the means.

The roots of fundamentalist thinking lie in the literal interpretation of the bible as believers see it. That such an exercise could be considered selective is

viewed as outright heresy. By such means does a secular government become a neo-conservative theocracy, as voters nap on. Read Harper's Gravitass speech delivered in 2003 where he toys with the nomenclature of theocracy vs neo-con. It is not only God who must be in charge, but his God. Others are free only to share his beliefs. Walrus magazine described Harper as one 'image savvy evangelical', careful to keep his signals below the radar. All with a minority mandate.

In a theocracy, the head of state speaks in God's name. He who is not with me, is against me. Opposition need not be debated, but destroyed. Witness the strategy inflicted upon Stephane Dion. Enemies are socialists (read atheists), they are against our troops, they are speaking for the Taliban, they are elitist. Gut instinct must drive public policy, not Ph.D's. Can book-burning be far behind?

Voters have spoken and have repeatedly confirmed that universal health care is their most cherished program.

Harper favours private health care (read the National Coalition's program over which he presided), and from which he has never deviated in public.

With 70% approval, Canadians celebrated Jean Chretien's decision not to participate in the U.S.-led invasion of Iraq. Harper favoured the invasion and took the time to say so in the U.S., claim-

ing that his position was endorsed in Canada. Hadn't Bush said, 'God had told him to launch the attacks'? By such means does an exploitative war become a holy war. Bodies of women and children are referred to as 'collateral damage'.

Consider that for the last five years, crime in Canada has decreased systematically. Yet Harper's war on crime would have us believe the exact opposite. Preying on the public fears he has fanned, the youngest must be incarcerated earlier, adults must serve longer terms in engorged double-bunking prisons and in Harper's book, capital punishment must be restored. Watch the language creeping back into the fundamentalist vocabulary. The Old Testament's eye for an eye, must prevail. Let Omar Khadr rot in Guantanamo.

Support to protect the environment in Canada was off the chart when Harper revoked the International Agreement signed by his predecessors. Canadians favour honouring International Agreements and are concerned about the environment. For Harper, it is a socialist sham to be pushed surreptitiously to the back burner. His personal reading of Genesis reigns supreme over Darwin.

Canadians refused to indict Henry Morgenthau for his stance on abortion. Harper, through his mentors, is itching to legislate unfavourably on the issue. Mentored by the foreign doctrine

of U.S. fundamentalist James Dobson, who was welcomed immediately upon Harper's election, the campaign continues to be pro-

moted and embellished. (See 'Focus on the Family'). Simply put, the Harper ideology that comprises his secret agenda is captured effectively by the hard right republican fundamentalist base that handed George W. Bush eight years in power, a la Karl Rove. That is the ideology today that is effectively governing Canada. The same one that was finally rejected in the U.S. Leo Strauss, father of neo-conservatism, has also disavowed the ideology.

That there is much to admire among those who are said to be 'born again' (accepting Christ into their lives), there can be no justification for denying others the rights they demand. Imposing the one mind set on a multicultural nation spells tyranny, not freedom. Infiltration of its precepts has crept into every facet of committees or Board of Directors that offered Harper an opening. (read Paul Wells, MacLean's Mar. 29).

Take heed Canadians. The country you know and love is being chipped away under the Trojan Horse masterminded by Stephen Harper. The time has come for his veiled concepts to be disrobed. Even the most intrepid of journalists appear to keep a safe distance for fear of being accused of trampling on such a sacred cow as religion. Yet failure to do so, nurtures the seeds of tyranny instead of freedom. This boil must be lanced.

The stakes are too high to leave until tomorrow. Only once they are aired and disarmed, can any government deal with crucial dossiers in everyone's best interests. We must not become comfortable with 'God Bless Canada', innocent as it might sound.

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Galt leading the way



COURTESY

Leadership camp coordinators: Annie Asmar, Christine Murphy, Chris Hincks, Jason Brannon, Marcy Clark, Chris Brandon

CONT'D FROM PAGE 1

The camp was the brainchild of a group of Galt teachers who were surprised to learn that there was nothing like it already in place. "I'd been to a leadership camp before and it was a very memorable experience," said Marcy Clark, one of the teachers who helped organize the camp. "A group of us got together and talked about what it would take to put one on. Eventually we just decided 'Well...let's do it.'"

The Leadership Camp consisted of a group of six adults, most of them Galt teachers organizing and running a number of activities - including games, projects, presentations, discussions, sports, etc. - meant to bring out different aspects of leadership.

Those difficult-to-define qualities that make a good leader made the camp itself difficult to explain at first to the interested students.

"It was a tough sell initially," said Clark. "The students didn't know what it was, and it was hard to explain. You tell the kids that they're going to do things blindfolded, games

with clothespins and pool-noodles and hope that they get on board. In the end we told them that they'd experience something positive." The activities were specifically designed to bring out three big themes of leadership: communication, cooperation, and trust.

On the first night of the camp, the students were treated to a guest speaker; Leroy Blugh, Head Football Coach at Bishop's University. He, along with four of his players, told the kids their back-stories, the different ways they show leadership on the football field, and how it can be applied to all aspects of their lives.

Of all the activities that were done, the nighttime bonfires - which consisted of singing, discussions, and presentations - seem to have left the biggest impression on the participants. "The bonfires were definitely my favorite," noted Ochman. "It was fun interacting with people and listening to the presentations in that setting."

The experience as a whole seems to have been a valuable one. "Anytime

anyone has asked me what the camp was like, I've told them it was great," said Shane Crawford, a secondary-five student at Galt.

Clark hopes that the skills learned at the camp will be transferred to the school itself. "We are hoping for stronger, more effective student organized initiatives," she said. "Initiatives run by the students for students."

Plans for next year's camp are already being discussed, as both Clark and Ochman mentioned the possibility of more student involvement in the event. Ochman mentioned that it would be cool if the older students themselves ran the camp for lower-level students, or recent graduates came back to be co counsellors uncilors at the camp.

While the exact nature of next year's camp has yet to be fleshed out, one thing seems certain, the students definitely want it to continue.

When asked about how the camp could be improved, Crawford was succinct. "More people," he said. "And maybe if it was longer, that would be good too."

Charest under fire over alleged inaction

CONT'D FROM PAGE 3

Moreover, his government has been lambasted for failing to cure the problems of the health-care system, badly handling issues of reasonable accommodation and changing the province's school calendar because of demands made by Quebec's private Jewish schools.

"The problems keep on piling (up) and it's going to take a lot to overcome the impression that the government has lost control of the situation. I think the wind has definitely turned against the government," Pelletier said.

He blamed Charest's cabinet for being weak and failing to quash opposition attacks.

"It appears to me the premier has, in some ways, given up. He doesn't seem interested anymore by Quebec politics and might be looking for a way out before the next election," Pelletier said, noting that Quebecers won't go to the polls for another three years.

The Charest government hopes the budget to be tabled Tuesday will give them a lifeline and shift the attention away from the current problems. But with a \$4.7-billion deficit, observers don't expect the budget to be a crowd-pleaser.

The Liberals have taken a similar beating in the polls, with the premier achieving a dissatisfaction rate of 70 per cent in a Leger Marketing poll published on March 15 in *Le Devoir*. The governing party has dropped to 32 per cent in voting intentions, six points behind the Parti Quebecois.

PQ Leader Pauline Marois said the government is worn out and keeps accumulating failures - such as the multimillion-dollar energy deal with New Brunswick that fell apart last Wednesday.

"It's as if they are at the end of their mandate. They have been in the government for seven years and it shows," Marois said. "They are not able to (make) any decisions."

But the government did make at least one move in the past week.

In a bid to deal with the reasonable accommodation, the government introduced legislation to ban full-face veils, such as the niqab, for people dealing with all government bodies - whether it's an individual giving or receiving the service.

The new bill was perceived by many as a diversion tactic and a timid response to a fierce debate on the place of religion in the Quebec society.

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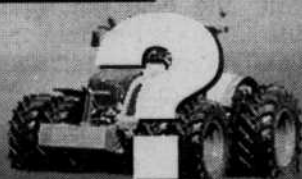
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EDITORIAL

The niqab, for example, means modesty, safety and order to fundamentalist Muslim women, whereas it is a symbol of oppression and thralldom to many women here, who remember first-hand the long and arduous road to their own legally entrenched equality.



A veiled truth

Mike McDevitt

There's been considerable discussion about values lately in our home and native land. 'Reasonable Accommodation,' tolerance, and freedom of speech have grabbed headlines lately and, interesting enough as they are on their own, these issues, and others, are mere particulars of a much larger one - and one we can ill afford to ignore. That issue concerns who we are as a people (or collection thereof), what we stand for and what political, social and moral values we, as a society, share.

