

The South Durham Earthship

Nick Fonda - Page 4

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

'Friend-raiser in West Bolton'

Page 5



75 CENTS + TAXES

PM#0040007682

TUESDAY, NOVEMBER 6, 2012

Renouveau Sherbrooke gearing up for next time

Mayor Bernard Sévigny's municipal political party, Renouveau Sherbrooke has begun a major public consultation process as part of the development of its new political program to be determined at an orientation meeting scheduled for the spring of next year. According to a release issued by the party, its objective is to elaborate on its founding principles - "sustainable development, citizen participation, transparency, leadership and fiscal responsibility."

Although party leader Sévigny won the mayoralty in the last municipal election, only two other party members, Robert Pouliot and Diane Delisle were elected to the 19-member City Council. This has meant that the mayor and his party have faced some staunch opposition within council.

In order to complete its public consultation process, the party has launched a public survey on its website www.renouveausherbrookeois.org/, where citizens can respond to questions on six distinct themes: economic development; innovation and prosperity; municipal services and management; the environment, infrastructure and sustainable transport; Governance and citizen participation; and Social and Community integration and development.

The party also plans to follow up this research with themed workshops during the coming winter so that the party can "collectively form the basis of the new program. Party members will convene for an Orientation Congress in the spring where party members will finalize their program in preparation for the next electoral sortie.

Home to work and learn



PHOTO COURTESY OF KATHRYN ABDALLA

Annie Abdalla, artist in residence for the Town of Coaticook with her trusty companion Miss Maddie seated in front of the old post office building in Coaticook, the home of the artist in residence studio. Turn to page 3 in today's Record for the story by Tanya Siega.

THE RECORD

SPECIAL OFFER for Record print subscribers:

Receive a full year's subscription to the online edition for only \$5 with every new 12 month print subscription or renewal.

Read The Record online any time, any place

Subscribers can view each new issue of The Record, as well as Brome County News, The Townships Outlet and our many special sections with just the click of the mouse.

To subscribe, go to www.sherbrookerecord.com, click on e-edition and follow the simple instructions.

For information or assistance call 819-569-9528
billing@sherbrookerecord.com



In partnership with
CEDEC SBSN and
Lennoxville and District
Women's Centre
**A workshop
for women**

To transform something that is your passion into your job sounds like a terrific career choice! Joan Westland Eby will lead this workshop and help participants explore some of the key issues to consider when reflecting upon the feasibility and viability of moving a hobby into a business. Former mayor of the municipality of East Bolton, Mrs. Westland Eby has a vast experience in human resources and effective management. She worked as a consultant for many years, giving workshops and presentations on many subjects from strategic planning to personal empowerment.

"We want to provide a space for women who are not yet in business, to explore the ABCs of entrepreneurship and self-employment" says Marie-Hélène Boucher, Interim Director at CEDEC.

The workshop will take place Wednesday Nov. 7, from 5:30 p.m. to 8:30 pm, at Amédée Beaudoin Community Hall in Sherbrooke. A light dinner will be served.

Places are limited! Register online at <http://www.cedec.ca/sbsn/events>. For more information contact Ana Moreno at (819) 566-7228 or ana.moreno@cedec.ca.

Show your 4-H Colours Day tomorrow

Go green! Not just for the environment, but for your local 4-H Clubs. This Wednesday, Nov. 7 is "Show your 4-H Colours Day", not just in the Eastern Townships, but all over Canada. It's a day where all our members will wear one or more pieces of green clothing to show their support for the club and promote it. It may sound just like St. Patrick's Day, but it's so much more than that.

Showing green this Wednesday is a sign that you support what the 4-H is doing for our clubs, community and country. There are three levels of the 4-H Club; local, provincial and national. The local clubs of the Eastern Townships are located in Brome, Hatley, Richmond and Sawyerville. All of these clubs make up the Quebec 4-H club along with the four Chateauguay Valley clubs, three Western Quebec clubs and three North Shore clubs. From there each province has their own provincial association that make up 4-H Canada.

The 4-H clubs all have the same Motto: "Learn to do by doing." Each local club does its best to try and live up to this Motto by teaching young farmers of the area. But it is not just farm kids that are encouraged to join. If you have a keen interest in agriculture, horticulture, handicrafts or just enjoy learning about and enjoying the great outdoors, 4-H is the right club for you. Each club does different things to teach their members.

Each year the Sawyerville 4-H club has a Garden Project that helps teach members about growing their own food. We also have an Animal Project where each year the members train and spend time with the animal of their choice. They



COURTESY

then bring their animal to our local Achievement Day and Fairs across Quebec and sometimes further. Other than these major projects, we also learn to judge animal, horticulture and handicraft classes, make crafts such as wreaths, candle holders and gingerbread houses and of course do fundraisers like the Sawyerville 4-H dance and ice cream booth under the grandstands at the Cookshire Fair that help us with financing for all the events we do.

Each club aims their projects to what the members want. If you want to find out more about the club in your area or the provincial Quebec 4-H club, visit our website at www.quebec4-h.com or ask a member. This coming year will be the 100th year of having the 4-H club in Canada and the Sawyerville 4-H club is holding the Provincial Rally, which is

where members from all over Quebec come to compete in their sector in agriculture. It is like a local fair, but the participants are only members from 12 to 25 years of age from 4-H clubs across the province and members from 6 to 11 from the local club.

So when you wake up Wednesday morning remember to look for the people that are wearing green clothes because they could be members of a local 4-H club. As for members that are reading this, don't forget to put your green on and tell everyone you are a proud 4-H member.

I hope that at each school the 4-H members put on their green clothes, grab a friend and take a picture to remember this awesome day.

Submitted by Ben Nichols.

Ulverton Folk is celebrating five years of great concerts Rob Lutes, folk-blues singer songwriter

It only takes a quick visit to Rob Lutes' website to see just how busy this Montreal-based roots musician is. In the past several months he has played in many locations across Canada, including concerts in PEI, Manitoba and Saskatchewan, and appearances at the legendary Mariposa Folk Festival, and the Montreal Folk Festival where he feels right at home, having headlined at the very first edition of that festival.

Here in Quebec he has played continuously for many years, including gigs at the Montreal Jazz Festival, and the Sherblues Festival in Sherbrooke. In the spring he spent four weeks touring

Europe, where he has an enthusiastic following. And somehow, he found the time to record a CD of new songs—his sixth, entitled *The Bravest Birds*. While the album's official launch is set for January of 2013, he will be introducing many of his new songs when he comes to Ulverton.

We at Ulverton Folk have wanted to have Rob come out this way for a concert for years. His reputation has spread far and wide, catching the eyes and ears of major music critics both here and abroad, and garnering him many awards, including the prestigious Ker-ville New Folk award several years ago. His lyrics are thoughtful and filled

with detailed and subtle observations of a wide range of human experience. His performances are soulful and intense.

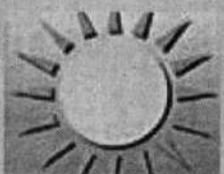
Above all he is a performer and songwriter of great integrity, knowing how to reach out and make a genuine connection with his audiences, be they in a living room in Manitoba, a town hall in Ulverton, or a concert hall in Amsterdam.

Rob Lutes will be in Ulverton Saturday, Nov. 10 at 8 p.m. at the Ulverton Town Hall, 155, route 143. Adults: \$12.00/ children 12 and under: free. Tickets available at la Papeterie 2000, Richmond or by calling 819-826-5427.

Weather



TODAY:
MIX OF SUN
AND CLOUD
HIGH OF -1
LOW OF -9



WEDNESDAY:
SUNNY
HIGH OF 3
LOW OF -12



THURSDAY:
SNOW OR
RAIN
HIGH OF 3
LOW OF -4



FRIDAY:
MIX OF SUN
AND CLOUD
HIGH OF 3
LOW OF 0



SATURDAY:
MIX OF SUN
AND CLOUD
HIGH OF 4
LOW OF -2

Ben by Daniel Shelton



LOCAL NEWS

"Having to pay a debt of \$20,000 more (for an electric car) is not worth it at this present time."

Electric car comes to Sherbrooke

By Gib McInnis
Special to The Record

Location Sévigny in Sherbrooke has decided to go electric with its Chevrolet Volt, a plug-in vehicle manufactured by General Motors. Dany Sévigny says driving the Volt is not all that different than driving a gas powered car. In Sévigny's words, "it is complete silence" when starting and operating the Volt compared to the gas powered engine. But, Sévigny makes it clear that "the Volt we have purchased is not a gas powered vehicle, the gas only fuels a small motor that powers a generator, which runs the electric motor." In fact, if any one opens the hood of a Volt, two engines can be seen, the gas powered one on the left and the

electric one on the drivers side.

According to Sévigny, maximum performance of the vehicle is determined by how the driver conserves the available electric power. "There is an image of small green free floating ball on the right dash panel. If the green ball floats in the center of the screen while driving then the driver is going to obtain maximum performance. But if the driver increases speed rapidly, the ball will drop down, and this indicates that the power is not being used effectively. So the trick is to make sure the green ball is floating mostly in the centre for maximum usage."

