

End of an Anglophone tradition?

Susan Mastine - Page 6

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Women's Institutes: Doing a lot with little

Page 5

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TUESDAY, OCTOBER 9, 2012

Memphremagog Pair program hopes to expand

MAGOG

The Memphremagog PAIR program has launched a contest with the aim of doubling its membership to mark provincial PAIR Day. The pair program provides a free, bilingual, automated calling service that connects seniors to ensure their health and safety. Subscribers receive these calls at predetermined times, one or more times per day. If the subscriber does not answer, an alert is triggered. A check is always triggered by system managers to see if the subscriber is in distress. Through Pair, many lives have been saved.

An invitation is extended to all current members who are asked to share their experiences to help publicize the automated call service. To be eligible for the service, one must be 55 years of age or older and living alone or a couple in which one spouse is unable to call emergency services if necessary. Single people under 55 living with a disability or illness are also eligible.

Between Oct. 10 and Dec. 6, 2012, any person who registers or as a member convinces another to register will have a chance to participate in the Dec. 10 drawing for one of three \$50 gift certificates from a local merchant.

For information about the contest: 819-843-3334 ext 247. For more information on program Pair, visit www.programmepair.com.

In the MRC, Memphremagog Pair is free thanks to the generosity of the Caisse Desjardins du Lac Memphremagog and of the Memphremagog MRC.

The spookiest house in Sherbrooke?



AL BARBER

We love the skulls, coffins, draculas, and cauldrons that make Halloween fun. This house at 38 Champigny Street in Lennoxville is a fine example of how things that go bump in the night can send a shiver down your spine. - Al Barber.

Thyroid cancer is ranked among most important in Canada 'Mystery' is slowly being solved

By Gib McInnis
Special to The Record

Dr. Nichole Van Rossum has completed most of her clinical work and teaching in the field of medicine, and especially in the area of thyroid cancer at the CHUS. According to Van Rossum thyroid cancer is ranked

seventh among the most important cancers in Canada, but in Van Rossum's view most cases of thyroid cancer can be treated.

During an interview at the CHUS, Van Rossum explained that as much as 50 per cent of thyroid disorders go undiagnosed, yet thyroid disorders are among the most common medical con-

ditions in Canada. "It is a frequent problem that can be detected and treated, and if you have any questions about it, you can ask your physician because a lot of people have been checked for thyroid problems, and if it has been checked, that is fine, but if they are not

CONT'D ON PAGE 3

Gaiters and Vert et Or
weekend football results

Page 9



ETRC Archives:

Minnie Hallowell Bowen, page 2

Coats For Kids

So that every child may be warm throughout winter

Renaissance student association of the University of Sherbrooke in collaboration with the Vert et Or, BeU Christian Student Ministry from Bishop's University, and Église Urbaine Axe 21 is collecting used children's coats in order to redistribute them to the children in need in the Sherbrooke area.

Collecting: Oct. 12 to Nov. 22

Drop off your unused kids' coats at the following locations:

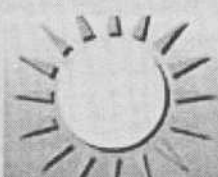
Sports equipment counter of University of Sherbrooke sports centre (SSAP)

Salvation Army, 112 Wellington South suite 202, Sherbrooke

Inspirations Christian Bookstore, 104 Queen, Lennoxville Bishop's University Sports Centre

Distribution: Saturdays November 3, 10 and 24 from 9 a.m. to 4 p.m. at the Salvation Army (112 Wellington South, suite 202)

Weather



TODAY: MAINLY SUNNY HIGH OF 15 LOW OF -3



WEDNESDAY: SHOWERS HIGH OF 12 LOW OF 1



THURSDAY: CLOUDY, SHOWERS HIGH OF 9 LOW OF 4



FRIDAY: SHOWERS HIGH OF 7 LOW OF 5



SATURDAY: MIX OF SUN AND CLOUD HIGH OF 6 LOW OF -3

ETRC ARCHIVES DEPARTMENT

'Canada's Harvest' by Minnie Hallowell Bowen

The crisp autumn air has settled upon us, here, in the Townships and with this comes vibrant leaves, harvest time and Thanksgiving. In looking through our collection for something that represents this season, I came across a poem written by Minnie Hallowell Bowen in honour of this important time of year. The poem, titled "Canada's Harvest" and reproduced here, was published for Thanksgiving in 1900.

Minnie Hallowell Bowen was born in Sherbrooke on Feb. 4, 1861. She was the daughter of John Hallowell, a lawyer, and Helen Maria Clark. In 1890, she married Cecil H. Bowen, son of the prominent George Frederick Bowen, and had two children, Lloyd H. and Rose Meredyth. Minnie was active in various philanthropic, patriotic, religious, and literary organizations such as the Women's Auxiliary Missionary Society, the Sherbrooke Patriotic Association, the Imperial Order Daughters of the Empire and the Sherbrooke Choral Society.

She published six books and booklets of poetry; she also wrote literary texts that were published in newspapers and periodicals. She died in Quebec City in 1942 and is buried in the Elmwood Cemetery in Sherbrooke.

Please consider the ETRC Archives as a location to donate your family's or organization's archives.

Jody Robinson, Archivist, 819-822-9600, ext. 2261 etrc2@ubishops.ca



Minnie Hallowell Bowen.

Canada's Harvest.

THANKSGIVING, OCTOBER 18, 1900.

The Sun looks down on the waiting Land,
Through a wonder of Time and Space,
And the small Seed wakes in the sweet, moist Earth
To stir in its resting place.

The strong Sun calls to the rolling Hills,
To the heart of the fertile plain,
Where the rich Soil answers a thousand-fold
In a harvest of golden Grain.

The full Wheat laughs on the sunny Slopes,
And the crested Corn lifts high
Its burnished Lances and flowing Plumes,
All Gold, on an azure Sky.

The Land is a land of corn and wine.—
The strength of her wealth—our dower—
The Hand that holds must be firm to keep,
And the World shall feel its Power.

The Thew and Sinew shall grow and swell
And the strong land take her place
In the ranks of the Battle that stirs the Earth—
In the League of her Ancient race.

For the Land is ours to have and to hold,
And her Wealth to take or lose—
For the great Sun calls—and the time is ripe—
And the Nation can but choose.

Written for The Weekly Mail and Empire by M. H. B., Sherbrooke.

PHOTOS COURTESY ETRC

Ben by Daniel Shelton



LOCAL NEWS

"I personally want to assure the people of Bury and surrounding areas that everything will be implemented to minimize impacts."