Canadian society is part and parcel of what we refer to as Western Civilization - a social, cultural and political tradition with roots going back to the ancient Middle East and Classical Greece. It has been informed and directly influenced by the three great monotheistic religions that have embedded a strong moral tradition that continues to frame much of our moral discussion. On top of that, ideas of equality, individual freedom and democracy have come down to us through the Enlightenment and the Age of Reason that have elevated the status of the individual to the occasional detriment of the community. From these antecedents, a multitude of cultural variations have sprouted - each unique, but connected through common experience. Though western cultures differ, the common thread among them makes for a common vocabulary. While we may disagree, we are at least talking about the same things.

During the last few decades, however, increasing numbers of new Canadians are arriving from shores whose experience of our emergence differs significantly from our own. For us, the story of the west is one of progress, technology and equality, whereas for the non-western world, that emergence came with a very severe cost in the form of imperialism - political or economic - racism and subjugation. Needless to say, their historical perspective on western 'progress' is not quite as rosy as our own.

We are at a crossroads. The logical extension of our most modern social and political ideas demands that we remain an open and free society, in which all individuals have the right to determine for themselves their religious and political beliefs and customs, even though these might be in direct contradiction to our own. The niqab, for example, means modesty, safety and order to fundamentalist Muslim women, whereas it is a symbol of oppression and thralldom to many women here, who remember first-hand the long and arduous road to their own legally entrenched equality. It is not surprising that the reaction to demands for "accommodation" of such a symbol are being met with near-violent resistance.

Quebec has come under fire from many quarters for trying to establish - in legislation - some of the cornerstones of our common beliefs and the extent to which the state must accommodate those whose values differ. It will be a long road, but it's the right one to be on.

In the meantime, let us remember that the arguments we use to extend our 'tolerance' of other traditions, come themselves from western traditions, as do the biases we often use in condemning ourselves.

Canada is a multicultural society, which brings great blessings and some risks. With so many different value systems co-existing, we need to establish what ideals are most important to us, and be prepared to fight for them, because others are waiting to take their place and are not as reticent in making their demands.



Letters

Instead, we solve all our juvenile delinquent problems with more tolerance toward juveniles, public funding and social engineering

THANK YOU ANN!

Thank you, Ann, for making us aware that we have lost freedom of speech in Canada. Firebrand conservative commentator, Ann Coulter, has made quite a stir in her recent tour of three universities in Canada. Or, should I say two? Those who champion tolerance and politically correct speech managed to stop her from delivering a scheduled speech at the University of Ottawa on Tuesday, March 23rd, in a rather 'intolerant' display of public protest. Ms. Coulter knew before hand that she was headed for troubled waters when Ottawa academic vice president, Francois Houle, wrote in a letter that she should be aware that, in Canada, we use different guidelines to measure freedom of speech than in her land of the Brave and the Free. Conservative Ann lost no time in asking the cardinal question: by whose standard—the politically-correct standards of the left-leaning intelligentsia, or the firebrand conservatism she openly espouses? We can learn a lot from this lady. She shows us how we can effectively turn the tables on those who use political correctness to achieve their ends; those intolerant bullies who are willing to go to any lengths to make opponents, with whom they disagree, cower in their conservative corner like naughty school children. Oops! I forgot! We don't do that anymore. Discipline is not politically correct. Instead, we solve all our juvenile delinquent problems with more tolerance toward juveniles, public funding and social engineering. Ann would disagree; she calls a spade a spade in respect to gay rights, abortion, terrorism, liberal do-gooders and all those who, in her opinion, deserve her derisive, sharp tongue. Instead of engaging her in a free

debate, the U of O students used intimidation to deprive others of the opportunity to hear what she had to say. They were led by Mike Francie, an international student, who expressed delight to be able to stop Ann Coulter from speaking. In London, Ann suggested to a Muslim student that if she did not have a magic carpet for transportation, she could take a camel. Perhaps there is room on the camel for Mike Francie, too. It will be interesting to learn how the Human Rights Commission will deal with Ann Coulter's complaint that she was made the target of hate for her conservative points of view. CHP Canada welcomes Ann Coulter to Canada to bring a brand of conservatism that we hear little about from our mainline news sources. No one has yet charged her with inciting hate by targeting individuals or groups. Pointing out that radical Islam is a threat to the West is a truth we need to hear. That most certainly does not fall under the "promotion of hatred toward any identifiable group, which could lead to criminal charges" as Francois Houle wrote in his letter to Ann. Protesting her tour, in itself a cherished freedom, to a level where she is no longer permitted the freedom to speak, is in my opinion, organized hatred against a spokesperson of an identifiable group: Christian, female and conservative. Let's hope that our "bush league" attitude toward freedom of speech and expression remains restricted to the Ottawa University and does not spread to the whole of Canada. I remain optimistic that she will receive a more respectful welcome in Calgary tonight.

ED VANWOUDENBERG
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NATIONAL NEWS

"We'd love to have Canada stay in this fight with us. But again, you've got your own considerations and we respect that."

Harper firm in withdrawal from Afghanistan despite U.S. appeal



COURTESY CANADIAN FORCES

US Secretary of State Hillary Clinton says America isn't thrilled to be losing a major ally in Afghanistan but respects Canada's decision

By Juliet O'Neill
CANWEST NEWS SERVICE

Prime Minister Stephen Harper ruled out an extension of Canadian troops in Afghanistan past 2011 during a meeting Tuesday with U.S. Secretary of State Hillary Clinton.

"Prime Minister Harper took the opportunity to reiterate Canada's position on the fact that the military mission in Afghanistan is ending post 2011," Harper's spokesman Dimitri Soudas said.

Harper also told his American counterpart that Canada's role after the withdrawal is going to be "a civilian-based mission focused on aid and reconstruction."

Although Harper and top ministers have repeatedly asserted that Canada's 2,800 troops are all coming home between July and December 2011, Clinton made clear in two television interviews that the Americans would like Canada to stay.

"It's up to Canada to decide how you deploy your forces," Clinton said in a CBC interview scheduled to be aired Tuesday evening.

"But I'm not going to sit here and tell you we're happy about it because... that wouldn't be telling you the truth. We'd love to have Canada stay in this fight with us. But again, you know, you've got your own considerations and we respect that."

Earlier, in an interview broadcast on CTV, Clinton said "we would obviously like to see some form of support con-

tinue because the Canadian Forces have a great reputation; they work really well with our American troops and the other members of our coalition."

After the meeting with Clinton, in which the two also discussed Iran and nuclear non-proliferation, Harper urged G8 foreign ministers gathered near Ottawa in Gatineau, Que., to "continue to provide support" to Afghanistan.

Harper also called for "stronger co-ordinated action, including sanctions if necessary, on the Iranian regime" to prevent what he said could be a nuclear catastrophe.

Harper, who is hosting the leaders of the Group of Eight industrialized countries in late June, addressed the opening of a half-day gathering of foreign ministers from the U.S., U.K., France, Italy, Germany, Russia and Japan.

"All of us have invested heavily, and at considerable cost in lives, in helping Afghanistan to build a peaceful and stable state that will never again be a haven for terrorists," Harper said.

The Afghan government must "continue to assume greater responsibility for its own security," he added, while providing basic services and good governance.

"We, at this table, must continue to provide support, while ensuring the Afghan government lives up to its commitments," he said.

The foreign ministers meeting is to help pave the ground for the G8 leaders' summit Harper is hosting in Muskoka region of Ontario in late June.

Harper said the security and devel-

opment concerns must be addressed "with equal vigour."

He also congratulated Russia and the United States for their nuclear arms reduction agreement last week.

"This should give us all hope that the future need not be an inevitable descent towards darkness," he said.

He singled out Iran and North Korea as posing serious threats to global security and said both countries "use violence and intimidation to deprive their own citizens of fundamental rights."

In urging "a heightened focus, and stronger co-ordinated action, including sanctions if necessary, on the Iranian regime," Harper said Tehran must halt its nuclear activities and engage in peaceful dialogue.

"There is much at stake," he said. "If nuclear proliferation leads to the use of nuclear weapons, whether by states or non-state actors, then no matter where the bombs are set off, the catastrophe will be felt around the world."

Harper also highlighted global efforts to help rebuild Haiti, much of which was destroyed in a massive earthquake a couple of months ago.

Harper also mentioned his "hugely important" initiative to mobilize resources from G8 countries for maternal and child health care in the developing world.

Officials say that initiative is not on the foreign ministers agenda but will be addressed at a meeting of G8 development ministers hosted by International Co-operation Minister Bev Oda in Halifax next month.

Canadian mortgage rates on the rise



By Tim Shufelt
FINANCIAL POST

Mortgage rates are on the upswing in Canada, signalling an end to historically low rates and an indication that the country's housing market is finally poised to cool off.

Royal Bank, TD Canada Trust and Laurentian Bank announced Monday they are raising rates they charge on certain fixed mortgages, including the benchmark five-year mortgage, which will jump 60 basis points to 5.85 per cent effective Tuesday.