When asked how long it takes to recharge the vehicle, Sévigny said it depends, "it may take only eight hours or sometimes, it takes 20 hours for a full

charge." When asked if it was possible to decrease this time, Sévigny said, if the vehicle was hooked up to a 220 volt system, then it could only take about two hours."

Marc Denault, President of the Centre de mobilite durable de Sherbrooke (CMDS) and Société de transport de Sherbrooke (STS), says there are now about 20 electric cars operating in Sherbrooke. In a telephone interview Denault mentioned that the City of Sherbrooke has tried to set up more charging stations, but as of yet, Hydro Quebec has not answered his request.

Denault also sees the issue of the high cost of the electric vehicles as a problem too. "Why do the manufacturers have so many problems in selling these? It's the cost of the car. The aver-

age Sherbrooker, like me spends about 20 dollars a week on gas, but having to pay a debt of \$20,000 more (for an electric car) is not worth it at this present time."

On Sept. 20, Hydro-Québec announced the signing of partnership agreements with the City of Sherbrooke and several other organizations to form a new electric community. Agreements have been reached with the Université de Sherbrooke, the Cégep de Sherbrooke, the Centre de santé et de services sociaux-Institut universitaire de gériatrie de Sherbrooke (CSSS-IUGS), the Commission scolaire de la Région-de-Sherbrooke (CSRS), the Centre hospitalier universitaire de Sherbrooke (CHUS) and Bishop's University.

Food for life: Cooking classes in Lennoxville

By Heather Davis
Record Correspondent

Andrea Hacquoil, owner of Le Café du Vieux Presbytere in Waterville, will be offering a series of four cooking classes beginning Wednesday Nov. 7 at 6 p.m. and running for four weeks from 6 to 9 p.m. The classes, titled "The Power of Food for Cancer Prevention and Survival Cooking," will focus on vegetarian cuisine and will be held at the Lennoxville Health Food Store, Racine Sante. The cooking course is designed to help local residents prevent and survive cancer through proper diet and nutrition. For her part, Hacquoil studied cooking-to-prevent-cancer in Germany.

The classes are sponsored by The

Physicians Committee for Responsible Medicine (PCRM), a nonprofit organization. "The single easiest and best thing most of us can do to prevent cancer or its recurrence is to eat right," says Susan Levin, M.S., R.D., the Director of Nutrition Education for PCRM. The challenge, Levin acknowledges, is not only to teach people which foods are good for them, but also to show them how to make the foods taste good.

Hacquoil will guide students through the preparation of tasty and easy-to-prepare low-fat, vegetarian recipes using mostly fruits, vegetables and whole grains. The cost for the twelve hours of classes is \$120 and those interested can register by calling Andrea at (819) 837-3333 or emailing her at info@vieuxpresbytere.com. Information is also available

at Racine Sante.

Many Waterville residents were saddened when the Café du Vieux Presbytere decided to limit its opening hours to one Friday lunch, one theme dinner, and one Sunday brunch per month, but now it's possible to learn Hacquoil's secrets and cook your own tasty and healthful meals at home. Topics to be covered include: How Foods Fight Cancer; Fueling Up on Low-Fat, High-Fiber Foods; Discovering Dairy and Meat Alternatives; Cancer-Fighting Compounds; and Healthy Weight Control.

For more information about Food for Life: The Power of Food for Cancer Prevention and Survival Cooking Classes, visit www.FoodforLifeClasses.org. More classes are being planned for January including a kickstart program to intro-



COURTESY

Andrea Hacquoil cooks up veggies in the kitchen.

duce people to vegan eating.

Artist, Annie Abdalla returns to Coaticook

By Tanya Siega
Special to The Record
COATICOOK

Not everyone is favoured with the chance to revisit one's childhood environment as an adult; but when it is possible, so much more is understood about one's identity and everything that constitutes it.

After leaving her hometown in 1973 and living in such diverse and exciting locations as Switzerland, Toronto, British Columbia, New Zealand and Nova Scotia, artist Annie Abdalla, has returned to explore and work in Coaticook.

Although well established in Nova Scotia for the last 16 years, Abdalla has been spending more and more time in the Eastern Townships caring for her mother with declining health. These increased visits over the last five years have culminated in a three-month artist in residence commission under a cultural program instituted by the Town of Coaticook.

Abdalla is discovering that the region which seemed small to her as a child as well as culturally limited by her family's

unilingualism is actually quite extensive, comprising numerous neighbouring communities, and very rich culture. Of course, the seasoned artist in her is tuned to seek out new sources for inspiration and Abdalla is enthusiastically enlarging the borders of her childhood landscape and refining her second language with the services of a French tutor.

Artistic themes

Abdalla tends to stay with one artistic theme for a long time, experimenting with different applications, angles and variations. For example, in 2005, after attending a seven week Buddhist meditation retreat, where, much to her dismay, an abundance of hard-boiled eggs was served faithfully at every meal, Abdalla decided to create a humorous souvenir painting for her friend who had attended the retreat with her and had actually enjoyed the simple and repetitive fare. As she was working on what she playfully refers to as the visual "ode to the boiled egg", Abdalla discovered it was an alluring shape, lending itself to many future possibilities, and she carried on with the theme, painting a num-

ber of cousins to the original.

Her return home is awakening new creative concepts and the artist in residence has set some, as she specifies with a twinkle in her eye, "non-egg-related goals" to reach while here.

Maps have always intrigued her. She attributes this attraction to the fact that her father, Syrian-Canadian Louis Abdalla, served as an RCAF navigator during the war. Abdalla has obtained some maps of Coaticook from the public works department and is fascinated by the abstract motifs evinced in the sewage, water and wastewater systems. Incorporating these designs into her current projects is another way for Abdalla to become acquainted with her hometown from a fresh and more thorough perspective.

"How we remember a place is always very personal, a projection of our individual imaginations and using maps as a method of tracing social memories fascinates me," explains Abdalla in her artist statement.

Anyone wishing to visit the artist in residence in her studio above the Post Office in downtown Coaticook is wel-

come. To view Abdalla's artwork online go to her web site at: www.annieabdalla.com.

Travel Vaccination Service

- Hepatitis A and B
- Typhoid
- Update your immunization schedule

Thursdays 10 a.m. to 11:30 a.m.

Rachel Lajeunesse
Sylvie Lussier
Marie-Claude Lapointe

JeanCoutu
Santé Beauté

147 Queen Street
Lennoxville

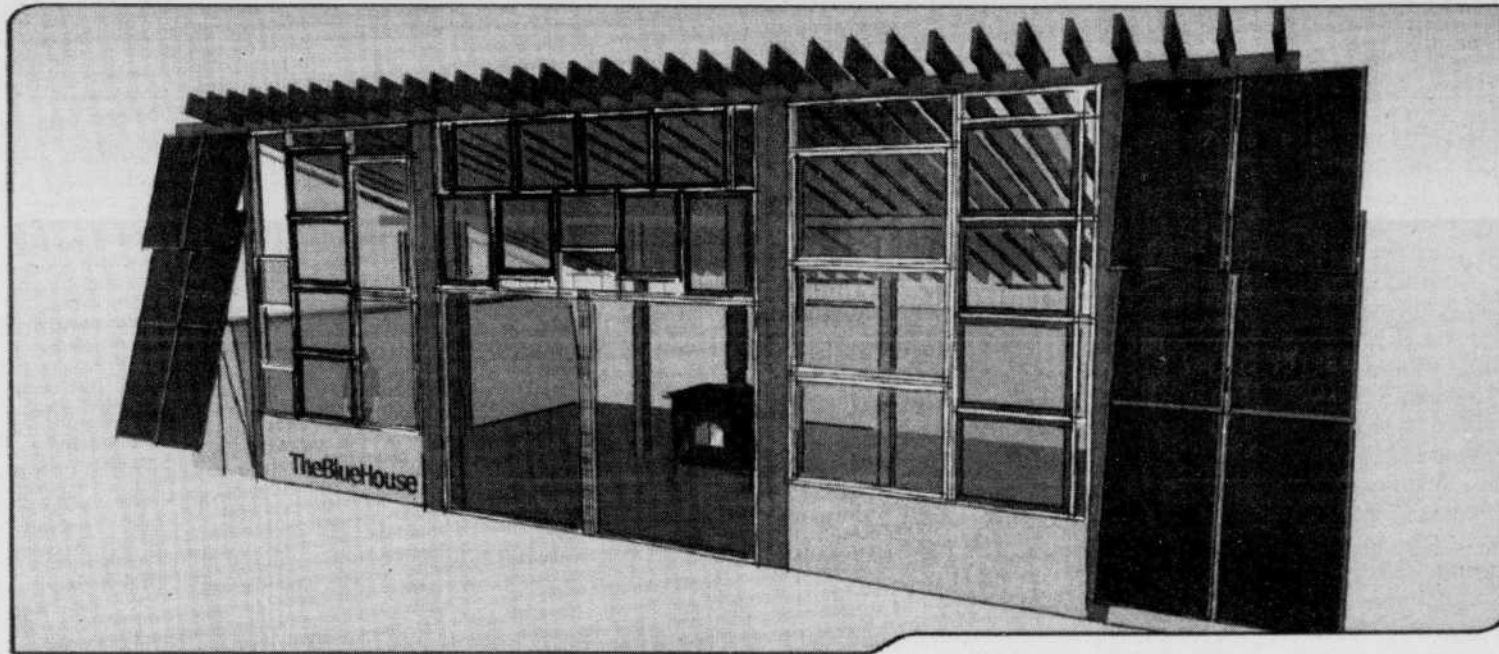
On appointment only.