No Sherbrooke waste in Bury until spring: Mayor Bernard Sévigny

SHERBROOKE

Responding to questions by a resident of Bury during the Sherbrooke city council meeting on Oct. 1, Sherbrooke Mayor Bernard Sévigny is stressing that no waste from the Sherbrooke municipal collection is currently being buried in the Valoris landfill located in the town of Bury.

"We have an agreement with the waste management board of the

Mauricie for waste disposal in their site at Saint-Étienne-des-Grès. This agreement is valid until Apr. 2013. After this date, these materials will be directed to the Bury site, in accordance with standards and appropriate measures to minimize impact on the surrounding population," Sévigny says.

These measures include the sorting of materials prior to burial to maximize recycling and recovery. Ultimately, the burial of the remaining material will be

done according to standards and government regulations in force.

In addition, an oversight committee, including representatives from Bury, residents of the Haut-St-François, the Conseil de gouvernance de l'eau des bassins versants de la rivière Saint-François (COGESAF), the Department of Sustainable Development, Environment and Parks (MDDEP), the Union of Agricultural Producers (UPA) and the firm Biogénie, is already in place to ensure the mitigation

or elimination of negative effects of such activities on the neighbourhood and the environment.

"I personally want to assure the people of Bury and surrounding areas that everything will be implemented to minimize impacts from the transport of waste. The City of Sherbrooke will always be available to participate in discussions to make the future Valoris eco-industrial park as efficient as possible," Sévigny concludes.

Thyroid cancer

CONT'D FROM PAGE 1



GIB MCINNIS

Dr. Van Rossum, a specialist in thyroid cancer at the CHUS

sure, they can always ask their doctor."

The thyroid is a small gland located in the neck and which lies beneath the skin just below the Adam's apple. It produces hormones that regulate growth, maturation, and the speed of the metabolism, which is the sum total of the chemical processes that occur in the human body. Essentially, the thyroid acts like a thermometer for the body, and the hormones it produces influence the metabolic rate in two ways. First, it stimulates almost every tissue in the body to produce proteins. Second, it is also responsible for increasing the amount of oxygen that cells use. When cells work harder, body organs work faster.

Van Rossum applies this "thermometer" theory to thyroid cancer as well be-

cause it highlights the importance of understanding the role the thyroid plays in the management of the body's entire system. "When there is a dysfunction in the thyroid hormone production, there is also a change in the other elements of the body, the heart rate, heat production, and the way the intestines are working, so it acts almost like a thermometer for the body."

But when this "thermometer" is not working properly a disease may result, and it may result in thyroid cancer. "It is a disease that has many faces, and fortunately most

of the time the vast majority of patients do fine with their disease with treatment, which is very efficient, but sometimes there are a few patients who do not do so well, so it is always challenging to see what is the difference between these two types of patients," says Van Rossum. Often in a dilemma like this one, Van Rossum has asked herself many times, "How come most of them do very well and how come some (a minority of them) have diseases that keep coming back?"

According to Van Rossum, the mystery between the two different outcomes is trying to find out what really is the difference between the two, what sort of treatment can be offered to the patient, and then there is a whole new area of treatment for the more advanced diseases that are showing up. "When we look at the tissue that we have (from the two different groups), they look quite the same, but their biological functions are quite different, so we are not too sure why they look the same from the tissue we have, but they evolve differently within the patients."

Van Rossum believes that this "mystery" is slowly being solved these days, especially when factoring in the research that has been done in the field of genetics. "We are starting to see ways to identify with these mutations or those differences in the gene cells, but it is just starting basically. What is showing up is probably more likely more deep down, so in the genes of the thyroid cancer cells, there seems to be some differences that most likely make them more aggressive in some points."

Van Rossum states that from the research she has completed and backed up with her experience from her clinical

work, it is true that one problem is easily explained by the genes controlling the replication of the cells, which are the more aggressive 'cancerous' cells. But, these cancerous cells are only in the minority when it comes to thyroid sickness because most cases in thyroid sickness are solved with medication. So there is this larger group that is being treated, but there remains the smaller group that needs to be fully understood.

"So far (at the genetic level) we can't precisely tell the difference between these two. We can only see by their clinical evolution that they are different, but it is mostly likely the difference in their genes from each cancer type, (because we can not easily identify the gene that is causing the cancer) but mostly likely it's in the genes of the thyroid cells or in the thyroid cancer cells that makes them act more differently, more aggressive." Van Rossum states that it is this smaller group which is of more interest to her now because finding a new way to treat this smaller group may also lead to solving other related cancer related diseases.



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Green Economy delegation in Sherbrooke

SHERBROOKE

Organizations from nine European countries working in the areas of sustainable development and green technology were in the Sherbrooke area last week visiting local initiatives and seeking out potential partnerships.

This delegation, visiting the country as part of the Rendez-vous Québec-Europe 2012 program organized by Ecotech Québec, visited Sherbrooke's CelluForce, Rackham, Enerkem and the Institut interdisciplinaire d'innovation technologique (3iT) of the University of Sherbrooke.

Twenty companies, research institutes and government organizations from Denmark, Finland, Germany, the Netherlands, Sweden, the United Kingdom, Finland, Austria and Hungary were represented.

"After two days of meetings in Montreal, their only field trip was to come here," says Chloé Legris Sherbrooke Innopole's director of development for green technology. "Visiting the four Townships sites appealed to the Europeans, giving them the chance to see concrete projects, how our green economy is becoming a reality in Quebec."

ing a reality in Quebec."

Sherbrooke Innopole Director General Pierre Bélanger warmly welcomed the visit. "It is extremely satisfying to see the excellence of the green technology sector in Sherbrooke, which now includes 88 companies, is recognized on the international scene," he says. "This is the second time this year that European delegations of the green technology sector have chosen to come to Sherbrooke rather than elsewhere in Quebec or Canada, not to mention that the prestigious French newspaper L'Express cited Sherbrooke Innopole as one of two references in the field in Canada."

The Rendez-vous Québec-Europe 2012 was held last Wednesday and Thursday at the Montreal Congress Centre. Ecotech Québec organized this event to promote exchanges between the actors here and in Europe and to create partnerships to accelerate the development of a green economy.

Canada and the European Union are currently negotiating the Global Economic and Trade Agreement (GETA), which will encourage the creation of new business opportunities. Quebec's Plan Nord is also discussed during the Rendez-vous.

Missing Magog man found

Jean-Bernard Trottier, the 32-year old Magog resident missing since Sept. 25 has been found safe and sound in the Charlevoix region.

Trottier was located after a daily bank account check revealed a transaction that had been carried out at a drugstore in La Malbaie last Thursday evening. Police used surveillance videos to verify that it was indeed Trottier who had made the transaction.