"This is actually a fairly large increase reflecting what's happening in the bond market lately," said Benjamin Tal, senior economist with CIBC World Markets.

Anticipation over the Bank of Canada raising its overnight lending rate, possibly ahead of schedule, is pushing up bond yields, Tal said. And rising yields puts pressure on fixed-rate mortgages.

While rising mortgage rates are certain to price some prospective buyers out of the market, the trend is required to prevent a housing bubble, Tal said.

The market has been red-hot for years and even remained robust throughout the recession.

Before the banks hiked rates, mortgage interest payments as a share of income were around the same proportion as four years ago, when rates were much higher, he said.

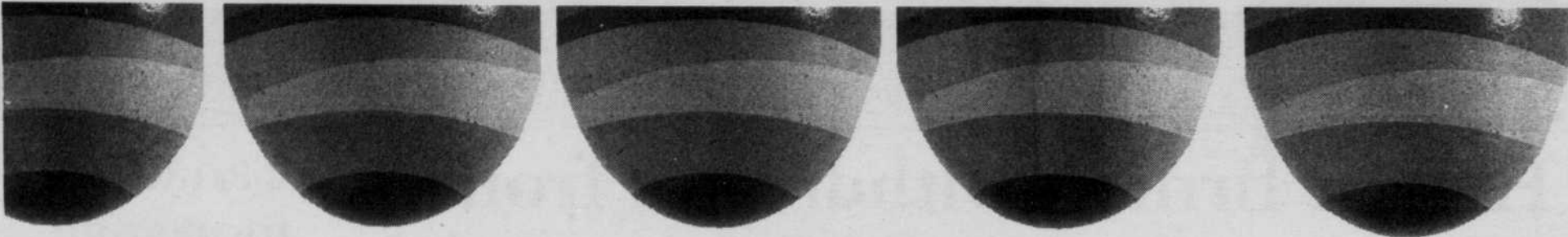
"That reflects the fact that we took so much mortgage, which shows the starting point is not great in terms of affordability. That's why we'll see the bank being very effective in its ability to slow down the market. And that's a good thing."

Higher residential rates should lead to a gradual softening of the real estate market through 2011, Tal explained.

"The highs will not be so high and the lows will not be so low."

The banks also hiked four-year term closed mortgage rates by 40 basis points to 5.34 per cent.

Royal and Laurentian's three-year products rose by 20 basis points to 4.35 per cent, while the equivalent at TD Canada Trust gained 40 basis points to 4.70 per cent.



He has risen

A baptism story from the Bottom Baptist Church

By Steven Black

South Petunia Bottom Baptist Church, in County Plungerstop, was filled with the happy buzz of anticipation. For the first time in many years there was going to be a service of Believer's Baptism on Easter Sunday. Customarily the Easter service was well attended, but on this occasion there was a spillover crowd. Aside from the faithful and the seasonal Christians, the pews were filled by curious neighbours who had come to witness big Angus McMann's baptism.

The talk at the Happy Stallion Pub had been growing for weeks ever since Angus got saved. Spectators would have come for the show anyway, but Angus was going about the village inviting everyone to come and hear his testimony. He'd grasp their fingers in his giant hand and hold them firmly. Few would consider staying away after feeling his serious grip and seeing his beaming, ruddy face.

Careful preparation was made for the special day. Lead fishing weights had to be sewn into the hems of the white Junior Choir gowns by the women of the SPBBC Womenfolk's Quadrangle under the pious supervision of Widow Bartlett. This was to prevent their floating up and revealing bare legs as the baptism candidates entered the baptistry. Pastor Eddie Thumper tried on the sacramental hip waders that hung in a closet under the church stairwell. These would permit him to make a quick change after the service to greet people as they left the sanctuary. Old deacon William Sternson was in charge of the baptistry. Since it was installed under the main platform, the pulpit and pastor's chair had to be moved away, the carpet was unfastened and rolled back, and the cover planks were removed and stacked in the back hall. The baptistry had to be hoovered out because of a generation's accumulation of dead bugs. Taps were turned on and soon the large tank began to fill. Two more valves and the water began to cycle through the hot water tank. This never failed to draw

the admiring nods of the men who were privileged to watch Mr. Sternson operate his invention. It was commonly held that his was the best idea in town second only to the multi-tap down at the Stallion. The water would heat to a steamy 110 degrees F much to the relief of those being baptized. These happy, modern times were so much better than when the ancestral Baptists would use the River Icewhiddle.

As the service started the doors were propped ajar and the windows were wide open to moderate the humidity that thickened the air. Between the breathing of the unusually large congregation and the water that had been evaporating over the previous two days it was an atmosphere to cheer the grumpiest orchid. Along the front pew sat the baptism candidates in the junior choir gowns that best fit them, bare legs and stockings poking out. Big Angus McMann didn't seem the least embarrassed that his forearms swelled from the sleeves of the largest white choir gown available or that it barely came past his knees. After the first hymn and a rousing anthem by the choir featuring a solo by soprano, Mrs. Edith Strainsthorpe, Pastor Thumper preached a stirring sermon about how believer's baptism is a picture of the Gospel. "It reminds us of when Jesus died and was buried, but was raised from the grave to clean us from our sin," he shouted. And he issued a warm invitation to everyone to put their trust in Him.

The baptism was accompanied by a hymn sung by the congregation. The first verse was sung as Pastor Thumper entered the water.

"Just as I am, without one plea, But that Thy blood was shed for me,

And that Thou bid'st me come to Thee, O Lamb of God I come, I come!"

Young Gareth Wigglesworth was the first candidate.

The Pastor asked, "Do you believe that Jesus died for your sins and rose again for your salvation?"

"Yes," Gareth mumbled.

"Have you received Him as your own Saviour and do you commit yourself to

following Him for the rest of your life with His help?"

"Yes," a little louder.

Taking his position Pastor Thumper said, "Upon your profession of faith and in obedience to our Lord's command I now baptize you in the name of the Father and of the Son and of the Holy Spirit. Amen."

As the young Wigglesworth was lowered backwards into the water he nervously bent his head forward trying to keep his freckled face dry. "This will never do," thought the pastor. "He has to get all wet." So he pushed the boy deeper until every last hair was submerged. At this moment Pastor Thumper realized that his left boot was slowly filling up with water. "Better make this quick," he calculated. Up Master Wigglesworth came from the depths with a big grin. Flashing a "two thumbs up" at his brother, Andrew Jr. he climbed out of the baptistry in soporific gown and warm applause while the congregation sang:

"Just as I am, and waiting not to rid my soul of one dark blot,

To Thee whose blood can cleanse each spot, O Lamb of God I come, I come!"

Sincerity Wellsprung was the prettiest young woman in the County. She too professed her faith in Jesus and her commitment to follow him. Glistening ponytail floated up as she was baptized and the pastor considered the warm water risen past his ankle and wicking up his left trouser leg. Sincerity swept her hair back from her face and rose from the water. No one knew where to look when the white robe no longer assured modesty and everyone knew Sincerity was wearing a striking fuchsia bikini underneath. They didn't know if it was appropriate to clap so everyone held their hymn books over their eyes and sang:

"Just as I am, though tossed about with many a conflict, many a doubt,

Fightings and fears within, without, O Lamb of God, I come, I come!"

Finally big Angus entered the tank. The water level rose noticeably as Pastor Thumper readied his position with

feet firmly planted.

The Pastor asked, "Do you believe that Jesus died for your sins and rose again for your salvation?"

"Aye!" Angus affirmed.

"Have you received Him as your own Saviour and do you commit yourself to following Him for the rest of your life with His help?"

"Aye Laddie!! That I will!" he burred.

"Upon your profession of faith and in obedience to our Lord's command I now baptize you in the name of the Father and of the Son and of the Holy Spirit. Amen." Angus leaned back and the Pastor braced himself. The big man's bulk sunk into the water a little too quickly and the sudden displacement of water raced outward spilling over the edge of the baptistry. The pastor stooped to heave Angus up and water tumbled over the tops of the hip waders making the deluge complete. Angus came up from the watery grave spraying water from his mouth sending some over the sheltering choir as he shouted, "Praise the Lord. Thank you Jesus!!"