Other services: Blood tests Monday and Thursday mornings.

For more information, the team from the laboratory will be glad to help you.

819-569-3601

The South Durham Earthship



COURTESY

The earthship is a most unusual house of which this is a preliminary computerized sketch.

By Nick Fonda
Special to The Record
SOUTH DURHAM

As it stands now, months from completion, it looks like the playground of some giant child: rubber tires untidily stacked like building blocks to some seven feet high with dirt piled up against the outside as high as the tires, but for Jean-Matthieu Des Lierres it's a thing of beauty.

"We're hoping to get the roof and fourth wall, the south-facing wall, up before Christmas," he says, "and we'll be able to do much of the inside work over the winter. Next summer we'll put up the second south wall, or the greenhouse wall, if you wish, and the earthship will be fully functional."

Building earthships wasn't part of Jean-Matthieu's plans when he started studying publicity some 12 years ago. "I became a videographer," he explains. "I started up my own small company and I made short videos for commercial enterprises. At the end I was working exclusively for the automotive sector. Then, very suddenly, despite 10 successful years in the business, when the economic crisis hit, I found myself unable to find work."

He went home to spend the summer months with his mother, Linnea St. Louis, in South Durham, and never left. He found work on a nearby farm, at first as an occasional labourer to help with field work or barn chores, and later as a regular farm hand.

At a certain point he realized that he didn't want to go back to Montreal. He started thinking in terms of subsistence farming; if he could minimize his expenses, he could live quite well on a farm hand's wages. Last year, he planted a large garden, and rented an unused barn which allowed him to try his hand at raising small livestock: chickens, rabbits, sheep. "This was on a very small scale," Jean-Matthieu points out, "a human scale, if you wish. I wanted to raise enough meat and vegetables for our own consumption. Although, this last summer, I bought ten calves to raise for veal for the freezer market."

"Since I had decided I was going to live here," he continues, "I started thinking of a house of my own. I knew that if

possible, I would prefer to live off-grid. I started looking on the internet to see what my options might be and that was when I learned about Michael Reynolds and his earthships."

Michael Reynolds is something of a maverick. Immediately after earning his degree in architecture, he turned his back on everything he had been taught and adopted a new set of principles which have guided his work ever since. Convinced that modern construction practices were creating a great deal of unnecessary waste, he determined that he would build with waste: empty beer cans, old bottles, used tires. His first house, built in 1972, was named the Tom Thumb and, like almost all of the houses he has built, is still inhabited. (There are one or two exceptions, where ideas that seemed good on paper turned out to have flaws when put into application, but Reynolds firmly believes that mistakes are part of learning.)

Reynolds considered every house as an experiment in radically sustainable living but, by the time he was on his third or fourth house, he had settled on the key components that define an earthship. He was making use of passive solar heat and a large heat sink to keep the earthship at an almost constant and comfortable temperature (around 22C) through summer heat and winter cold. He was using wind energy, solar panels and battery banks to provide the house with ample electricity for domestic needs. He was recuperating rain water and recycling that water two or three times so as to provide clean potable water for his family, grey water for the greenhouse plants, and finally flushing black water into a nearby weeping bed. He still lives in one of his early houses which, like almost all earthships, is not connected to any electrical, gas, water or sewage lines.

Reynolds is the author of five books, and has been the subject of a full-length documentary entitled *Garbage Warrior* (which can be seen on Youtube). After running afoul of both the architectural establishment (which suspended his license) and municipal zoning authorities, he has since been redeemed in the eyes of both largely because of a growing environmental consciousness, and because his designs, however radical, ac-

tually do work.

It's worth noting that Reynolds chose to settle and do much of his architectural work in the area around Taos, New Mexico, a place that on the one hand attracts downhill skiers, but also has a significant artistic community and also a large number of centres offering spiritual retreats. It's easy to imagine his earthships as being appealing to the latter two groups, but it's interesting to note that they provide the comfort and warmth that are expected and demanded by the well-heeled former group as well. The mountains of New Mexico also provide a wide temperature range, with which his earthships have been able to comfortably contend.

Reynolds has designed immense homes for the rich, such as a 6000 sq ft mountain home for actor Dennis Weaver. (Weaver built his earthship in 1989 and sold it in 2004 for 4.5M\$.) His designs, however, can be more modest and very affordable. One web site boasts an earthship can be built for \$5,000, a more realistic cost might be closer to \$45,000 which is what a Bancroft, Ontario couple, Pat and Chuck Potter, spent to build theirs 20 years ago.

"So far," Jean-Matthieu says, "we've spent less than a \$1,000, and most of that for earth moving. Our next expenses will be for wood to frame the south wall and for tin for the roof; I'm estimating those will cost some \$2,500. We're using a lot of old and recycled material; my mother had new PVC windows put in her house recently and we kept all the old windows to use in the south wall of the earthship. We're hoping that our total costs will be around \$15,000. The house has been coming along slowly because so far we've only been working on it in our spare time."

There's a reason Jean-Matthieu speaks in the plural. "This has been a family project," he says, "almost a community project. My brothers have helped, my mother, my uncles, a number of friends. When we collected old tires (500 went into the earthship), I think almost all our neighbours contributed, including two local garages."

His uncle, Alex St. Louis, has been particularly involved with the project. Alex also spent years in Montreal working as a translator, although he has been

in the South Durham region, at least on a part-time basis, for over 30 years. He describes himself as semi-retired.

"I'm the motivator," he says laughing. "I've had experience building a house, but this really is a house like no other."

Alex, like the rest of Jean-Matthieu's crew, contributed a few hours of spare time every day or two on the first step of the project, putting up three walls made of used tires. While simple, it was very hard work. Every tire had to be tightly packed with dirt.

"What we did," Alex explains, "was lay an old feed bag in the bottom of the tire, then shovel dirt into the tire. Using a sledgehammer, we pounded the dirt in until the tire was almost bulging. Once the first layer was done, we started on the second. It's the most labour-intensive part of the construction of an earthship."

"The earthship's living space is going to measure 34 feet by 20 feet," says Jean-Matthieu, "and with the greenhouse it will total close to 1,000 square feet. It won't be a huge house but very comfortable for two people, or for a single person."

"We're going to make use of both solar and wind power," Alex notes. "The more energy-generating systems the house has, the more certain we are to always have power. There's always a bit of wind here, and it may be that most of our power will be wind generated."

"We're also going to install a wood-burning stove," Jean-Matthieu says.

"It's going to be a wood-burning cooking stove," Alex continues. "In the summer, you can do a lot of your cooking outside but in the winter the stove takes on a dual purpose: cooking and heating."

"We probably won't need the extra heat," Jean-Matthieu finishes with a smile, "but how can you have a house in rural Quebec that doesn't have a wood stove?"

When the South Durham earthship is finally completed, it will be capable of producing a certain amount of food in the greenhouse, will rely largely on collected, filtered rainwater for drinking and household needs, and will require almost no heating, which will be good for Jean-Matthieu, but also good for the planet.

Accident kills Farnham couple outside restaurant

FARNHAM

An ordinary evening out for dinner proved tragic for a Farnham couple Saturday night as they were struck by a truck as they left a restaurant.

Jacques Thériault and Ginette Bélisle, both 54 were rushed to the BMP Hospital in Cowansville but were pronounced dead on arrival.

Police believe weather conditions may have played a role in the accident. It was a very dark and rainy night on Sat-

urday and visibility was limited.

Several bystanders rushed to provide first aid while awaiting emergency responders. Edith Bérubé, who lives nearby, told Granby's La Voix de l'est that she "Heard a loud noise and I rushed to the scene to see what I could do. The man was unconscious and the woman was having a great deal of difficulty breathing and was bleeding profusely. The woman was asking how her husband was doing. I didn't answer her because I knew he wasn't 'doing' at all."

The couple had been dining at the

Aux Portes restaurant in Farnham. They were hit as they were returning to their car which was parked across Saint-Paul Street (Rte 235).

The driver of the pick-up immediately called 9-1-1, according to witnesses and several overheard him telling police he had not seen the couple in the road. The police have ruled out both alcohol and cell phone use as factors in the accident.

Several witnesses told La Voix de l'est that the emergency services took a long time to respond. According to one, who wished to remain anonymous, it took at

least 25 minutes for emergency responders to arrive. Police took even longer to arrive, he claimed, offering that he had had to direct traffic while responders were trying to stabilize the victims.