That same night, Trottier showed up at a local hospital seeking treatment and, the staff, aware of his disappearance notified police. It is still not known how Trottier made it to Charlevoix, nor why he went, although it has been suggested that he knew someone 'special to

him' in the region.

Moose carcass causes crash

A dead moose lying on Highway 10 near Magog was the cause of an accident Saturday night causing severe injuries to two young women. The driver, 24, is now considered out of danger but her passenger, 22, received much more serious and life-threatening injuries. As of Sunday night, her condition was stable.

The accident occurred shortly after midnight and the road was closed for several hours to allow investigators to reconstruct the events. The force of the impact required rescuers to use the Jaws of Life to extricate the two young victims from the car.

Potton after school group has restarted



MABLE HASTINGS

Former Youth Involvement (FYI) committee member volunteer, Rachele Lachance and Missisquoi North Youth Centre Girls Group member, Violetta Zeitlinger Fontana would like to remind girls ages 5-12 from the Potton area that the Friday after school Girls Group has restarted for the 2012-13 season. For more information, contact the Mansonville Youth Centre at 450-292-4886 or visit their website at: www.cabmn.org - Mable Hastings.

Water trouble at Granby camp ground

GRANBY

Residents of the Tropicana trailer park are drinking bottled water as high levels of arsenic have been detected in their water supply. A public health advisory was deposited at 9 p.m. last Thursday.

This is just another shoe dropping on permanent residents of the large campsite, who were threatened with eviction by the City of Granby in February. In March, residents learned that a boil water order had been in effect since July 2010, after E. coli was discovered. Last summer, the beach was closed twice due to "significant bacteriological contamination" and fecal coliform.

In the notice distributed to residents on Thursday, Public Health officials indicate that the level of arsenic in water is slightly higher than the new provincial standard adopted in Mar. 2012.

"The amount of arsenic measured in water at Tropicana camping is insufficient to produce health problems in the short term. In general, the risk of health problems increases with the amount of arsenic present in the water, the amount of water drunk and the number of years of consumption," said the notice.

The Department of Public Health recommends that people not consume water at Tropicana camping to "reduce their exposure to this contaminant," adding that boiling water does not remove arsenic. People should not use water to prepare drinks or food such as cooking pasta, for example.

The department also points out that arsenic is a chemical element naturally present in the soil which may dissolve and contaminate groundwater.

Pierre-Luc Brodeur, Director of Quebec Operations for the campsite's

owner, Parkbridge, is reassuring and says that the situation should return to normal shortly. In the meantime, the company is committed to providing drinking water to residents, even though it is not legally bound to do so.

"In March, 2012, the Department changed the standards for arsenic in the water, which went from 15 to 10 micrograms per litre. We are at 13," says Brodeur. "We take it very seriously. This is not a new problem. It has always been here, not just at the Tropicana; it is present in the groundwater. Our experts are working on it."

The camping water comes from nine wells, he says. "There are wells in which we find arsenic in greater concentration and they will be closed," he said. A well with good water, on the other hand that was closed, has been reopened, he added. Brodeur believes that the notice of non-consumption will be lifted by the

end of next week.

It is expected that the boil water advisory in force at Tropicana since 2010 will also be lifted shortly. Brodeur stated that Parkbridge has made major investments to improve campsite facilities.

"We bought this property a few years ago. We redid sewers, pumps for wells, improved their sealing so there is no infiltration in the network, and created a new wastewater treatment plant," he argues. "A formal request was made to the Ministry of Environment in September to develop a wastewater treatment plant," he said. "This solution will not be in place until next summer, but we will try to find a solution for the short term."

"There are problems that we inherited with the Tropicana camping," says Brodeur. "We are working as fast as we can to resolve them, but these are things that take time."

Women's Institutes – as relevant today as in 1911

Doing a lot with little - close to home and farther afield



PHOTO BY BARBARA LAVOIE

Members and guests of the Bury W.I. pose with their most recently quilted banner depicting the Bury group as the last leaf left on a once lush tree that represented the women's institute groups in communities across Compton County. From left to right, seated, Helen Taylor, Muriel Watson and Gladys Morrison; standing, Beth Strapps, Serena Wintle, Irma Chapman and Sandra Morrison

By Barbara Lavoie
Record Correspondent

Every month, for nine months out of every year, members and guests of the Bury Women's Institute (W.I.) meet in the basement of St. Paul's Anglican Church in Bury. Their last get-together was last Thursday evening.

The meeting proceeds according to a well-established time-honoured routine and ritual, for the institute began in Bury in 1919, with order kept by its current elected officers, president Sandra Morrison of Bury, and secretary Serena Wintle of Birchton, both 19-year members of the W.I. Both former teachers, they admitted being recruited during their long time teaching careers at Pope Memorial Elementary School.

Treasurer and another long time member, Frances Goodwin, who recently picked up the 2012 Outstanding Townshippers' Award, was absent due to illness.

Bury resident, Gladys Morrison (no relation to Sandra outside of "their friendship" they say simultaneously) is the most elderly member at 87 years of age. Gladys holds a dual role, handling the cards/sunshine and agriculture committees, and Muriel Fitzsimmons, also

absent, is responsible for the bursaries handed out annually to deserving students.

Despite their dwindling numbers, what is most remarkable is the difference these few women make with such meagre resources. Their most valuable contribution appears to be their very personal commitment to carrying out the goals of the women's institute movement that exists, not just locally, or provincially, but across Canada and in many parts of the world. Every member also holds dear to their commitment to each other as members, and to the community of Bury at-large.

"The annual flea market and craft sale is our only big fundraiser. We rent tables and raise money by selling lunch. Most of it (the money raised) goes to support our bursary program," said president Morrison, with pride.

A nickel here, a dime there, and maybe a dollar or two, it all adds up. Then, cheerfully they decide as a group who or what organization will benefit from their efforts.

During the meeting, a decision was made to award bursaries to eight students at Alexander Galt Regional High School toward their post-secondary education at a special award night.

In addition, the institute members provide the cash to purchase and make a hot meal at the elementary school before the students hit the streets every Halloween for just about as long as anyone at the meeting can remember. And each member bakes cookies, "at least three per student," says one member, for the special day. So you can do the math and figure out just how much baking will be done.

Bury W.I. also sends entries from students at Pope Memorial and Sawyerville elementary schools to participate in a province-wide essay writing contest sponsored by the Quebec Women's Institute, again a mainstay for many years.

Cards are sent to the sick and shut-ins; vegetables and fruit donations go to the St. Paul's Residence in Bury on a regular basis; money is sent to the CHUS hospital fund, St. Paul's Home, and other charitable organizations; flowers are purchased for the cemetery, and half the cost of a wreath is shared with another women-led group in town for Remembrance Day.