And everyone clapped and dabbed the water from their eyes as they sang:

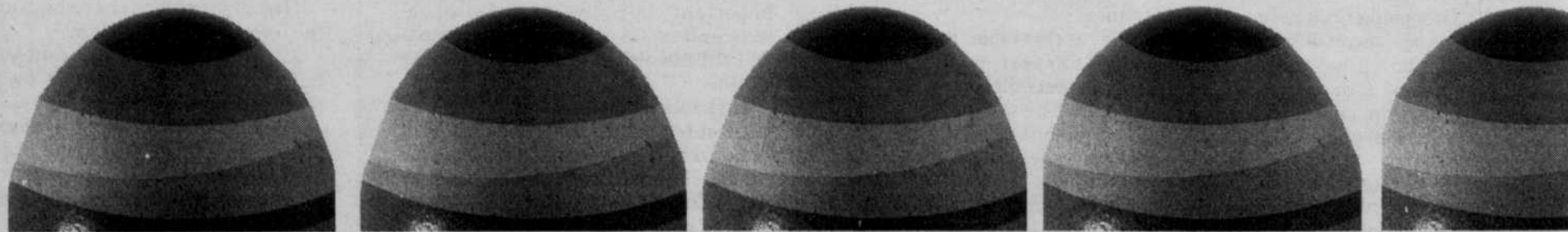
"Just as I am, Thou wilt receive, wilt welcome, pardon, cleanse, relieve;

Because Thou promised I believe, O Lamb of God, I come, I come!"

Almost everybody thought it was the finest service they had ever attended. A few thought it wasn't very dignified but most observed that the Cross wasn't dignified either. And long after the noon hour the congregation mingled around to congratulate the baptized.

Pastor Thumper couldn't move because of the weight of the water in the waders so he smiled and greeted people from the baptistry as if everything was normal. Only after everyone had left except for Deacon Sternson, did Pastor Thumper climb out of the hip waders leaving them behind. He walked home a little damp but content because it was the best Easter service in recent memory.

"He is risen! He is risen indeed!" He said to himself. And he smiled.



LOCAL SPORTS

"It's a great honour but I believe that such awards are a result of what players do on the court...I very proud of what the team accomplished this year."

Richmond Excels At BCS Tournament

By: Ashley Schroeders



Richmond's Bantam Boys: (Left-Right) Back: Coach Don Paterson, Jeremy Cote, Colt Mastine, Tristan Paterson, Simon Blom, Justin Lockwood, Grant Cusson, Ryan Bushey Front: Dylan Mastine, Jovick Roy, Andrew Boerson and Samuel Michaud.

January 15, 2010, Richmond Regional High School's Bantam boys and girls teams headed to BCS for the annual basketball tournament. Both teams gave a great effort and played their hardest to go for the gold. The girls played first against St. George, and ended the game with a 15-14 win! After going into a one-minute overtime, a foul shot was made, just in time to win the game. The girls continued to do well during their second game, even though they came up a few points short of their win against Salésien. The girls all showed a love for the game, and also showed off their tight passing skills and amazing rebounds under the net. Coach Angie Mastine and Assistant coaches Ivanoé Beaudoin-Jutras and Alexandre Gagné were sure to encourage the girls, and show leadership throughout the game.

The boys were next against Salésien and made a 21-18 victory! Coached by proud parent Don Paterson, the boys showed that they also have great basketball skills, and even greater love for the thrill of competition. They made amazing blocks and cheered each other on from the sidelines. It was an amazing game full of energy and a few nail biting moments that were tough to watch, waiting for the final result. The last basket was made in approximately fifteen seconds, followed by many cheers and sheer happiness from all members of the team. There was even a moment that showed the true dedication put into the sport when Tristan Paterson had an accident. He had blood pouring from his lip, but let it flow without so much as a glance at the bench!

The tournament continued on Saturday January 16th at Galt and BCS, where the girls and boys had fun and polished their skills while showing great attempts to win.

CONT'D ON PAGE 10

Lennoxville duo find success south of the border

By Mike Hickey
SPECIAL TO THE RECORD

The long basketball season is over for a pair of local coaches now playing their trade south of the border, both of whom can look back at the 2009-10 season with satisfaction.

Colby College women's basketball head coach and Lennoxville native Lori Gear McBride's season came to a dramatic end two weeks ago where her Mules were defeated in double overtime by Babson College. Despite the loss, McBride was selected as the Maine State Coach of the Year as part of the Maine Women's Basketball Coaches Association (MWBCA) All-State Team.

Gear McBride, in her fifth year at Colby, led the Mules to a program record 24 victories this season as Colby had its best season in school history with a 24-5 record. The Mules made the NCAA Division III Tournament for the first time and got to the second round before falling in double overtime to Babson College this past Saturday. Gear McBride, who won a national championship as a player at the University of North Carolina, also led Colby to its first-ever appearance in the New England Small College Athletic Conference (NESCAC) title game.

"It's a great honour but I believe that such awards are a result of what players do on the court," Gear-McBride said in a recent interview. "I very proud of what the team accomplished this year."

While Gear-McBride is making news on the Division III level, another former Alexander Galt student-athlete and Lennoxville native, Jen MacAuley, helped the University of Vermont to its finest season in Division I play.

A former standout player at UVM MacAuley returned to her alma mater two years ago as an assistant coach and was on the bench two weeks ago when the Catamounts made school history by advancing to the second round of the NCAA tournament by upsetting the University of Wisconsin. Not only did Vermont earn their first NCAA Tournament win in the program's history in their sixth appearance, they also picked up its first-ever win over a Big Ten school, adding the victory to its resume of wins over ACC (NC State, Boston College) and Big East (Providence) teams during the 2009-10 campaign. UVM's dream season came to an end two days after the Wisconsin game when the Catamounts fell to the nationally ranked Notre Dame Irish 84-66 in a game that was closer than the final score would indicate. Vermont jumped out to a 10-point advantage midway through the first half but the Irish responded with a 27-7 run and held a nine-point halftime lead. Vermont closed the gap to eight points, 55-47, at the 14:48 mark of the second half, but that would be as close as UVM would get as the home team Irish dominated the last ten minutes of the game.

"It was a great season and we played well against Notre Dame, they are just so good particularly on their home court," MacAuley said in a phone interview last week. "I am really enjoying coaching at UVM."

MacAuley returned to Vermont for the 2008-09 campaign after three years at Carleton University in Ottawa, and two seasons as a graduate assistant on the women's basketball staff at the University of New Hampshire.

Each member of the Vermont staff has recruiting responsibilities and MacAuley concentrates on Canadian CEGEP and high school prospects, an area that has been very good to the Catamount programme over the years. This past year the Vermont roster included six Canadians although two are graduating this year. A look at the Catamount record books show that Canadians hold the school's record in five of the top seven individual statistical categories and MacAuley is responsible for keeping the pipeline to Canada active.

A 2002 graduate of Vermont, MacAuley won two America East Regular Season titles and went to both the NCAA and



COURTESY COLBY COLLEGE

McBride's leadership at Colby earned her Maine's Coach of the Year

WNIT Postseason Tournaments during her playing career. She served as a co-captain as a junior in 2000-01 and finished her career ranked among the UVM's all-time leaders in three-pointers and assists.

In the classroom, MacAuley, a business administration major, was a Dean's List student and earned a spot on the America East Academic Honor Roll all four years. She earned her master's degree in sports studies from New Hampshire in