So far, the cause of the accident is not known, although police noted that the couple were not crossing at a crosswalk (there is none nearby) and also suggest that weather might have played a role. Analysts are looking over the scene and a coroner has been appointed. Blood tests of the victims are also being analysed.

Another driving fool nabbed

Another local motorist has been slapped with a major fine for driving at over twice the posted speed

limit on Rte 112 in East Angus.

This infraction will also bring the 20-year old man, 14 demerit points on his

driving record. He was intercepted at the bridge over the St-Francis River in East Angus, a 90 km/h zone.

Community turns out for Christmas baskets

MAGOG

Community support was crucial for the 18th edition of the Souper du Partage Jean Pelchat Saturday night and community support was there as the benefit spaghetti supper brought in \$75,139. Sponsored by Loblaw's and held at the La Ruche school, the dinner

is aimed at raising funds for Christmas baskets distributed in the Magog area. Since its inception, the dinner has raised over \$675,000 for the cause.

Over the past 17 years, over 3,400 Christmas baskets have been distributed thanks to the support of the community and numerous volunteers. This year's contribution will allow for the prepara-

tion of 250 baskets

Organising committee president Stéphane Begin, underlined the major contribution of Loblaw's, as well as that of the many other participating businesses which allowed for the reception of approximately 1,526 guests, 200 more than last year. Over 2,000 tickets to the event were sold.

PQ to table 2013-14 budget on Nov. 20

The Canadian Press

The newly elected Parti Québécois government will table its first budget in two weeks.

The full 2013-14 annual budget will not be tabled in the spring, as is the normal practice, and will come out months

earlier _ on Nov. 20.

The earlier-than-expected budget could protect the minority government and keep it afloat longer.

It will be tabled while the Opposition Liberals are still embroiled in a leadership race, and while the new Coalition party is building its young organization.

That means that even if the other parties oppose the PQ fiscal policies _ as they have so far _ they might be hesitant to topple the government and risk an election.

The PQ has faced criticism from other parties for its tax policies, among other priorities.

Gospel concert highlights local talent

Creek United Church 'friend-raiser' entertains full house

By Frank Nixon
Record Correspondent

Kathryn and Elizabeth Moreland, daughters of Michael Moreland and Heather Croghan, were declared "winners" at the gospel music concert held at Creek United Church, in West Bolton, on Saturday night, Nov. 3. They each received a resounding round of applause from a full house.

Under the theme "What would Jesus sing?" Kathryn Moreland sang, "There can be miracles, when you believe" while Elizabeth Moreland sang "Edelweiss."

At the end of the concert, the two performers were each presented with a box of Kraft macaroni dinner.

The entertaining and engaging concert, the brainchild of Laura Teasdale, actor and playwright, and Rev. Dave Lambie, Creek United Church minister, featured numerous local singers, musicians and performers, with lots of humour and audience participation.



The 'In-A-Chord' trio of Linda Carey, Pauline Lavigne and Debbie Roy.

Other contributors showcasing their talents included the 'In-A-Chord' trio of Linda Carey, Pauline Lavigne and Debbie Roy, Meghan Allen, Darleen Bell, Sarah Biggs, Scott Edmunston, Jim Ferrier, Bill Jarrand, Rev. Dave Lambie, Ace MacLellan, Albert Nerenberg, Patricia St. Onge, Stephen Paglia, Ralph Steiner, Laura Teasdale, Mary White and Peter White.

The concert was intended as more of a "friend-raiser" than a "fund-raiser" and is the first of a series conceived by Teasdale at the request of the Creek Stewards.

A follow-up concert is being planned in the new year and will be called "Ten Things You Wouldn't Expect to See in Church."

Cegep graduates spring cohort



SHERBROOKE

Over 1,000 participants gathered Saturday evening at the Cegep de Sherbrooke's Physical Activity Centre to celebrate the graduation of 1,554 students.

Director General Marie-France Belanger congratulated the graduates and welcomed them into the larger family of college alumni who "have, throughout the years, helped shape the college. You have brought life to your desires, your hopes and your dreams." Belanger also reminded the gathering of the important contribution made to each student's success by teaching, support and other staff.

The ceremony was coloured by a group of five musicians, from the Music Department and some students of dance.

Just under half the graduates received pre-university diplomas in the Science, Social; Sciences or Arts, or Arts while the rest obtained three-year technical diplomas in Health and Social Services, Agriculture and Ecology, the Trades and Communication.

An audience of over a thousand people gathered at the Cegep de Sherbrooke for the graduating class of Spring 2012. The students were congratulated on their success, thanked for their contributions to the college community and challenged to use their talents, knowledge and skills to contribute to society while living out their dreams.

EDITORIAL

This whodunit writer travels the world but remains grounded to and in the ET.

Stuck to her guns



SUSAN MASTINE

Townshiper Louise Penny is not a hero. And yet the world would be a better place if more of us were like her.

The multi-award-winning author of the mystery-novel series featuring Chief Inspector Armand Gamache, she has been in the news lately. That's because her first book, *Still Life*, adapted as a movie for television has just been filmed in Stanbridge East, and will be aired on CBC in 2013.

However, it is not her career as a writer, or the awards, or the movie in and of themselves that make Penny laudable. It has something, in fact many things, to do with her approach to life as an individual.

When contacted by professionals wanting to screen-write her first book into a movie, she stuck to her guns. She was determined that she have a say in the actors who would portray her characters. She was also resolute that any movie based on her book be filmed in Quebec, and preferably the Eastern Townships, and that it reflect the flavour of the story's setting, Three Pines, and the province. Without that guarantee, the answer would be, and numerous times was, a resounding "No." It takes a lot of gumption to stand by one's principles in the face of enticements and pressure.

Today, many of us are all too often short on time and energy, and eventually waiver and give in to the imploring and beseeching of others, whether it feels right or not. In doing so, what are we doing to our self-respect? What kind of model are we providing for the younger genera-

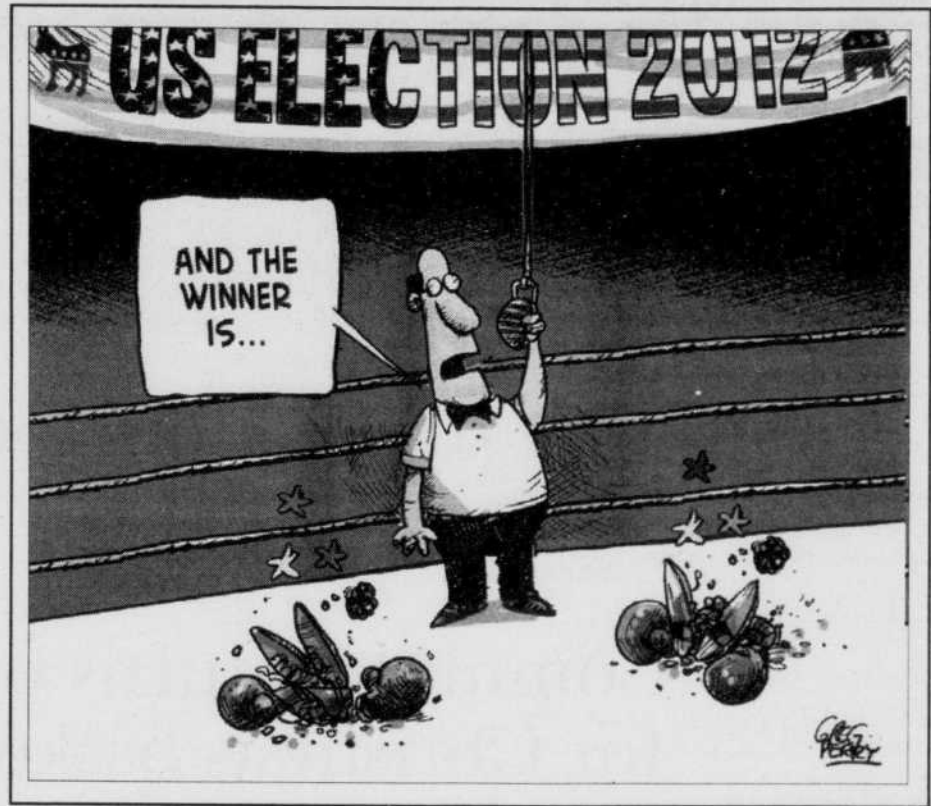
tion? We, especially anyone involved with children - teachers, Moms and Dads, and grandparents, too, would all do well to emulate Penny's firm stance.

This whodunit writer travels the world but remains grounded to and in the ET. She is forever heard unabashedly praising this region's virtues and returns to Sutton relieved to be home. The setting of most of Penny's eight books to date has been the tiny fictitious village of Three Pines, hidden in-the "Eastern Townships of Quebec" - a place that many of us would like to live in, a location that feels quintessentially Townships to its core. In fact, it has led many readers from the region to ponder exactly which village in the area it is rooted in.

The series' main character, Armand Gamache, is an admirable man. He is decent, honest, deeply human, and he has steadfast scruples - a combination rarely found among modern-day's fictitious heroes. Her books reflect a keen awareness and understanding of human behaviour in various situations, and of life's challenges, lessons, joys and sorrows.