Guest speaker, Jocelyn Bennett, a teacher at Pope Memorial, begins the evening with a talk on today's math program at the elementary level.

Information is shared and committee

chairs report back on their activities. One woman notes she visited a municipal office asking to have an important announcement produced in English. Another shares a story about the benefits of raw milk versus pasteurized, ironic when you'll read it was milk that was a catalyst in the founding of the institutes.

On and on they go, making light work of their tasks with cheerful chatter, witty readings and timely anecdotes, and with anticipation of the lunch that is served following every business meeting. And a fine spread the lunch is - sandwiches, homemade pastries, breads, cake, pickles, all washed down with numerous cups of hot tea, and all served at the table, not balanced daintily on our knees.

Women's Institutes pre-date the traditional feminist movement

The history of the women's institutes is an interesting story that easily pre-dates what we traditionally call the feminist movement.

For Home and Country, the motto that all Women's Institutes abide by,

CONT'D ON PAGE 7

EDITORIAL

In the 1990s, we survived the food police coming down on community groups serving food to the public, but will their food-based events survive much longer?

Is the quintessential Anglophone tradition threatened?



SUSAN MASTINE

Connoisseurs of fine home baking have been savouring the fall church supper season and are now anticipating the approach of the Christmas luncheon and tea time of the year. But, for how much longer will we be able to enjoy community fundraising events focused on home-cooked fare?

Local folks have been lamenting the loss of the St. Augustine's Anglican Church men's supper in Danville, cancelled due to lack of volunteers. It makes you wonder which such meal will be cut next.

Church luncheons, teas, suppers and bake sales are a quintessentially Anglophone tradition. And it is sad, but true that their future is threatened in every corner of the Eastern Townships. The tendency is to blame the lack of churchgoers or our aging population for this unfortunate turn of events, but there are undoubtedly other contributing factors.

There are younger folks out there, but they are otherwise occupied. They have virtually no free moments to volunteer to help plan community events, or to roast a turkey, bake pies, or make cookies. Everyone seems stretched for time - working to bring in money to cover the costs of owning a house, driving two cars, taking a trip south every winter, having regular appointments with the chiropractor, hair stylist, and esthetician; helping the kids with homework; and taking them hither and yon to music lessons or sports activities - with every waking minute booked.

There is not only no time, there is also no energy left at the end of the day. Home baking for the family, let

alone baking for the community, is out of the question.

Store-bought, convenience foods, or ready-made mixes at the very least, form the basis of what's served at family affairs and social dos. Stuff with artificial ingredients, little flavour, fewer nutrients, and unnatural textures is slipped onto kitchen tables. And the enticing, comforting aromas of home baking - banana nut loaf, gingerbread, lemon meringue, pumpkin pie - are now most often experienced through scented candles.

The yen for things cooked in non-commercial settings remains strong. Two hours after a recent bake sale started, the following comments were expressed:

"What no homemade bread left!" one fellow exclaimed.

"Got any pumpkin pie?" queried his brother-in-law. "No one can make pumpkin pie like English women do!"

In the 1990s, we survived the food police coming down on community groups serving food to the public, but will their food-based events survive much longer? Perhaps the initiative of the Richmond-Melbourne United Church to enlist the help of those in the community outside of its doors who like to cook is part of the answer to the continuity of fabulous food at fundraisers. And yet, this cannot be but a partial, temporary stopgap to the dearth of those who create food from scratch.

Hopefully, more and more of us will veer away from the easy route of buying ready-made foodstuff and thus provide our families and our community with fresher, home-cooked, more nourishing food.

Those who cook, bake, and roast for fundraising events deserve our respect and support.

To your pots and pans, cake tins and pie plates, folks!

Letters

Quebec is at the crossroads

DEAR EDITOR:

The recent announcements made by the provincial government and the many reactions they have unleashed, especially in the business community, prompts the realization that Quebec has reached a critical stage in the need to make definitive decisions for its future.

With all of the resources and talent at its disposal, will it decide to create a prosperous society from which every citizen can benefit? Or will it continue to clamour for every imaginable benefit while holding to the conviction these programs won't cost anything or will eventually be paid by others?

The time has come to open our eyes and take note of some fundamental facts.

People who describe Quebecers as being "the North American Greeks" (which we absolutely refute), are mainly referring to the fact Quebec's financial situation is extremely fragile. Our debt is more than half of our gross domestic product. Whether it is income taxes, consumption taxes or payroll taxes, we are the most taxed citizens in the country and on the continent. We will be investing more than \$30 billion in our healthcare system in 2012-13, and this amount - which is equal to just about half of government program spending - will likely increase to \$37 billion in 2016-17.

Meanwhile, attaining a balanced budget in 2013-14 - which the previous government targeted and the new government is promising - is increasingly jeopardized. The revenue stream into government coffers is seemingly going to be less than anticipated, and the expenses figure to be higher. Every new round of spending arising from an electoral promise adds to the creation of an unforeseen financial burden that will eventually result in the cost of several billion dollars. What are we to do in the face of this inextricable predicament?

I believe our action should be guided by a few simple principles.

Above all, it is important that we most definitely put aside any magical notions we might entertain and learn to live within our means. If we hope to maintain the many benefits we currently enjoy, we need to do everything we can to increase these financial resources by promoting more economic development. And let's prioritize government spending by separating the essential elements from the accessories, deciding which services we would like to have, and realizing the need to forsake previous initiatives in favour of new ones that now seem to better meet our expectations. Let's be realistic about the ability of citizens to contribute to government coffers when we are already paying the highest and most progressive taxes in the country.

Applying these few principles should prompt the province to act urgently. Most importantly, conduct a comprehensive and objective analysis of the economic situation and communicate this to Quebecers. Every new government measure should be subject to an impact analysis - direct and indirect impact - so we can properly assess its relevancy and feasibility.

Let's make sure every economic player is tapped and works concertedly toward the creation of sustainable development for Quebec that is acceptable not only from a social and environmental standpoint but also economically viable and profitable. And, let's express trust in the population by providing it with a fair overview of the situation and bluntly showing it the ramifications of its decisions.

Anyone that would like to obtain further details can consult the think-piece written to this effect by the Employer's Council. The document, in French only, is available on the Council's website at the following address: <http://www.cpq.qc.ca/assets/files/memoires/2012/note-de-discussion041012.pdf>

PATRICK LEMIEUX
CONSEIL DU PATRONAT DU QUEBEC
MONTREAL

DEAR EDITOR:

To friends of Nancy (Love) Brown:

We, the Alexander Galt Community, were saddened to hear of the passing of one of our former Physical Education teachers. In her memory, we would like to start the Nancy Brown Help an Athlete Fund to assist students who might not otherwise be able to play high school sports at Galt.