Career

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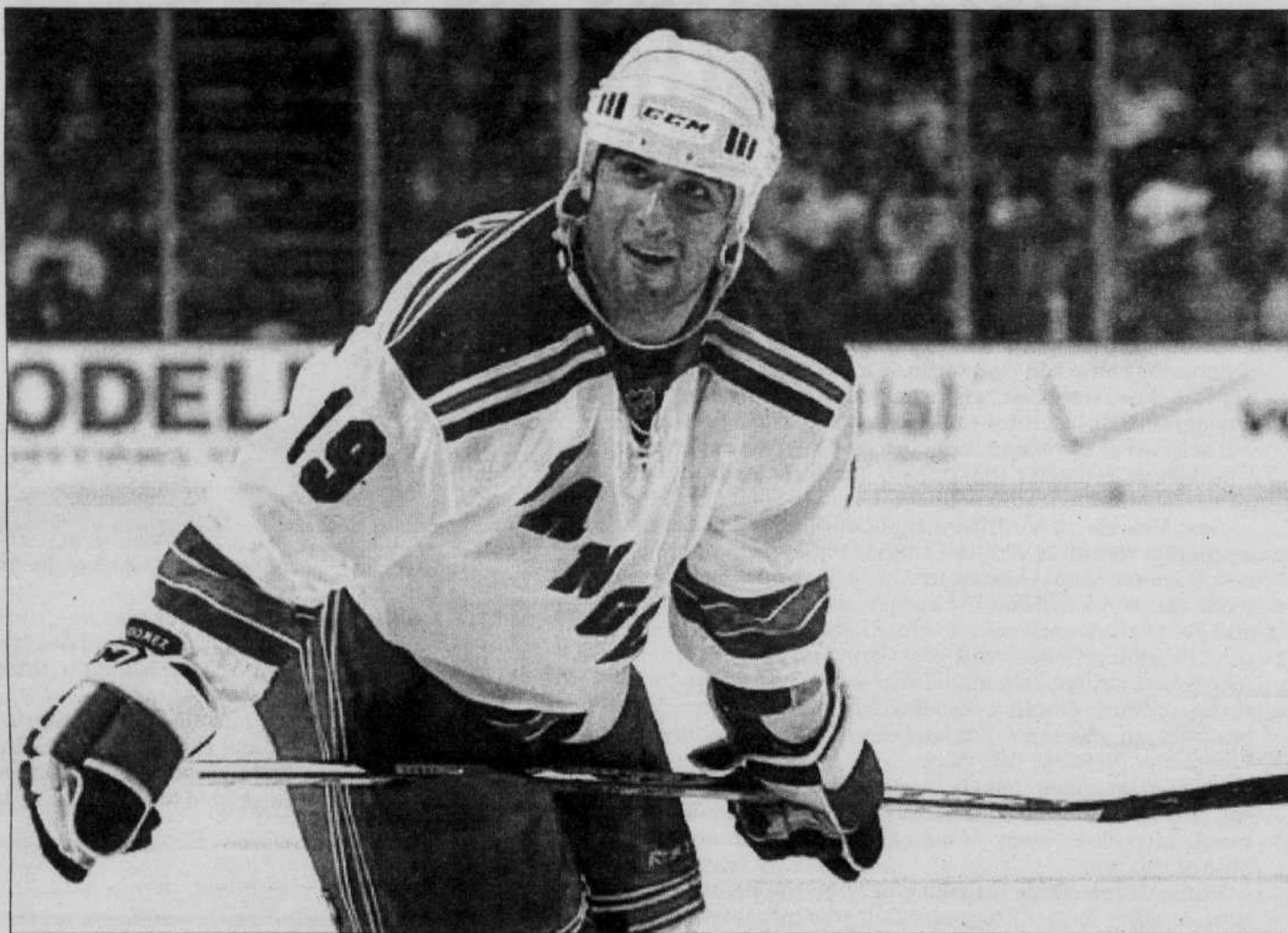
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The Habs Report

In Defense of Scott Gomez



COURTESY FACEOFF.COM

With a \$8M a year price tag attached, many Canadiens fans thought Scott Gomez was overpaid, but is he the right fit for the Habs?

By Zachary-Cy Vanasse

Is Scott Gomez's \$8-million a year contract a tad steep? Obviously, but that doesn't mean the centre isn't highly valuable to the Canadiens even if his contract takes up a disproportionate percentage of the Habs' salary cap. Unfortunately Gomez's contract makes it difficult for people to see anything beyond the dollar signs, all eight-million of them, and that's too bad because, the fiscal situation aside, Gomez is extremely valuable to the Canadiens.

All you need to do is ask the players who have played alongside him this season to understand that. It's safe to assume that had Brian Gionta not missed six weeks of action, he'd be flirting with 35-goals right now; he currently has 25, and Gomez has a lot to do with that. With just one more goal this season, Gionta will have the second-highest season total of his career, second only to 05-06 in which he scored 48 when he played alongside one Scott Gomez in New Jersey. The two simply have a chemistry together that happens sometimes with players and they make one another more valuable.

Then again you could also just ask Benoit Pouliot what he thinks of playing alongside Gomez. Pouliot had been a rather highly touted prospect for the Minnesota Wild but he fell extremely short of those expectations, scoring just nine goals in three seasons with the Wild. Things have changed drastically for Pouliot since arriving in Montreal and joining Gomez and Gionta as the

Habs' first or second line, depending on who you ask. Pouliot has scored 15-goals and has looked like a completely different player in his time with the Habs and there's no denying that Gomez's ability to simply make plays has a lot to do with that.

People are quick to criticize the fact that Gomez has just 12 goals this season but it need also be pointed out that he has 43 assists, which puts him among the league's top twenty assists men.

Now, none of that validates Gomez's contract as those kinds of dollars should mean that Gomez contributes on par with the league's most elite, but when you really start looking at everything No. 91 does, you start to realize that he may not be as overpaid as his critics claim. While people love to point at tangibles when either defending or disqualifying a player's worthiness in terms of their payday, sometimes what a player does beyond the numbers on a score sheet need to be taken into consideration as well.

For one thing, Gomez is a leader in the purest sense of the word. He'll likely never flirt with another 33-goal season like he had with the Devils in 05-06, the one that eventually earned him his monster contract with the Rangers, but that doesn't mean he doesn't bring a lot to the club, especially in the locker room.

Gomez is a passionate player who never seems to take a shift off and he is a great influence on younger players. You also need to factor in Gomez's ability to play in Montreal, a challenge that not every player in league is up for. His

constant smile and positive demeanor are never shaken by the city's oft-times cutting criticisms of the team and its individual players. It can be very easy to get down on yourself or the team in Montreal but Gomez seems immune to the pressures that have caused others to fall apart. He's also a proven winner with two Stanley Cups on his resume and an ability to produce when it matters is just another one of those intangible qualities the Anchorage native brings to the Canadiens.

So what else did Gomez bring to Montreal this year? Mike Cammalleri and Brian Gionta. It's hard to imagine Cammalleri signing with Montreal if Gomez, a proven play-making centre, wasn't already a part of the Canadiens landscape at the time. It's even harder to imagine Brian Gionta putting his name on a Montreal contract if Gomez wasn't in the picture.

Gomez is the type of player other players want to play with. They know he can make them better and they know he's never going to lean on them too much for his own numbers. He is the consummate teammate, something that can be very undervalued in a league filled with me-first players.

Will he ever be worth his contract, which actually becomes far more reasonable after next season? Never. Gomez took advantage of a general manager who threw cash in order to get his maximum payday just like anyone else would. That being said, his naysayers need to understand that he may not be nearly as overpaid as it first appears.

Richmond Ball



Richmond's Junior Girls: (Left-Right) Back: Noemia Keenan-Crepeau, Emily Vidal, Krystal Coddington, Catherine Laberge, Jane Millar, Jennifer Wilkins, Sophie Vaillancourt, Ashley Schroeders, Alexandra Gillim and Courtney Grainger.

CONT'D FROM PAGE 9

January 22nd marked the beginning of the junior team tournaments. The junior girls were coached by Stewart Grainger and worked very hard with tremendous amounts of effort shown throughout the whole weekend. After coming up a few points short in two different games, the girls decided it was more important to have fun and enjoy themselves at the third and final game, bright and early the following Saturday morning. Looks of determination were visible on each player's face, and all had a great time bonding with their team, and learning new things about each other, and their favorite sport.

January 22 also marked the junior boys tournament at the same school where they also worked hard and had fun playing thrilling nail-biting games. Coach Mr. Paradis could not make it to the tournament, but substitute coach and fellow teacher Mr. O'Toole, at Richmond Regional High School, stepped up and coached the team throughout the weekend's activities.

The following weekend of January 29th showed the third and final round of Basketball tournaments at BCS. Richmond's senior boys headed to BCS Friday afternoon with a makeshift team coached by Shane Kydd. They, like the other teams, started out rough with a loss, but in the end pulled together and worked like a true team, which led them to an overall win. 'Makeshift' is just the beginning of the term for this dedicated team. When the chance arose for the senior's to play some basketball anyone interested attended three practices and each game was like a practice to them as well, with improvements made all the way to the finish!

The all stars from each team are as follows: Bantam girls: Laura Bourbeau. Junior Girls: Sophie Vaillancourt. Bantam Boys: Grant Cusson. Senior Boys: Michael Paterson

A special thank-you from all players and their coaches to the BCS athletics department for organizing the tournament, as well as a very big thank you to the school's cafeteria staff who fed all of the hungry teens for three weeks straight! A last thank you is extended to all coaches for their hard work and dedication as well as to the parents who drove their kids to the games and showed their support throughout the tournament!

DR. GOTT



Rectocele may need treatment

By Peter H. Gott, M.D.

DEAR DR. GOTT: I am a 73-year-old female. I have always been active, have three children (all born naturally), and had a total hysterectomy at age 45 because of a fibroid tumor. I thought that as long as my osteoarthritis didn't bother me too much, I could do just about anything. Boy was I wrong!

I developed a condition known as a rectocele after doing some heavy pruning. I could live with the condition, except that the burning is bothersome. What are my options? Can I continue to be active? How effective is surgical repair?

DEAR READER: Rectoceles occur when the wall of tissue (fascia) that separates the vagina and the rectum weakens, allowing a part of the rectal wall to bulge into the vagina. The condition typically develops after menopause when estrogen levels decrease, further weakening pelvic tissues.

Small rectoceles do not usually cause symptoms and may go unnoticed until diagnosed during routine gynecological examinations. Larger ones may cause difficulty when having or controlling a bowel movement; could cause a soft bulge of tissue that may protrude from the vaginal opening; a sensation of rectal pressure, fullness or of not having completely emptied the rectum following a bowel movement; and the need to press on the bulge of tissue to help push stool out during evacuation.