In interviews, Penny's zest for life, her humanity, and modesty come through.

Loyal to her principles in her life and her writing, publically expressing her love of the Eastern Townships, unassuming, open, and ever-thankful for the blessings in her life, Louise Penny exudes a life philosophy the rest of us should strive to put into practice.



Letters

Local road paid for by Ontario taxpayers

DEAR EDITOR,

What a refreshing change to read good news in a newspaper, not bad news. According to Friday's Record, Hwy 401 will be ready for use by mid-November all the way to Ch. Ste. Catherine. This will make travel to Toronto far easier than it has ever been and, furthermore, perhaps we can assume that it will be paid for by Ontario taxpayers!

DON HEALY,
MELBOURNE.

Disrespectful!

DEAR EDITOR,

In Thursday's La Tribune, there is a picture of Madame (everyone will know who I mean), wearing a poppy with a fleur-de-lys in the middle. How ignorant and disrespectful can one person be? My father was a WW2 veteran that was a member of the Canadian Armed Forces. He fought in the war for his country, Canada! They sacrificed their lives for their fellow Canadians. They did not do it for Quebec, they did it for Canada.

For Madame to do what she did is just plain disrespectful!! They fought side by side with their comrades and the language that they each spoke was not important. They had a job to do and they did it for their country, Canada.

I can understand why the veterans are offended by this. I am too! I read on the internet that she has removed the pin, but the fact of the matter is that it never should have been done in the first place. Somebody needs to go back to school and brush up on her history but I am not sure that it will help.

God help us!!

SHARON PAXTON
COATICOOK.

THE RECORD

P.O. Box 1200 Sherbrooke J1H 5L6 or 1195 Galt E., Sherbrooke J1G 1Y7
FAX FOR NEWSROOM ONLY: 819-569-3945
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	120.00	6.00	11.97	\$137.97
	6 MONTHS	63.00	3.15	6.28	\$72.43
	3 MONTHS	32.00	1.60	3.19	\$36.79

ON-LINE SUBSCRIPTIONS

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

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

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

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
ABC, CARD, CNA, QCNA

Local Sports

"I am very proud of our team. Now we are going to Victoria. What could be better!"

Sherbrooke women's soccer wins REQ championship

Vert & Or blanks Carabins 2-0 to advance to CIS championships

By Mike Hickey
Special to The Record

The Sherbrooke Vert & Or women's soccer team defeated the Montreal Carabins 2-0 Sunday afternoon in Montreal to win their first provincial title in 25 years. Sherbrooke will now advance to the Canadian University Championships that will be held this weekend in Victoria, British Columbia.

Sabrina Hemond had a goal and an assist, rookie sensation Marie-Eve Jacques scored her second goal in as many play-

off games and goalie Elena Waldispuehth recorded the shutout. The Vert & Or defence was superb as they held the defending provincial champion to just two shots. The win marked the second consecutive time that Sherbrooke had defeated Montreal on their home turf. The Vert & Or defeated the Carabins 4-2 back on October 19 to earn a split in the regular season games between the two teams.

After the game Sherbrooke head coach Claudia Gosselin praised her team.

"The Carabins put on a lot of pressure but we were ready for them," Gosselin said. "The girls respected the game plan to the letter. We practically played a perfect game in the first half. We truly deserved the victory."

"We played with emotion the entire game," Jacques said after the victory. "We wanted the victory more than the Carabins. I am very proud of our team. Now we are going to Victoria. What could be better!"

Sherbrooke advanced to the finals by virtue of a 2-1 overtime victory over the

McGill Redmen in a game decided by penalty kicks. Marie-Eve Jacques scored the lone Sherbrooke goal in regulation time.

Earlier in the week Jacques was selected as the league's "Rookie of the Year" and first team all-star. Other Sherbrooke players that were honoured included first team all-stars Elyse Turcotte, Andreanne Gagne and Camille Vandenberghe while Laurent Pare was named to the second team and Emilie Duquette won the RSEQ leadership award.

BISHOP'S UNIVERSITY ATHLETICS

Brett Conway named Athlete of the Week

By Marty Rourke
Recreation & Sports Information
Coordinator
Bishop's University

Brett Conway of the men's lacrosse team has been named Provigo Robert Lafond Athlete of the Week. Conway was the lacrosse squad's game MVP in their quarterfinal loss to the Brock Badgers at the Baggataway Cup in Peterborough, Ontario on Friday night.

Conway, an economics student from Cornwall, Ontario is in his fourth year at

Bishop's. He scored twice for the Gaiters as they fell 12-9 to the Badgers. The loss ended the Gaiters' season and defense of their 2011 title.

"Brett did all we asked and then some," said Gaiters' head coach Rob Engleken. "I don't think he made a single mistake and showed great hustle all night long. He corralled many loose balls off draws and scored twice. He was our game MVP."

Conway and the rest of his Gaiters teammates will now turn to the books as their season is over.

NHL, players' association to resume bargaining Tuesday

By Ira Podell
THE ASSOCIATED PRESS

The NHL and the players' association stuck to their word and made quick plans to get back to the bargaining table.

After all-day negotiations Saturday, the sides agreed Monday to resume talks on Tuesday in New York. Both sides said the discussions over the weekend were good, creating some optimism that perhaps a deal could soon be reached to save the already truncated hockey season.

The NHL and union hadn't met since Oct. 18 when each side turned down offers. NHL deputy commissioner Bill Daly and players' association special counsel Steve Fehr got together by themselves Saturday in an undisclosed location and held productive talks.

"We had a series of meetings over the course of the day and had a good, frank discussion on the most important issues separating us," Daly said Sunday.

He and Fehr talked on the phone several times during the week and reached enough common ground to make face-to-face meetings possible.

Fehr echoed Daly's encouraging remarks after Saturday's get-together that

lasted well into the night.

"Hopefully we can continue the dialogue, expand the group, and make steady progress," Fehr said.

It wasn't immediately determined Monday whether Tuesday's bargaining session would be conducted by just Daly and Fehr or if a larger group — perhaps including NHL Commissioner Gary Bettman and NHLPA Executive Director Donald Fehr — would also take part.

The lockout entered its 51st day Monday. So far, 327 games — including the outdoor Winter Classic — have been called off, and the NHL says a full season won't be played.

The labour dispute, which began Sept. 16, has forced all games from Oct. 11 through Nov. 30 to be called off. It isn't known if any of those games will be rescheduled if the sides come to an agreement soon, but an NHL deadline has already passed that would have allowed for each team to play all 82 games. The season needed to start by Friday for that to happen, but the only hockey activity that day was the cancellation of the outdoor game at Michigan Stadium between the host Detroit Red Wings and Toronto Maple Leafs.

This is the third lockout in Bettman's tenure as commissioner.

BISHOP'S MEN'S RUGBY

Regular season comes to a close with loss at Concordia

By Marty Rourke
Bishop's University

The Bishop's Gaiters men's rugby squad fell 39-7 to the Concordia Stingers in Montreal on Sunday. The Stingers grabbed first place in the RSEQ with the victory as the regular season came to a close.

The Gaiters (5-3) now prepare to host the McGill Redmen (4-4) at Coulter Field on Sunday, November 11 at 2 p.m. in an RSEQ semifinal. The Redmen topped the Gaiters on two occasions this year; however their first victory was overturned due to the use of an ineligible player. The game will be webcast on SSN Canada.

YOU DON'T NEED TO PROVE YOURSELF ANYMORE.

NEITHER DOES THE EQUUS.

EQUUS | HYUNDAI

SPECIAL OFFERS INCLUDED ON THE 2012 IN STOCK MODELS:

GET UP TO
\$7,500
IN PRICE ADJUSTMENTS**

- 4 winter tires
 - 3 years tires storage
 - Valet service*
- (we come and get it for you and we leave you with an Equus or a Genesis while your car is being serviced)

Hyundai Cowansville
120 Bell Street, Cowansville (QC) J2K 3C8
1 877 266-3001

Hyundai Gabriel
7020 Henri-Bourassa Blvd East, Anjou (QC) H1E 7K7
1 888 771-7314

Hamel Hyundai
130 Dubois Street, St-Eustache (QC) J7P 4W9
1 877 974-0440

Hyundai Repentigny
845 Notre-Dame Street, Repentigny (QC) J5Y 1C4
1 877 359-3304

Saint-Laurent Hyundai
100 Montpellier Blvd, Montréal (QC) H4N 0H8
1 866 669-1947

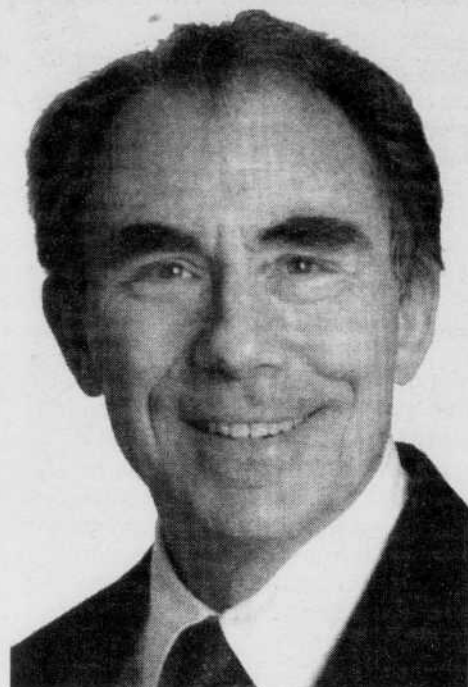
Ste-Foy Hyundai
2400 Dalton Street, Ste-Foy (QC) G1P 3X1
1 800 417-9292



5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

** The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. Limited time offer only available on the last in stock 2012 Equus models, while supplies last. * Price for the model shown 2012 Equus Ultimate is \$73,874. ** Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$7,500 available on 2012 Equus. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. * The free Valet Service is offered in a 50 km radius from your Equus Dealership. Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ** Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Please contact your local dealer for all details.