If you would like to participate in this worthy endeavour, you can send

your donation to:

The Nancy Brown Help an Athlete Fund (AGRHS)
Alexander Galt Regional High School
1700 College St.
Sherbrooke QC.
J1M 1Z9

Thank you for your generosity.

ROBERT HALSALL
CO-ORDINATOR OF STUDENT ACTIVITIES
AGRHS

THE RECORD

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THE LINK

Linking Lennoxville & the surrounding communities

Lennoxville Directory

Page 8

Women's Institutes

CONT'D FROM PAGE 5

long time Bury Women's Institutes president Sandra Morrison modifies this to include, "community." She feels it is important to be loyal to local while remembering we are a part of something larger, in much the same way as the axiom, Think Local, Act Global.

At the time of their founding, bylaws were drawn up that stated all women's institutes were to be non-partisan, non-sectarian, nor could any speaker be allowed, "to advertise their wares or schemes in which she has pecuniary interest."

Education and social goals

Their work was to be educational and social: education in the sharing of information on homemaking, and social in its aim to build closer the homes of the community for their mutual benefit.

Following a visit to America in 1831, French political thinker and historian Alexis de Tocqueville, who wrote *Democracy in America*, described a phenomenon that he felt at the time was unique to North America.

He wrote, "voluntary associations of the citizens might then take the place of the individual exertions of the nobles, and the community would be alike protected from anarchy and from oppression."

Although de Tocqueville's comments are long before rural women got busy meeting their needs, his points about voluntary organizations protecting the community are well worth noting.

Notably the Bury W.I., part of the Compton County group of women's institutes that represented many active groups that have since closed (Sawyerville, East Angus, Scotstown, Milan, Island Brook, East Angus, Cookshire, and more), was responsible for the founding of the Compton County Historical Museum Society in 1958, an organization that is currently very active in promoting a new historical project featuring the Eaton Corner Museum.

Currently the Bury W.I. is the only remaining group, but it continues to represent the interests of all women in the area at provincial events such as the Quebec 100th anniversary celebration

held last year at Macdonald College.

Background on the women's institute movement

Driven by grief following the death of the youngest of her four children at 18 months from contaminated milk, Adelaide Hoodless (née Hunter) founded the Women's Institutes in 1897 in Stoney Creek, Ontario, in tandem with the Farmer's Institutes, that were at the time teaching the men folk about the latest farming practices.

With infant mortality taking one in five children, her belief was that she and other women, other mothers and therefore young girls, should have the information necessary to prevent such a death.

Her aspirations and beliefs, "Apart from my family duties, the education of mothers has been my life's work," led her to become involved and take on leadership roles in other organizations serving women at the time.

Hunter's first association was with the Hamilton Young Women's Christian Association (Y.W.C.A.) where she encouraged the teaching of better methods of household work. Following her participation in a convention in Chicago, she was inspired to take on the role of National leader of the Y.W.C.A.

At the first annual meeting of the National Council of Women held in the U.S. in 1894, Hunter presented a resolution that the National Council of Women of Canada further the introduction of industrial training for girls in the public school system.

As much an early feminist as her peers the Suffragists, who were fighting for the vote for women, she was politically active in advocating education for women and girls, particularly education in homemaking and domestic and household science, the body of knowledge we now refer to as, home economics.

She led a delegation of women who met with the then Minister of Education in Ontario, the Honourable G. W. Ross, asking to have a text book prepared on domestic science. Interestingly, the book written by Hunter titled, *Public School Domestic Science*, was published in 1898 and became known

as the "little red book." Ahead of its time, the book included, calorie charts, chemical analysis of foods, nutrition, recipes and menus, infant's diets, and the importance of meat, fruits and fresh vegetables in the diet.

As the demand for "domestic science" teachers grew, Hunter enlisted the interest and support of Sir William Macdonald, philanthropist, who, in 1903, donated the money to build the Institute of Household Science at the Ontario College of Agriculture in Guelph, Ontario.

By 1905, the same philanthropist, no doubt influenced in some way by Hunter, founded what is now affiliated with McGill University, Macdonald College in St. Anne de Bellevue near Montreal, dedicated to agriculture and domestic science.

Despite Hunter's untimely death in 1910, at the age of 52, half-way through a guest lecture that ultimately founded the Lillian Massey School of Household Science in Toronto, the women's institutes and the movement for education for women and girls quickly spread and grew, from province to province across Canada and organized nationally as the Federated Women's Institutes of Canada in 1919, and eventually becoming international as the Associated Country Women of the World (A.C.W.W.), in particular among the commonwealth countries.

A biography on Hunter titled, *Adelaide Hoodless: A Woman With a Vision*, written in 1965, by Ruth Howes, notes 3,350 branches with a membership of more than 72,000 women in rural communities, villages, towns and cities in Canada existed at the time.

Quebec's Women's Institutes

The Eastern Townships can take great pride in being the first to form a women's institute in Quebec. In Dunham, Elizabeth Ann Beach (née Johnson), born in Missisquoi County, facilitated the founding of the province's first W.I. in 1911 following a guest lecture on the women's institutes by a Macdonald College staff member, she was housemother of the girl's residence at Macdonald College in Montreal and widow of a former dean at the

Guelph agricultural college.

It was also at this first and subsequent meetings held in Dunham that the groups aims were discussed, promoting the "the dissemination of knowledge relating to domestic economy" such as home sanitation, and the economic and hygienic values of foods, clothing and fuel, "with a view to raising the general standard of health and morals of our people," etc.

For this information and more, The Record consulted the following publications: Q.W.I. 1911 - 1961 *The First Fifty Years* by Joyce Gilchrist of Melbourne, QC; *Quebec Women's Institutes 1911 - 1986 75th Anniversary* (1961 - 1971 by Hazel A. Coates, and 1971 - 1986 by Gwendolyn M. Parker of Lennoxville, QC, all the property of the Bury W.I.

Personal experience of living in rural community

Speaking from personal experience, having just finished a one-month stint of single-handedly caring for a house and its animal residents on the outskirts of the nearby Newport municipality, this correspondent can strongly attest to the need for social interaction with the outside world every few days. Even though, unlike our sisters of more than a hundred years ago, we now have transportation of a more reliable kind, four-wheeled motorized vehicles instead of the four-legged kind, and the Internet with such programs as Skype to provide communication, I still found it important to socialize in-person.

With Bury attracting newcomers through several building lots, Sandra hopes the group may be able to attract some new members. But besides the fact that most residents are French-speakers, she is also very aware that the majority of today's women work outside the home and there isn't much time left over for socializing with other women.

"For me, the women's institute has always been my night out. My husband went to lodge, I went to the W.I.," said Wintle.