In many cases, this may be accompanied by other conditions such as cystocele (bladder pushed into the vagina), enterocele (small intestine pushed into the vagina) or uterine prolapse (uterus pushed into the vagina).

Rectoceles are usually the result of childbirth or other activities that put

pressure on the fascia. These can include repeated heavy lifting, chronic constipation or straining, being overweight, or having chronic bronchitis or cough. There are also several risk factors that may predispose a person to developing this condition, such as having a hysterectomy, vaginally delivering more than one child, age, and being born with weaker-than-normal pelvic connective tissue.

Treatment is not necessary unless the rectocele causes discomfort or pain or is bothersome. If the bulge of rectal tissue extends through the vaginal opening or causes pain, bleeding, chronic constipation or difficulty emptying the bowel, a physician should be consulted.

Treatment typically begins with simple self-care methods such as Kegel exercises, avoiding heavy lifting, losing weight, increasing fiber and fluid intakes to prevent constipation, and treating chronic coughs. If these measures fail to provide adequate results, a physician may recommend having a pessary inserted, a device that supports the bulging tissues. There are several varieties of pessaries that can be broken down into two major categories — those the user removes to clean or those that must be periodically removed and cleaned by a physician. Because of the hassle they present, pessaries are not a popular choice.

The other option is surgery, recommended only for those women with a protruding rectocele, severe symptoms or accompanying conditions. The primary goal of surgery is to repair the deformity by reinforcing the connective tissue with sutures or a mesh patch (similar to those used for hernia repair).

I urge you to speak with your gynecologist regarding available options and which one he or she recommends for your particular case.

To provide related information, I am sending you a copy of my Health Report "Vaginal Infections and Disorders." Other readers who would like a copy should send a self-addressed stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Dr. Peter Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook."

Death



ANDERSON Helen Beatrice May (nee Friend) - Suddenly at the Hôtel Dieu Hospital, Sherbrooke, QC on Sunday March 28, 2010. Helen Beatrice May Friend beloved wife of the late James William Anderson in her 83rd year. Dear mother of Sandra (Jim), Douglas (Nancy), Shelley (Mike) and Kathy (David). She is survived by her sisters Barbara (Maurice), Hazel (Earl) and Audrey (Alan). She was the dear grandmother of Nicholas, Ryan, Jordan, Brittany, Jason and Courtney and the great grandmother of Payden. Resting at the Cass Funeral Home, 3006 College St. Sherbrooke (Lennoxville) (819) 564-1750 / www.casshomes.ca where friends may call on Wednesday March 31, 2010 from 2 to 4 and 7 to 9 pm and on Thursday, April 1, 2010 from 1 to 2 pm followed by the funeral service at 2 pm. Rev. James Potter officiating. Interment in the Malvern Cemetery. A memorial tributes, donations to the charity of your choice will be gratefully acknowledged by the family. Helen's family would like to thank the staff on 3rd floor Intensive Care Hotel Dieu for their thoughtful and compassionate care of their mom.

In Memoriam

ROTHNEY - In memory of Russell Rothney, a dear husband, father, grandfather and great-grandfather, who passed away March 31, 2003.

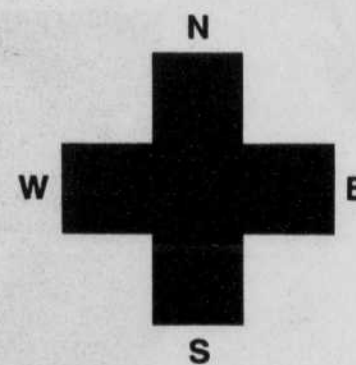
*Memories are like leaves of gold,
They never tarnish or grow old;
Locked in our hearts you will always be,
Loved and remembered for all eternity.*

Lovingly remembered by
ARLENE (wife)
AND FAMILY

Deaths

CARR, Robert - Suddenly passed away at the Hôtel Dieu Hospital, Sherbrooke, QC on Monday, March 29, 2010 at the age of 89 years. Robert Mervin Carr beloved husband of the late Doris Cairns and dear father of Jackie, Wendell (Joan) and the late Carolyn Dufour. Robert was the cherished grandfather of four grandchildren and five great-grandchildren. Resting at the Cass Funeral Home, 3006 College St. Sherbrooke (Lennoxville) (819) 564-1750 / www.casshomes.ca where friends may call on Thursday, April 1, 2010 from 7 to 9 p.m. and on Friday, April 2, 2010 from 1:30 to 2:30 p.m. followed by the funeral service at 2:30 p.m. Rev. James Potter officiating. Interment in the Massawippi Cemetery. As memorial tributes, donations to the Alzheimers Society, 375 Argyll St. Norton. Office 0725 Sherbrooke, QC, J1J 3H5 would be appreciated by their family.

WOOTTON, Jean Ligny (nee Scrimger) - On March 22, 2010, aged 90 years, peacefully in Shawville, Quebec. Daughter of Dr. F.A.C. Scrimger, VC, and Ellen Carpenter. Beloved mother of Catherine, John, and Penny. Grandmother of Jennifer Hill (Danforth), Ian Danforth, Timothy Wootton, Jesse Wootton, and Quinn Honeyman-Wootton, and great-grandmother of Miriam Hill. Widow of Tom Alexis Wootton (died 1987). Sister of Elizabeth Fraser (died 2007), Charlotte Corbett-Thompson, and Alec Scrimger (died 1945). A Memorial Service will take place on May 1, 2010, at 11:00 a.m. at St. Paul's Anglican Church, 24 St. Paul Road, Knowlton (Lac Brome), QC, J0E 1V0. Donations in her memory can be made to the Pettes Memorial Library, 276 chemin Knowlton, Knowlton (Lac Brome), QC, J0E 1V0. Arrangements entrusted to W.J. Hayes & Sons Ltd. 819-647-2221



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Fig. 16

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RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

He doesn't seem to be the best person for you

Dear Annie: I am an 80-year-"young" gay male and have been swept off my feet by a 55-year-old gay man. I went into this as a fling, but it soon became serious. I know several male couples who have a similar age difference, and the relationships have worked out very well.

I was previously in a relationship that lasted more than 50 years and have been single since my partner passed away five years ago. The problem is, I have really fallen for this younger guy. He asked me to marry him twice, but each time I told him we'd have to talk it out. He agreed, but we didn't actually get around to it. Two weeks went by, and then he called to say it was over and that was it — nothing.

I have left messages on his answering machine, but have received no return calls. I still have strong feelings for him and don't know what to do. Should I close the book on this and move on, or do I keep trying to see if it might take off? — N.Y.

Dear N.Y.: Either he isn't interested in you any longer, or he is too tempera-

mental to wait two weeks. His way of handling your relationship strikes us as manipulative and immature. We know you're smitten with him, but he doesn't seem to be the best person for you. Please try to move on.

Dear Annie: I've been best friends with "Sarah" since high school. We stayed close as we grew up, married and had kids.

Sarah moved to another state 15 years ago. The problem is, she seldom calls. I hear from her twice a year if I'm lucky. In response, I phone her only four or five times a year, so I don't overload her. She rarely returns my calls, although if I sound distressed and tell her I need her, she will call back immediately.

Every Christmas and birthday, we exchange gifts. I send a prompt thank-you note or phone her. Sarah rarely lets me know my gifts were received. She has a lot of family here and comes to town every couple of years. She gives me little to no warning, yet I drop everything to

Annie's Mailbox

meet with her. I have told her how I feel about the way she treats me. She says she never wants to hurt me and will try to do better, but nothing has changed.

Sarah attended my son's wedding, and I realize this took time and money. It meant the world to me. I have plenty of friends in this area, but none touches my heart as Sarah does. Do I simply accept her the way she is and be content with the small amount of interaction we have, or should I assume our friendship doesn't mean that much to her? — Don't Want To Lose a Special Friend

Dear Don't: After 15 years of living in different states, it is inevitable that the bonds of friendship would loosen a bit. We are certain Sarah still cares about you, but you have placed the friendship much higher on your list of priorities than she has. If you want to continue to count her as a friend, we think you should accept her as she is and value the time you do get to spend together without expecting too much more.

Dear Annie: I read the letter from "Waiting in California," the 26-year-old male virgin who made an eloquent case for his conviction to wait to have sex.

I waited until college, at which point I weakened. I felt so much pressure to not be a virgin that I got high and had sex with one person after another. I contracted STDs, terminated a pregnancy and set myself up for a lifetime of regret and shame.

I wish I had valued myself enough to wait and not succumb to the pressures I perceived around me. Empty sex is the loneliest self-inflicted pain you can imagine. — Regrets for Life in Simi Valley, Calif.

Dear Regrets: Please know your letter will help others understand that they don't have to give in to such pressures. We hope you can forgive yourself.