ASK DOCTOR K



Try nonsurgical options first for herniated disk

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I have a herniated disk in my lower back. What does this mean? And what are my treatment options?

DEAR READER: Your spine is made up of a stack of bones called vertebrae. In between each of the vertebrae are intervertebral disks that cushion these bones. Each disk is made of a soft gel core surrounded by a tough, fibrous outer shell. A disk's outer shell can tear. If the gel in the middle of the disk bulges out through the tear in the shell, the condition is called a herniated disk.

Herniated disks often press on nerves, causing pain, numbness and muscle weakness. This pain usually begins in the lower back, then spreads down into the buttocks and down the back of one thigh and leg.

In most cases, symptoms from a herniated disk will get better without surgery. Treatments include limited bed rest, warm baths, heating pads and medications. Medications generally include aspirin or other nonsteroidal anti-inflammatory drugs (NSAIDs) or muscle relaxants.

Extended inactivity can cause your back muscles to weaken, so it's best to start an exercise regimen after only a day or two of bed rest. After one to two weeks, you usually can begin a more strenuous, daily aerobic exercise and physical therapy program. The program should aim to build muscle strength in your back and improve flexibility in your back and abdomen.

You may also want to consider ultrasound, massage and acupuncture. Some people find these treatments helpful.

In Memoriam

SYLVESTER, William (Bill) - In loving memory of a dear husband, father and grandfather who passed on November 6, 2010.

The stars tonight are shining Upon a lonely grave, Beneath it lies the one we love The one we could not save. We mourn for him in silence, No eyes can see us weep, But many a silent tear is shed While others are asleep. No length of time will ever dim The treasured memories we have of him.

Loving and missing you, LINDA (wife) CHILDREN and GRANDCHILDREN

Your back pain should gradually lessen within four to six weeks.

If these measures don't work, steroid injections may provide temporary pain relief. Your doctor will carefully inject a long-acting steroid and an anesthetic into your lower back, near the herniated disk.

If all else fails, you may have to consider surgery to remove the injured disk. Traditional surgery can involve removing the whole disk, or just the part of the disk that is pushing on a nerve (called microdiscectomy). Microdiscectomy is today the more common procedure, because it involves a smaller incision and can be done as outpatient surgery.

There are also various minimally invasive techniques with even smaller incisions, some of which use lasers rather than knives to remove the part of the disk that is pressing on a nerve.

Does surgery work? There have been a number of randomized trials that compared surgery to nonsurgical treatments. These studies didn't involve the usual patient with pain from a herniated disk. Instead, they involved patients with persistent pain from a herniated disk who had not gotten better with nonsurgical treatments. In these studies, patients undergoing surgery seemed to do somewhat better than those not having surgery.

We have a lot more information on herniated disks in our Special Health Report, "Low Back Pain: Healing Your Aching Back." You can find out more about it at my website.

If your herniated disk is new and has not been a chronic condition, you will probably get good relief from nonsurgical treatment. If your treatment involves exercises, remember to stick with them. They really can help.

Dr. Komaroff is a physician and professor at Harvard Medical School. Go to his website to send questions and get additional information: www.AskDoctorK.com.

Death

Andrew James REID

Passed away peacefully at St. Mary's Hospital on Sunday November 4, 2012 age 64 years old.

Andrew Reid, dear brother of Heather Reid, Flora Reid and Hugh Reid all of Leeds Village Quebec, Florence Lafleur and her husband Ray of Sudbury, and Eileen Courey and her husband David of Cambridge. Loving Uncle of Angela Colwell (Corey), Benjamin Jolicoeur (Ellenor), Colleen Burdett (John), Fabian Jolicoeur, Grace Jolicoeur (Ethan), Emily Lafleur (Andrew), Theodore Lafleur, Sarah Campbell (Leighton), Michael Courey (Kristina), Rebecca Courey, Rachel Courey, and Jonathan Courey (Jade).

Predeceased by his parents Everett and Alma Reid and his brother Graydon Reid. Andrew will also be missed by great nieces and nephews. Andrew will be fondly remembered by all his friends in the community and all those he worked with at United Taxi. Andrew was the owner and operator of car #33 since 1973.

Friends are invited to share their memories of Andrew with his family during visitation at the Kinnear's Mills Community Hall on Wednesday from 7-9 p.m. The funeral service will be held in Candlish United Church, Kinnear's Mills on Thursday November 8, 2012 at 11 a.m. with Rev. Lynn Hamilton and Rev. David Courey officiating. Interment to take place in St. James Anglican Cemetery in Leeds Village Quebec. Reception to follow at the Kinnear's Mills Community Hall.

In lieu of flowers, donations to Candlish United Church, Kinnear's Mills would be appreciated.

ERB & GOOD FAMILY HOME 171 King Street South, Waterloo, ON contact@erbgood.com

PHONE: 519-745-8445 FAX: 519-745-9992

Death

Brian YOUNG



At the CHUS Hôtel-Dieu, on November 2, 2012, Brian Young died at the age of 55, companion of Linda Lanctôt, of Ste-Edwidge.

Mr. Young is survived, in addition to his wife Linda, by his two daughters April (Steven Bour-gault) and Tamara (Kevin Nadeau) and his grandson Dawson. He also leaves his mother Joyce Lyons, his wife's children Sébastien and Cynthia Lafond (Loïc Sheehy). His brothers and sisters Arlie (Patty Coe), Gary (Carly), Bev (Kevin Sheldon), Donna (Tim

Willis) and Shane (Kim). His mother and father-in-law Pierrette and Jean-Yves Lanctôt. His brothers- and sisters-in-law Daniel (Diane), Nicole (Alain), Alain (Joëlle), Suzanne (Marc) and Mélanie, as well as several cousins, other relatives and friends.

Visitation at the Charron Funeral Home on Tuesday, November 6 from 2 to 4 p.m. and 7 to 9 p.m., also on the day of the funeral from 9 to 10:45 prior to the service. The funeral will take place Wednesday, November 7 at 11 a.m. at the St-Jean L'Évangéliste Church followed by the burial at the St. Edmond Cemetery.

The family wishes to thank Dr. Josée Beaulieu and the staff at CHUS Fleurimont and Hôtel-Dieu for the good care given to Mr. Young. In lieu of memorial tributes, donations to the Canadian Cancer Society would be appreciated.



RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 37c per word. Minimum charge \$9.25 (\$10.63 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$25.00 (\$28.74 taxes included) WITH PHOTO: \$35.00 (\$40.24 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewrit-

ten 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.

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.

"EI RXWH JVCHD EPH ZLHDXYZV
YIVAEXEJEXIV XA EPH MDHZEHA
NIRXEXYZR NDXWXRHMH EPZE OZA
ZYYIDCHC EI EPH P JLVZV DZYH."
— YZRWXV YIIRXCMH

Previous Solution: "America is a passionate idea or it is nothing. America is a human brotherhood or it is chaos." — Max Lerner
TODAY'S CLUE: W sjanbe 7

© 2012 by NEA, Inc., dist. by Universal Uclick 11-6

KIT N' CARLYLE

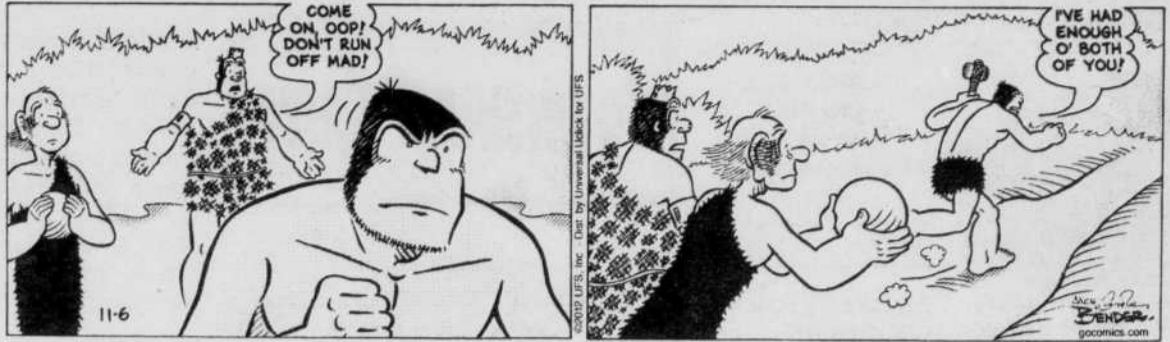


HERMAN



"Room service."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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

Check for Health Check

Diabetes The New EPIDEMIC

Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

REACT NOW!