For more information at the Bury Women's Institute, contact Sandra Morrison by telephone at 819-872-3657, or by email.

Route 108 in North Hatley: Restraining wall reconstruction and paving

NORTH HATLEY

Oct. 9 to Oct. 15.

Restraining wall reconstruction and paving on route 108 in North Hatley will be carried out from

This work requires the closing of one lane between Hovey and Main streets from 7 a.m. to 5 p.m. Traffic will be directed alternatively by signal lights.

This year again, roadwork is very plentiful on the roads of Quebec. In the Eastern Townships over \$142 million is being invested across 90 work sites, and the MRQ is asking motorists to be extra

vigilant when approaching road work sites.

The public is invited to plan their trips safely by visiting www.quebec511.info before departure.



Lennoxville Directory



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Local Sports

Running back Matthew Burke, the league's top rusher, had another strong game rushing for 122 yards on 18 carries.

McGill rallies for 34-20 win over Bishop's

Three-way tie for final playoff spot

By Mike Hickey
Special to the Record

The Bishop's Gaiters' modest two-game winning streak came to a halt last Thursday as the McGill Redmen rallied from a 14-9 halftime deficit to defeat the Gaiters 34-20 in a Quebec University football game played in Montreal.

The Bishop's loss, coupled with Sherbrooke's 48-6 win over the Concordia Stingers, left the Gaiters tied for the fourth and final playoff spot with the Redmen and Stingers. All three teams

have identical 2-4 records with three games remaining. The Gaiters will meet crosstown rival Sherbrooke this Saturday in the Mayor's Cup and then wrap up the regular season with games against the nationally ranked Montreal Carabins and Laval Rouge et Or.

The Gaiters drew first blood when quarterback Jordan Heather completed an eight-play, 99-yard drive with a 40-yard scoring strike. After McGill took a 9-7 lead on a pair of field goals by Samy Rassy, a rouge and a team safety, Heather put Bishop's back on top when he scored

on a 16-yard run. McGill rallied in the third quarter sparked by quarterback Jonathan Collin's one-yard TD plunge and took a 19-17 lead after three quarters of play. Rassy and Bishop's Mathieu Paquette exchanged field goals early in the final stanza to give the Redmen a two-point lead, 22-20. The home team added to their lead late in the game when Ryan Bondy capped a 10-play, 75-yard drive with a 30-yard touchdown pass to Shaquille Johnson. On their ensuing possession the Gaiters were forced to concede a safety and Rassy rounded out the

McGill scoring with a 27-yard field goal in the final minute of play. Rassy connected on five field goals for the second time this season and finished the game with 17 points overall.

Heather was good on 18 of 32 for 235 yards and an interception while Fox had seven catches for 129 yards. Running back Matthew Burke, the league's top rusher, had another strong game rushing for 122 yards on 18 carries. Sherbrooke native Elie Ngoyi led the Gaiter defence with a game-high nine total tackles, including one quarterback sack.

Sherbrooke records one-sided victory over Concordia

Drummondville's Dion sets new CIS record

By Mike Hickey
Special to The Record

The Sherbrooke Vert & Or football team took a major step towards a playoff berth Saturday afternoon when they soundly defeated the Concordia Stingers 38-13. The victory gives the Vert & Or undisputed possession of their place in the RESQ with a 3-3 record heading into Saturday Mayor's Cup game against their cross-town rivals, the Bishop's Gaiters.

After spotting the Stingers a 3-0 lead, the Vert & Or dominated the first half, scoring 28 consecutive points while shutting down the Concordia offence. Starting their first possession on their own 35 yard line quarterback Jeremie Roch quickly marched his club down the field culminating a five-play, 75-yard drive with a nine-yard TD pass to Vincent Gaudreau.

Sherbrooke dodged a bullet on the ensuing kickoff as Kris Robertson's touchdown return was negated by a blocking penalty.

Sherbrooke increased their lead to 14-3 when Simon Rivard intercepted a Concordia pass and raced 82 yards untouched for the major. Sherbrooke added a record-setting 30-yard field goal by William Dion that gave the visitors a 17-3 lead at the end of the first quarter. With

the kick, Dion set a new CIS record for successful field goals with 71 career boots and the Drummondville native was honoured by Commissioner Tom Allen at mid-field.

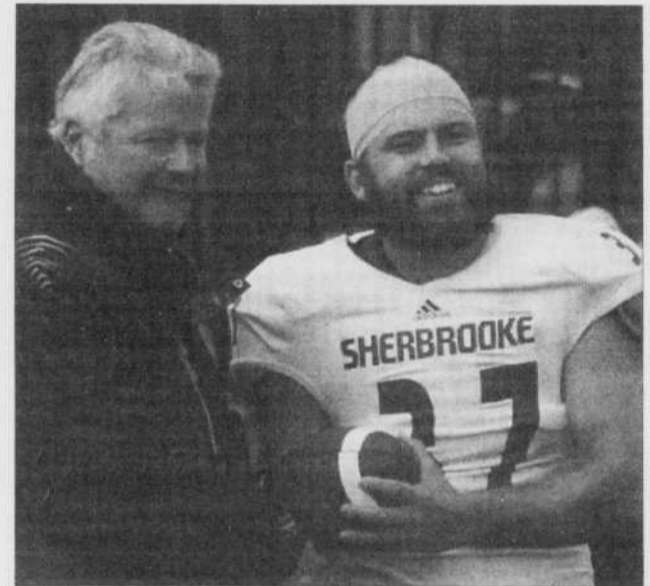
The Stingers closed the gap to 17-6 on Keegan Treloar's second field goal of the game but Sherbrooke responded with another Dion field goal and a 26-yard TD pass to Francois Lapointe in the final minute of the half to take a 28-6 lead into the locker room at half-time.

Sherbrooke came out in the second half with a game-clinching drive as they methodically moved the ball down field aided by a Stinger offside penalty on a third-and-four play. Beni Ngunza's two-yard run capped off a 65-yard drive that took six minutes off the clock and gave the Vert & Or a commanding 35-6 lead.

The final 15 minutes saw the Vert & Or increased their lead as Dion added two more field goals while defensive lineman Fred Verville picked up a fumble and returned it five yards for a major.

Roch completed 22 of 31 passes for 230 yards and a pair of touchdowns while Sebastien Blanchard led all receivers with six receptions for 94 yards.

The Vert & Or forced eight turnovers, including stopping the Stingers three times on downs.



COURTESY

Commissioner Tom Allen recognizes Drummondville native, kicker William Dion after he broke the CIS record for field goals Saturday.