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

Danville UCW whist party

The Danville UCW were very happy to host sixteen tables of whist players on March 18. The play started after a welcome by Dorothy Evans. The winners, with a total of 31 flags, turned out to be Jocelyne Redburn, Raymond Fortier, Patsy Biggs and Amber Redburn-Bean. Runners-up, with a total of 27 flags, were Donna Ham, Bob Dunn, Peter and Carol Boisvert. The table with the least number of flags consisted of

Dorothy and Ronald Y., D. Evans and Rachel and Harold Willey. Winners of the door prizes were Helen Healy, Sue Coburn, Fran Dewar, Blanche Mastine, Marjorie Lancaster, Ethel Mastine, Willy Leblond, Colleen Fraser, Pierrette Fortier, Ghislaine Redburn, Peter Boisvert, Helen Knowles, Amber Redburn-Bean, Ronald Evans, Carol Boisvert, Joan Brotzman, Doris Weare, Harold Willey, George Horan, Noel

Gregoire, Micheline Handfeld, Judy Saffin, Norma Morin, Tony Weare, Freda Coote, Ruth Blanchette, Patsy Biggs, Elizabeth Mastine, Eleanor Besmargian, Clara Boisvert, Raymond Fortier, Helen Gallup, Nicole Harding, Donna Ham, Marion MacAllister, Raymond Lancaster, Jaques Dubois, Grace Taylor, Muriel Webb, Hugh Lancaster and Dot Gunter. The lucky winner of the grocery was Melodie Pariseau.

Many thanks go to all who helped in any way to make the evening a success.

The next whist party will be held on April 15 and will be sponsored by the Oddfellows, as well as the UCW and will feature a special graving. We hope to see you all then.

Eleanor Besmargian

80th Birthday Celebration for Frances (Mastine) Dewar



In the main living room
at the Wales Home
506 Route 243 North
Richmond, QC J0B 2H0
(819) 826-3266

Saturday, April 3, 2010 from 2-4 p.m.

Best wishes only.

Mansonville Golden Age Club news

March 9, 2010 - We had dinner at the Riley House on March 9. Our choice of soup or juice was followed

by home-baked beans with maple syrup flavouring and hot dogs. A variety of dessert was offered along with tea and coffee. We missed you Aggie, but Una and helpers did a good job for us.

We were sorry to hear that Aggie's husband, Kevin Heath was in La Providence Hospital. At the time of writing this news he is now at home. Our members wish him well and hope that he soon will be much better.

I won today's half and half game.

Everyone got a door prize. Game winners were Lana Lane, Hugette Carrier, Jackie Jersey and me.

500 winners were Rita Marcoux and Helene Rouillard

Until next weat, all the best,

March 16, 2010 - We enjoyed our ham dinner at the Riley House on March 16. Una McCoy and Fawn Patch took very good care of meeting our needs - concerning our dinner. Thanks ladies Hugette Carrier won today's half & half game.

All won door prizes. 500 winners are Hugette Carrier and Edmond Ducharme.

Rita Marcoux looked after the game table, as I was not feeling well, and so I stayed home. Rita and Jackie Jersey were the winners today. Hope to see all our members next week 23rd at the Riley House for dimmer.

until then,

Rita Mossa

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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: X equals F

"P YAL'Z CPRG ZA BJZSE MACX AL
ZGCGOIPAL TGSJKIG P SJL'Z IZJLY
FGAFCG BEA BEPIFGD." - YJOPY
TDGLLGD

PREVIOUS SOLUTION: "Faith sees a beautiful blossom in a bulb, a lovely garden in a seed and a giant oak in an acorn." - William Arthur Ward

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KIT N' CARLYLE



HERMAN



"I was laid off work yesterday.
Wake me up in three weeks."

ALLEY OOP

THE SEARCH FOR LEMMIAN ENCAMPMENTS IN MOO CONTINUES IN THE SWAMP...



AND IN THE MOUNTAINS...



ARLO & JANIS



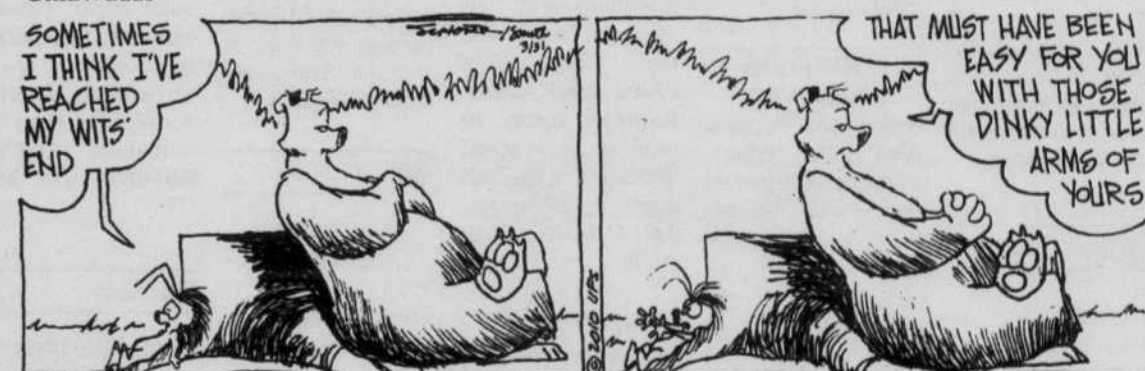
THE BORN LOSER



FRANK AND ERNEST



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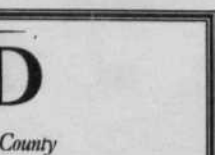
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330 Pets



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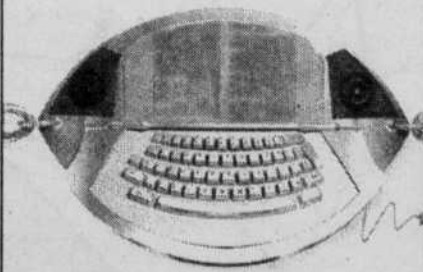
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Your Birthday

Wednesday, March 31, 2010

As you develop a greater belief in your talents and abilities in the year ahead, you will grow stronger and stronger and be able to accomplish far more than you ever have previously. Utilizing your gifts upgrades your entire approach to life.

ARIES (March 21-April 19) — You can never go wrong trying to do the greatest good for the greatest number. Today, you will have you do just that, and your unselfishness will result in larger rewards than usual for yourself.

TAURUS (April 20-May 20) — A big dream of yours might have a chance of becoming a reality today. If it doesn't happen now, you'll at least get some kind of indication as to when it might come about for you.

GEMINI (May 21-June 20) — One of the things you'll do best today is use your powers of observation in ways that will serve your personal interests. You'll learn something valuable from observing a successful person.

CANCER (June 21-July 22) — You're aware of the fact that if you want something to happen, the motivation must come from within you. Your strong desire to succeed today can bring you that success right now.

LEO (July 23-Aug. 22) — Working alone or working with another is equally profitable for you. Today you'll realize that there is greater strength in union than in going it alone, so you'll team up with the

right person of your choice.

VIRGO (Aug. 23-Sept. 22) — There's a good chance someone will want to hire you for your talents or services today, but don't underestimate what you're worth. Make sure that you dictate the terms.

LIBRA (Sept. 23-Oct. 23) — Synchronize your efforts with another on a one-on-one basis to better handle that big project you have going. You don't need a big team, just one good competent ally to work with.

SCORPIO (Oct. 24-Nov. 22) — Because you instinctively know how to inflate others' egos today, you'll be a delightful companion to have around. By making folks feel good about themselves, you'll help yourself be accepted.

SAGITTARIUS (Nov. 23-Dec. 21) — The major reason you'll have such a strong influence over your peers today is the trustworthiness you project in yourself. Continue to offer this security.

CAPRICORN (Dec. 22-Jan. 19) — Your financial aspects are exceptionally good at this point in time, but where your greatest increases seem to occur is when you're trying to provide more for those you love the most.

AQUARIUS (Jan. 20-Feb. 19) — Because you'll be able to utter your words in ways that none can find offensive, telling it like it is will win you the respect of others today. People will appreciate that you're being honest.

PISCES (Feb. 20-March 20) — Both your reasoning and intuitive faculties can help advance your personal interests today. When you blend the two together, you develop a persona loaded with huge advantages and pluses.

Wednesday, March 31, 2010

If you double, partner must lead

By Phillip Alder

There are deals in which one player has a very strong hand, yet he hears his opponents bid to a high level. Should he double the final contract, or assume they know what they are doing?

The answer depends on his assessment of his opponents. Unless they are beginners, they surely have distributional hands, and some of his honors will be ruffed away.

In this deal, East was looking forward to big things with his 21-count. But South opened one spade (definitely correct — that hand is too strong for a weak two-bid) and North raised to two spades. Having no alternative, East made a take-out double.