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

330 Pets

PROFESSIONAL GROOMERS on site. Grooming for dogs and cats. Call today for an appointment. **Blue Seal,** The Animal Nutrition Centre, 1730 Wellington St. South, Sherbrooke. 819-348-1888.



COWANSVILLE

The Cowansville Knights of Columbus and the Cowansville Lions Club will jointly have the honour of welcoming Tana Silverland upon her passage in Cowansville at the Knights of Columbus Hall (224 rue Christophe-Colomb, Cowansville) on Thursday, November 8 starting at 7 p.m. Tana has been cycling across and all over Canada for the past 16 months, sending out an SOS to Canadians to help SOS Children's Villages. Everyone welcome.

LENNOXVILLE

The Armistice Parade will be held on Sunday, November 11. Form up at 11:45 a.m. on Speid Street, Lennoxville. Sponsored by the A.N.A.F. Ladies Auxiliary Unit 318 and Men's Unit 318.

LENNOXVILLE

Armistice Roast Beef Supper at the A.N.A.F. (The Hut), 300 St. Francis Street, Lennoxville on Saturday, November 10. 1 setting only at 6 p.m. Please reserve with Doreen Morissette 819-821-2967. Everyone welcome. Sponsored by the Ladies Auxiliary.

NORTH HATLEY

Join us on November 10 and November 17 for the North Hatley Christmas Market in the Community Centre, 3127 Capelton Road, from 10 a.m. to 4 p.m. Enjoy the warm and friendly atmosphere while looking for the perfect gift for someone on your holiday list. There will be wreaths, bath products, original jewellery, pottery, crocheted necklaces, hand painted decorations, honey products, tasty treats, woolen items and much more. The coffee and doughnuts will be ready.

BURY/SCOTSTOWN

The Royal Canadian Legion, Branch #48, Bury welcomes everyone to Remembrance Services on Saturday, November 10, 11 a.m. at Scotstown Cenotaph and 2 p.m. at Bury Cenotaph. "Lest We Forget."

GEORGEVILLE

St. George's Anglican Church Winter Bazaar on Saturday, November 10 in Murray Memorial Hall, Georgeville from 11 a.m. to 2 p.m. Light lunch. Baking, Christmas Decorations, Men's table. Come see what we have. (Remember shopping bags).

LENNOXVILLE

Benefit Renovation Fundraiser at the A.N.A.F. Unit 318 (The Hut), 300 St. Francis, Lennoxville on Saturday, November 17 starting at 9 p.m. Entertainment by Sidney Aulis. Admission charged. Everyone welcome 18+.

LENNOXVILLE

A new beginning! at Sherbrooke Women's Connection. Come to SWC and enjoy a time of friends, new friends, music with the Frazer family, food and fun! Thursday, November 8 at 9:30 a.m. at the ANAF "Hut", 300 St. Francis, Sherbrooke. There is an entrance fee to cover the program. Bundle up for the cold winds of fall & winter. Joyce Buzzell will show us how to make a warm and

fashionable scarf for the cold weather ahead! Make a fresh start and begin again. Speaker, Sonja Pretorius will give us some hope as she shares how she escaped a past of darkness to one of sunshine, peace and joy. For more information, please call Pat Bryant at 819-562-8560 or email sherbrookewc@yahoo.ca. Please, visit our Facebook page, search for "Sherbrooke Women's Connection."

STANSTEAD

Christmas Sale & Luncheon on Saturday, November 10 from 11 a.m. to 1:30 p.m. at Christ Church Hall, Stanstead. Variety of home baked goods, home made fudge, and much more, something for everyone. Sales tables downstairs with lovely hand made gifts, with many items that will make your Christmas shopping enjoyable. Come, bring a friend or two and have lunch with us.

LENNOXVILLE

Lennoxville & District Women's Centre - Upcoming Activities. On Tuesday, November 6 from 7-9 p.m., internationally known author Danièle Starenkyj will give a lecture entitled "Self-Worth, Self-Respect, or Self-Esteem? Which is it?" Join us at the Women's Centre for this interesting and thought provoking lecture that will address everything you always wanted to know about self esteem. "From Hobby to Business? Discovering the Entrepreneurship in Me" on Wednesday, November 7 from 6 p.m. to 9 p.m., the LDWC in collaboration with CEDEC is offering a workshop/seminar on how to turn your hobby into a business. The goal of this work-

eggs, pancakes, real maple syrup, home-made baked beans, toast, jam, fruit salad, coffee, tea and juice. All are welcome!

HUNTINGVILLE

Flu Vaccine Clinic with Dr. Mario Soulard on Friday, November 16 from 8:30 a.m. to 4:30 p.m. at the Grace Christian Home (1501 Campbell). The Grace Christian Home welcomes the community to be immunized in the upcoming Flu Vaccine Clinic. All welcome to enjoy music and refreshments!

BULWER

The Bulwer Branch of the Quebec Farmers' Association will meet at the Bulwer Community Centre on Thursday, November 8 at 8:30 p.m. Come and join us, all are welcome. Pot-luck lunch.

...

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

035 For Rent

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

100 Job Opportunities

NEED A CHANGE? Looking for work? www.dreamscreate-thefuture.ca in the Provost region, workers of all kinds are needed now. Visit our website today for more information.

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

147 Health

FOR RESTLESS OR cramping legs. A fast acting remedy since 1981, sleep at night, proven for 31 years. www.allcalm.com, Mon-Fri 8 a.m.-4 p.m. EST 1-800-765-8660.

155 Travel

HAWAII ON THE MAINLAND, healthy low-cost living can be yours. Modern Arenal Maleku Condominiums, 24/7 secured community, Costa Rica "friendliest country on earth!" 1-780-952-0709, www.CanTico.ca

190 Cars For Sale

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

430 Personal

TRUE ADVICE! True clarity! True Psychics! 1-877-342-3032 or 1-900-528-6256 or mobile #4486 (18+) \$3.19/min. www.truepsychics.ca.

440 Miscellaneous

REMOVE YOUR CRIMINAL record. 100,000+ have used our services since 1989. BBB A+ rating. US waiver allows you to travel to the US, or apply for a Record Suspension (Pardon). Professional and affordable. Call 1-8-now pardon (1-866-972-7366). www.RemoveYourRecord.com

RATES

25¢ per word
Minimum charge \$6.50 per day Mon. to Thurs., \$7.50 on Fridays, for 20 words or less.
Discounts for prepaid consecutive insertions without copy charge
3 to 20 insertions - less 10%
21 insertions - less 20%
#84 Found - 3 consecutive days - no charge
Use of "Record Box" for replies is \$5.00 per week.
We accept Visa & MasterCard
DEADLINE: 12:30 p.m. working day previous to publication.
Classified ads must be prepaid.

Thank You

For Checking

Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

SUDOKU

Difficulty: 3 (of 5)

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

11-6-12 ©2012 JFS/KF Dist. by UNIVERSAL UCLICK FOR UFS

PREVIOUS SOLUTION

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

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Your Birthday

TUESDAY, NOVEMBER 6, 2012

There is a strong possibility that you might have to make a change in your field of endeavor or an institution you're associated with. If your moves are well thought out, however, they should prove to be beneficial.

SCORPIO (Oct. 24-Nov. 22) — When it comes to career matters, what you know is of far greater importance than whom you know. Trade on your experience, knowledge and capabilities, not on your social contacts.

SAGITTARIUS (Nov. 23-Dec. 21) — Be careful, because a friend's well-meaning advice might be more emotional than practical. If you're in dire need of good counsel, seek out the opinions of a pal with a level head.

CAPRICORN (Dec. 22-Jan. 19) — Being a bit too susceptible to other people's viewpoints could quickly get you off course. Instead of relying on other people's opinions, follow your own logical evaluations.

AQUARIUS (Jan. 20-Feb. 19) — It's OK to be as frank as possible when dealing with others who need the facts. The truth might be a trifle abrasive, but turn out to be less harmful in the long run.

PISCES (Feb. 20-March 20) — This could be a rather disruptive day, in which you might have to deal with more unexpected changes than usual. Deal with each crisis separately, and everything will be manageable.

ARIES (March 21-April 19) — When

you start to demand perfection from others, you had better be prepared to be flawless yourself. Your slightest mistake will be held up to ridicule.

TAURUS (April 20-May 20) — Several significant objectives can be achieved if you have the necessary fixity of purpose. However, in going about your business, you need to be careful that you don't sacrifice efficiency for speed.

GEMINI (May 21-June 20) — Guard against being overly possessive of friends and/or loved ones. Even if you are one of their favorites, they need the chance to socialize with all kinds of people, the same as you do.