Women Cougars drop first hockey home opener

Sherbrooke (McD)

The Champlain Cougars women's hockey team dropped its first-ever home opener to the Lionel-Groulx Nordiques 5-2 on Saturday at the WB Scott Arena at Bishop's University.

Some 200 spectators were on hand to watch as the Cougars ended a three-game winning streak to see their inaugural season record drop to 3-2 in the Women's Hockey League of the Réseau du Sport Étudiant du Québec (RSEQ).

Maude Théberge and Katherine Dubuc, each with their third goal of the season, scored for Champlain.

The Cougars came out hard in the first period, outshooting their opponents 18-7 but both teams remained scoreless at the end of the period. Nordiques netminder

Gabrielle Forget put in a spectacular performance in keeping the Cougars scoreless.

The Cougars finally penetrated the Forget wall in the third minute of the second period but the Nordiques quickly responded with three unanswered goals. The Lennoxville squad narrowed the gap to 3-2 midway through the third period, before seeing Jenny-Lee Verville restore a two-goal lead for the visitors in the 15th minute of play. The fifth goal was scored on an empty net with 52 seconds remaining in the contest. Verville (2-1) and Stéphanie Pellerin-Therrien (with a goal and three assists) were the sparks in the Nordiques attack. Champlain outshot the Nordiques 32-20.

The Cougars will play their next home game at WB Scott Arena next Sunday, October 14, at 3:30, when they will face the John Abbott College Islanders.



SM/ FRANÇOIS GRÉGOIRE

The ceremonial puck drop at the Champlain Cougars women's hockey team home opener was performed by Team Canada member Sarah Vaillancourt, ambassador of women's hockey in the Eastern Townships, accompanied by Sylvain Laflamme, director of athletics at Champlain College and team founder. Champlain captain Pascale Daigle (right), and Julie Lévesque of the Collège Lionel-Groulx Nordiques face off.

Bulwer Golden Age

October 1 - A cloudy and sunny day as members met together for an afternoon of cards and catching up on the news. John welcomed everyone and the games began: 8 tables of 500 cards, 1 table of crib. Ed and Al won by 17 points. Seven bowlers. One game Blk 8-Red 7. They had lots of fun.

Annual meeting: Keith was nominated as President, Grayce as Vice-President, Alberta as Secretary, Winnona as Treasurer. Congratulations. Hope you have a good year. Meeting adjourned by Ron, seconded by Jean Naylor.

93 members enjoyed a ham and salad supper, with apple pie and ice cream for dessert, and tea and coffee.

Door prizes were won by John McDonald, Ron MacDonald, Mabel MacKay and Louise Peasely.

Gerald and Catherine have moved to the Wales Home. They are doing well.

Members left for home. God bless and keep you safe. I hope to be there next time. Thanks Madelyn for replacing me.

Submitted by Margaret Vintinner

Lennoxville Golden Age

September 25, 2012 - Seventy members gathered to play Military Whist (7 tables), Scrabble (1 table) and Bridge (1 table). Ferne greeted everyone.

Military winners: High - 27 flags, Georgeline Charland, James Andrews, Winonna Kirby and Elsie Ramage. Low - 17 flags, Grayce Betts, Mary Proulx, Claudette Cyr and Pearl Custeau.

Grace was said by Ferne and she thanked the cooks for the meal they had prepared. Star and Pat set up the tables, and guests were Bruce and Charlotte Hurt. Everyone enjoyed a meal of shepherd's pie, sliced tomatoes, broccoli salad, rolls, pickles, marshmallow squares, tea and coffee.

Prizes were won by Keith Vintinner, Bev Nutbrown, Mary Proulx and Inez Dutton.

Absent members: Margaret, who took a fall, Catherine, who is back at Argyll after a heart attack, and Angus was at home.

Door prizes were won by Irene Young and Bev Nutbrown.

The meeting was closed. Everyone left for home. Drive carefully and God bless. Thanks Joann for the help. It was appreciated.

Submitted by Margaret Vintinner

NOTE: In the September 11 write-up about the meeting, Irene was incorrectly written as the President.

Death



David Blair BRECKENRIDGE
1938-2012

Passed away at the CHUS - Fleurimont, Sherbrooke on Oct 4, 2012. Mr David Blair Breckenridge in his 75th year, loving son of the late George Breckenridge and Maude Rolfe. David was a well known businessman and avid Salmon fisherman who throughout his life was a generous supporter of his community. Mr. Breckenridge leaves to mourn his beloved wife, for 20 years, Sharon Gautrey; his loving children Jason Breckenridge (Lucy Hockins) and Jodi Breckenridge (Sean Yates); his grandchildren George and Hector Breckenridge, Zoe King, William and Noah Breckenridge-Yates and the mother of Jodi and Jason, Jill Perkins-Marshall. Mr. Breckenridge was also survived by other family and many friends.

Family and friends will meet at Plymouth Trinity United Church (380 Dufferin Street, Sherbrooke) on Thursday Oct. 11, 2012 from 1:00 p.m. to 2:30 p.m., followed by the funeral service at the same church at 2:30 p.m. Interment of the ashes will be held at the Elmwood Cemetery, Sherbrooke.

As a memorial tribute, donations to the CHUS Foundation, 500 Murray Street, suite 600, Sherbrooke, Qc, J1G 2K6 would be appreciated.

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Death



Arthur CHARBY
1959-2012

Suddenly at Knowlton QC, on Wednesday October 3, 2012, at the age of 53, passed away Arthur Charby.

He leaves to mourn his mother Heather Holmes, his sisters and brother, oldest Tammy, Penny (Yves) and Leeann, his brother Bobby (Donna), many nephews and nieces, other relatives and friends. Predeceased by his father Wilfred Charby.

Family and friends are welcomed, a graveside service will be held on Saturday October 13, 2012 at 2p.m. at Knowlton Protestant Cemetery. Rev. Wilmur Davidson officiating. Donations in his memory to the First Responders Knowlton or the BMP Hospital Foundation would be appreciated (forms available at the Cemetery).

Arrangements entrusted to the Desourdy Funeral Home
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Death

David Allan McLACHLAN
1971 - 2012

David Allan McLachlan lost his battle with cancer on October 2, 2012 at the age of 41 years at the Bassano Hospital, Bassano, Alberta. He is survived by his wife Candy; his children Whitney and Darion; his parents David Arthur and Virginia McLachlan; his sisters Kim Wright (Tom) and Cindy Lansdown; and numerous aunts, uncles, cousins, nieces, and nephews.

A Memorial Service will be held at Pierson's Forest Lawn Chapel, 4121 - 17 Avenue SE, Calgary, on Saturday, October 13, 2012 at 1:00 p.m. Messages of condolence may be forwarded to the family at www.piersons.ca.