Now South, with only a six-loser hand (two spades, one heart, two diamonds and one club) made a game-try with three clubs. North, who had an absolute maximum (nine points, four trumps and a useful club honor), jumped to four spades, which East doubled in a fit of pique. (The French word for spades is pique.)

West led the heart 10. East took the trick and shifted to the spade king.

South, confident that the diamond finesse was not working, won with his

North 03-31-10	
♠ 9 6 5 2	
♥ 7 6 3	
♦ A Q 5	
♣ K 7 2	
West	
♠ —	
♥ 10 9 8 4 2	
♦ 10 8 7 6 3	
♣ 10 6 5	
East	
♠ K Q J	
♥ A K Q J	
♦ K J 4	
♣ J 4 3	
South	
♠ A 10 8 7 4 3	
♥ 5	
♦ 9 2	
♣ A Q 9 8	
Dealer: South	
Vulnerable: Both	
South	West
1 ♠	Pass
3 ♣	Pass
Pass	Pass
North	East
2 ♠	Dbl.
4 ♠	Dbl.
Pass	Pass
Opening lead: ♥ 10	

spade ace, played a club to dummy's king, ruffed a heart in his hand, and cashed his top clubs. When they divided 3-3, declarer discarded dummy's third heart on the fourth club. East threw a heart, but South now led a trump, giving East the lead. After taking his two trump tricks, East could either lead a diamond away from his king or concede a ruff-and-sluff.

East's double was fine ... if West was going to lead a diamond.

CROSSWORD

Across

- 1 Basic Latin lesson word
- 5 Bedtime story preceder, perhaps
- 9 '70s dance club
- 14 Dancer Falana
- 15 Canyon effect
- 16 Not whispered
- 17 Response bias may affect one
- 18 Weak, as a novel plot
- 19 Piccolo, e.g.
- 20 Proverbial advice to a physician
- 23 "___ Miz"
- 24 Stick
- 25 Reasoned belief in a supreme being
- 27 Scaredy-cat
- 30 Appoint as a posse member, say
- 33 Huck's transport
- 36 Consider
- 38 Obama's younger daughter
- 39 "The Name of the Rose" writer
- 40 Scold vigorously

- 42 Damaged, as mdse.
- 43 BP merger partner
- 45 Stretch of time
- 46 Bra size
- 47 Falling star
- 49 Lesley of "60 Minutes"
- 51 Model's array
- 53 "Get lost!"
- 57 Defense gp.?
- 59 Certain no-parking area
- 62 Brink
- 64 Hit the ground
- 65 1814-'15 exile site
- 66 River romper
- 67 Titicaca, for one
- 68 Cause a stench
- 69 Natural homes
- 70 Author Bagnold
- 71 Norms: Abbr.

Down

- 1 Top dog
- 2 Was heard from the herd
- 3 Muslim god
- 4 Like a basketball team's center, usually
- 5 National Institutes of Health city
- 6 In need of a massage
- 7 "Now hear ___!"
- 8 Sharpened
- 9 Most goofy
- 10 Laid up
- 11 Motown genre
- 12 Adorable
- 13 Shelley works
- 21 Prefix with sect or cycle
- 22 Captained
- 26 Hot tub
- 28 Monopolizes, with "up"
- 29 Kennel sounds

- 31 No ___ traffic
- 32 O.K. Corral fighter
- 33 500 sheets
- 34 Zenith
- 35 This puzzle's theme, if you listen to the beginnings of 20-, 40- and 59-Across and 11-Down
- 37 Defensive trench
- 40 Fans
- 41 With sustained force
- 44 Jobs, vis-à-vis Apple Inc.
- 46 Oregon NBA team, familiarly
- 48 Old touring car

- 50 "Yo!"
- 52 Low, moist area
- 54 Apartment sign
- 55 Asleep, probably
- 56 Tropical hardwoods
- 57 Stratford's river
- 58 ___ noire
- 60 Actor Rickman
- 61 Collaborative Web site
- 63 Figure out

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

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47					48		49			50				
			51				52		53			54	55	56
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66						67					68			
69						70					71			

IMPORTANT MESSAGE

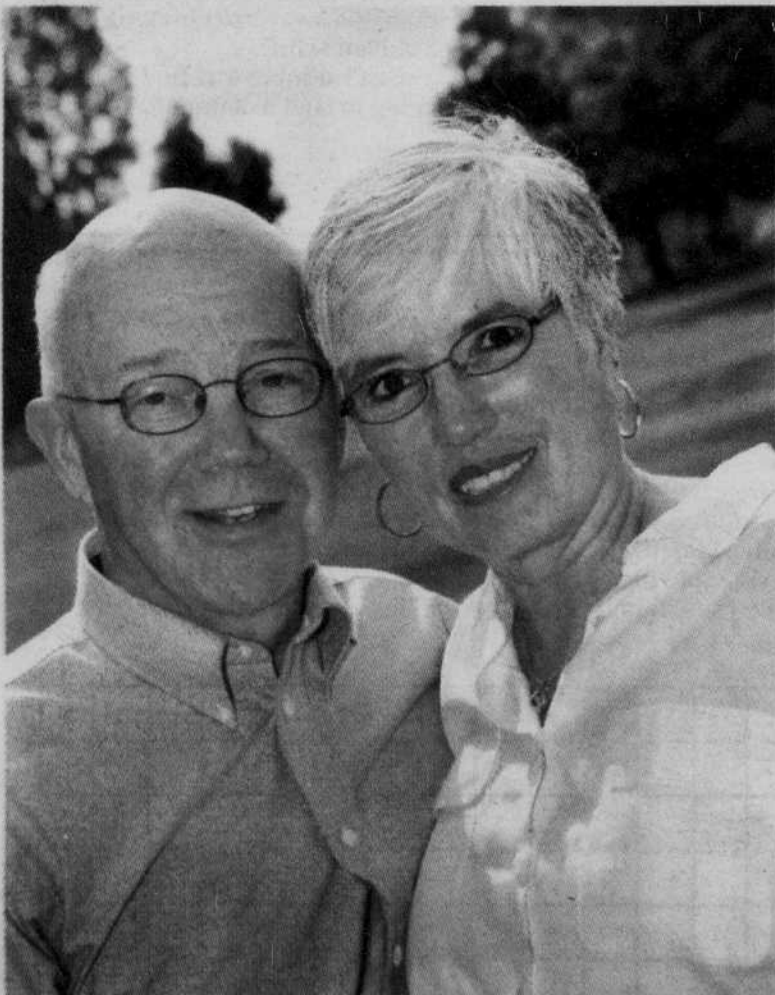
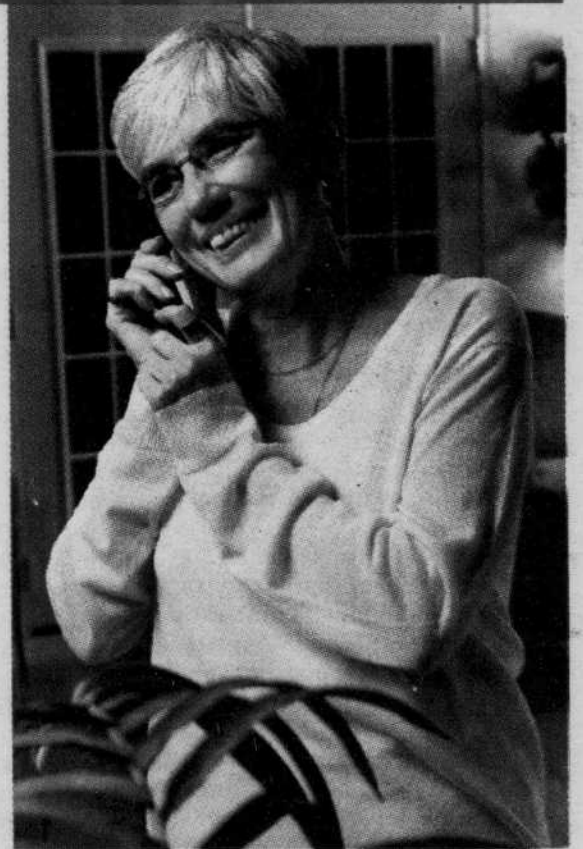
Are any of these familiar to you ?

YES NO

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

Did you know?

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



Did you know ?

One person in two, 75 years and older, suffers from hearing loss.

Do you realize that...

We consult an eye specialist regularly

We consult a specialist for our teeth yearly

Take your hearing health in hand and consult a professional!

Did you know ?

We offer:

- New 100% digital technology
- Reduces background noises
- Maximizes voices
- No volume to control

We offer
4 Year Guarantee
at no charge on all
new hearing aids*

Including:
• Examinations • Annual visits
• Cleanings • Modifications
• Electro-acoustic exams
• Adjustments • Repairs
done at the office

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