CANCER (June 21-July 22) — If you plan to do a little shopping, take along one of your more tight-fisted friends who can help you monitor any extravagant urges. You could be more impulsive than you realized.

LEO (July 23-Aug. 22) — When your decisions are based upon practical premises, your reasoning is usually sound and effective. Allow sentiment or emotion to dominate, however, and it could be another story.

VIRGO (Aug. 23-Sept. 22) — Keep in mind that prices aren't always carved in stone. If there is something you'd like to buy but you think is too expensive, don't hesitate to haggle for a better deal.

LIBRA (Sept. 23-Oct. 23) — Make it a point to keep your nose out of a close friend's commercial affairs unless you're invited to do so. By the same token, don't let anyone get in your business, either.

TUESDAY, NOVEMBER 6, 2012

Will the country see a change today?

By Phillip Alder

Marco Rubio, a Republican senator from Florida, said, "Leadership cannot be measured in a poll or even in the result of an election. It can only be truly seen with the benefit of time. From the perspective of 20 years, not 20 days."

Or perhaps, from our point of view, the perspective of the next four years, not four days.

While we vote and await the result of the presidential election, how would you vote for the right line of play in this deal? South is in four hearts. West cashes his top three diamonds, then shifts to a spade.

West's one-club opening bid is followed by two passes. South is in the balancing seat. Here, three bids change their meanings. A one-no-trump overcall is weak (11 to 14 points), not strong. A two-no-trump jump-overcall is natural, not unusual. (It usually shows 20 to 22 points, but perhaps a point or two fewer if South has a good six-card minor suit. It does not promise 5-5 in the two lowest unbid suits.) And a jump overcall in a suit is intermediate, not weak. This South hand is a tad strong, but to double when so short in spades (planning to

North 11-06-12			
♠ K Q J 3			
♥ 5 3			
♦ 9 8 2			
♣ K Q 5 2			
West		East	
♠ 9 7 4		♠ 10 6 5 2	
♥ Q 6		♥ 8 7 4	
♦ A K Q		♦ J 10 5 3	
♣ J 10 9 8 7		♣ 6 4	
South			
♠ A 8			
♥ A K J 10 9 2			
♦ 7 6 4			
♣ A 3			
Dealer: West			
Vulnerable: Both			
South	West	North	East
2♥	1♣	Pass	Pass
4♥	Pass	3♥	Pass
	Pass	Pass	Pass
Opening lead: ♦ A			

bid hearts next) is dangerous.

Declarer must play the trump suit without loss. Yesterday, we learned that, taken in isolation, the correct line is to finesse on the first round. However, never forget the bidding and its effect on the placement of the honor cards.

Because West opened and there are only 13 high-card points missing, he is a heavy favorite to have the heart queen. South should play hearts from the top.

CROSSWORD

- Across**
- Things to wear
 - Chemists' rooms
 - One who asks too many questions
 - Campus sports gp.
 - Irish name for Ireland
 - Christina of "Speed Racer"
 - Dough dispensers
 - Real attitude underlying a facade
 - Letter to Santa, essentially
 - Pennsylvania in Washington, for one
 - Summer in Lyon
 - Sent a quick note online
 - The Hulk's alter ego
 - Barnyard brayer
 - Woman in Poe's "The Raven"
 - J. Paul Getty or J.R. Ewing
 - Dubai bigwig
 - "... to ___ it mildly"
 - Piece of ice
 - Revolutionary toy of the '70s-'80s?

- "Boyfriend" singer Justin
- Fr. holy woman
- Song covered by Michael Bubl , say
- Glasgow vetoes
- Toronto's prov.
- Dining room necessities
- Photos at the precinct
- Aunt Jemima competitor
- Auth. unknown
- Perfumer Lauder
- "As I see it," online
- Maker of Duplo toy bricks
- Just behind the runner-up
- Overly compliant
- Flier on a pole, and at the ends of 18-, 25-, 45- and 57-Across

- Down**
- Emulate a beaver
 - Play beginning
 - Farm butters

- Big party
- Beatles tune that starts, "When I find myself in times of trouble"
- Like some Navy rescues
- Champagne designation
- Set eyes on
- "Ignorance is Bliss," e.g.
- Upset
- Clickable pic
- Sandy-colored
- Levitate
- Humped beast
- Sidelong look
- Mid. name substitute
- Anoint
- Put the check in the mail
- Bring together
- Veggie on a cob
- Pride and prejudice, e.g.

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

1	2	3	4		5	6	7	8		9	10	11	12	13		
14					15					16						
17					18					19						
20					21					22						
					23				24							
25	26	27	28					29				30	31	32		
33								34				35				
36							37					38				
39						40	41				42	43				
44						45				46						
						47				48						
49	50	51								52			53	54	55	56
57								58					59			
60								61					62			
63								64					65			

Bulwer card party

The Bulwer Community Center held the closing series of card parties for the fall on Thursday, October 25 beginning with a lunch of casseroles, salads, baked beans, rolls, pies and beverages. Once all was picked up, washed up and put away, 11 tables were set up for an afternoon of Military Whist. At the end of play the winners with 27 flags was the table with Captain Helena McComb and 3 partners Isabelle Nelson, Harris Olsson and Meryl Nutbrown; second place with 25 flags, Captain Evelyne and 3 partners Eileen, Alberta and Dorothy; the consolation prize with 17 flags went to Captain Sharon and 3 partners Ann, Betty and Deenie.

There were 4 winners of the "share and share" prize, and with 30+ door prizes just too many names to list! It was noted that Catherine & Gerald Lowd were missed by all and hope they are finding some card games to take part in at the Wales Home!

The Bulwer Community Center members, extend our thanks to all those who came to Bulwer for the lunch and an afternoon of Military Whist. We look forward to seeing you back out when we start the card parties again in the spring 2013.

Submitted by
Ron Pinchin

Bulwer Golden Age

October 29: The club members met for an afternoon of cards, bowling and friendship. 500 cards were played at 8 tables. Cribbage had 2 tables - Ann and Verna won by 13 points over Dufferin and Connie. Beulah and Mr. Digby won by 30 points over Susan and Shirley. Keith welcomed all, we had a good afternoon.

The tables were nicely decorated for Halloween by Phil, Doreen, Ann, Gail and Ron. Thanks Phil for the decorations. It added to the atmosphere. Alberta said Grace. 52 members sat down to enjoy a supper of roast pork, mashed potatoes, gravy, turnip and carrot, broccoli salad, bread, tea and coffee, Jello and cupcakes. Thanks Pamela and helpers.

Door prizes went Helen, Connie, George P. and Serena W.

Happy November birthdays were Harris Olsson, Leo Fleury, Louise Peasely and Connie Philips.

Meeting over, everyone left for home. Drive safely. God Bless all. The next meeting will be held on November 12. Take care.

Submitted by
Margaret Vintinner

Stanbridge East Women's Institute

The members of Stanbridge East Women's Institute met on October 4, 2012 at Avante in Bedford, with President Jean Cogswell presiding. Jean thanked the hostesses, Betty Perry and Mary Boomhower.

Motto: Men stumble over the truth from time to time, but pick themselves up and hurry off as if nothing has happened.

Roll Call: Tell of a thing you do for Thanksgiving.

Pearle Yates reported that Tara Brown's letter had been answered. A discussion followed about what to do with a collection of MacDonald journals. Correspondence included an email from June Lamey and a thank you from Dianne Tait.

Education and personal development chairman reported on violence in Sherbrooke School.

Publicity chairman reported on her activities and the importance of publicizing our organization.

A motion was made by Dianne Rhicard to give \$15 to Avante for tea and coffee. Seconded by Patricia Vokey. Carried.

Submitted by
Pearle Ingalls Yates



CHOC DES GÉNÉRATIONS

TALK AND WORKSHOP
with author, speaker and trainer
Carol Allain

Y

BABY BOOMER

X

NEXT GENERATION

C

SILENT GENERATION

Employers, decision-makers and team managers are cordially invited to define and demystify the generations on a humorous tone to promote better intergenerational coexistence.

THIS ACTIVITY IS INTENDED FOR ORGANIZATIONS IN THE COATICOOK MRC.

THURSDAY, NOVEMBER 29, 2012
at the Salle l'Épervier de Coaticook

TALK from 9 a.m. to 12 p.m.
• Generational characteristics • How to approach the new generations
• Effective teamwork • Communication is key!

WORKSHOP from 1:30 p.m. to 4 p.m.
• Hypothetical situations • Discussion with Mr. Allain • Activity review in groups

PRICE: Talk \$25 | Talk + Workshop \$45 (includes lunch)

REGISTRATION: SADC région de Coaticook 819 849-3053 info@sadc.coaticook.ca
REGISTRATION DEADLINE: TUESDAY, NOVEMBER 16, 2012 AT 4:30 P.M.

Canada Economic Development offers a financial support to the SADC

SADC région de COATICOOK

Carrefour jeunesse-emploi MRC de Coaticook

Emploi Québec