Arrangements are in care of PIERSON'S FUNERAL SERVICE, Calgary, Alberta. Telephone 403-235-3602.

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TUESDAY, OCTOBER 9, 2012

The World Almanac Databank

Today is the 283rd day of 2012 and the 18th day of autumn.

TODAY'S HISTORY: In 1635, religious dissident Roger Williams was banished from Massachusetts Bay Colony.

In 1888, the public was first allowed inside the Washington Monument.

In 1967, guerrilla leader Ernesto "Che" Guevara was executed for attempting to lead revolutionaries in Bolivia.

In 2006, North Korea claimed it had performed its first nuclear test.

TODAY'S BIRTHDAYS: John Lennon (1940-1980), musician; Trent Lott (1941-), politician; Jackson Browne (1948-), singer/songwriter; Tony Shalhoub (1953-), actor; Scott Bakula (1954-), actor; Mike

Singletary (1958-), football player; Guillermo del Toro (1964-), director; Annika Sorenstam (1970-), golfer; Scotty McCreery (1993-), singer.

TODAY'S SPORTS: In 1915, Woodrow Wilson became the first sitting president to attend a World Series game.

TODAY'S FACT: The National Association of Professional Baseball Leagues presented a lifetime presidential pass for attending games to Theodore Roosevelt in 1907, but he wasn't a baseball fan.

TODAY'S QUOTE: "To err is human, to forgive is divine ... but this does not make it desirable to make as many errors as possible." - Roger Williams

TODAY'S NUMBER: 36,491 - marble bricks used to build the Washington Monument.

TODAY'S MOON: Between last quarter (Oct. 8) and new moon (Oct. 15).

In Memoriam

BEATTIE - A year went by, memories stay as near and dear as yesterday. In loving memory of our mother, Bernice (Wilkin), who passed away October 9, 2011. Father, Clinton, December 30, 1962. Sister, Betty Ann, February 15, 1969.

*Sadly missed along life's way,
Those we love don't go away,
They walk beside us every day.*

Always remembered and missed by

**PRISCILLA
LINDA (JACK)
JAMES (JEAN)
RICHARD (SHERILYN)
GRANDCHILDREN and
GREAT-GRANDCHILDREN**

BERNARD - In memory of our loving mother, Rita Bernard (Chasey), who passed away October 4, 1996.

Sadly missed by
**MURIEL (DAWSON)
(daughter)
FRANCIS (son)
NANCY (daughter-in-law)**

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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Text only: \$15.00 (includes taxes)

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

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\$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 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.



LENNOXVILLE

The Hut's 12th annual Music Achievement Awards will be held on Saturday, October 13 at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Come join us and many local musicians for music and dancing from 1 p.m. until closing (old time country until 4 p.m.). Kitchen will be open into the evening. Admission charged. 18+. Info: 819-346-9122.

LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, October 9 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

WATERVILLE

Lennoxville and District Community Aid

will hold a Blood Pressure clinic on Tuesday, October 23 at the Town Hall, 170 Principale South, from 10 a.m. to 11 a.m.

IVES HILLS

Annual Turkey Supper and Prize-Giving of Sherbrooke-Compton Plowing Match will be held on Thursday, October 25 at Ives Hill Community Hall at 7 p.m. Please reserve by Tuesday, October 15 by calling Dianne Kirby 819-562-7145.

LENNOXVILLE

All ladies are invited to the Sherbrooke Women's Connection (a Stonecroft Ministry) at the A.N.A.F. "Hut", 300 St. Frances St., Sherbrooke on Thursday, October 11, 9:30 a.m., for the annual Fall Fair & Silent Auction. You may donate an item - preserves, baking, craft, new or nearly new item. Please price your items. All funds raised go for Christmas gifts for Stonecroft Missionaries across Canada. "Somewhere Over The Rainbow" is the topic guest speaker and former nurse Jean Steber from Turnbull, Connecticut has chosen. There'll be lively music by the Sherbrooke "Ginger Nutz." Door prizes! Bargains! Fun for all!

LENNOXVILLE

Uplands Cultural & Heritage Centre is proud to present the works of Margot Graham Heyerhoff. From September 16 to October 28 the gallery will host "The Sudoku Series", works in mixed media. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville) 819-564-0409, www.uplands.ca.

AYER'S CLIFF

Fall Roast Beef Supper with all of the trimmings, on Saturday, October 20 at Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Admission charged and everyone is welcome! Angus Beef bought and processed in the Eastern Townships!

SHERBROOKE

Saturday, October 20, 4 p.m. to 6 p.m., the Anglican Church of the Advent, 473 Bowen St. South, Sherbrooke welcomes you to their annual Fall Dinner of ham, scalloped potatoes, baked beans, salads, rolls, with cakes and squares, tea and coffee. Food

Sales table. Admission charged.

BURY

Military Whist at St. Paul's Church Hall, Bury on October 26 starting at 1:30 p.m. To reserve a table, call Serena at 819-875-5210 by October 24.

LENNOXVILLE

The A.N.A.F. Ladies Auxiliary Unit 318 will begin their 500 card parties on Wednesday, October 10 at 2 p.m. at the Hut, 300 St. Francis, Lennoxville. All welcome.

... 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.

I want to share my story of depression — and hope — so that it might help others

TUESDAY, OCTOBER 9, 2012

Annie's Mailbox

Dear Annie: I want to share my story of depression — and hope — so that it might help others.

I'm nearly 50 now, but only recently did I recognize the depression that has plagued my life. I had the symptoms for decades: bursts of anger, loss of appetite, lack of interest in work and activities, avoiding people, constantly thinking about death. A few years ago, it hit me hard. For weeks, I couldn't leave my bed, and suicidal thoughts filled my mind. I was a "dead man walking." My emotions were burned away, and I saw no point in living.

Finally, I began seeing a therapist on a weekly basis. Progress was slow, but each bit of relief was a stepping-stone out of the darkness. I learned that you have to look after yourself. Overworking, not eating right, lack of exercise, not enough sunshine and cutting yourself off from social situations all feed depression. If you can get out of bed and get out the door — if only for a little while — that's a major thing.

National Depression Screening Day is Thursday, October 11. I recently found out about it from a friend. I wish I'd known about it years ago and taken a screening. Readers can go to HelpYourselfHelpOthers.org and find a nearby screening location or take a free, any-

mous screening online. They also can find out what to do next.

I'm alive today because I managed to get help in time, but I lost years of real living before I understood that I had depression. I strongly urge anyone reading this who even suspects they might have depression to do a screening. Sincerely — Mike Stephens

Dear Mike: Thank you for sharing your story. Depression affects millions of Americans from all walks of life and all demographics. National Depression Screening Day can be enormously helpful for those who are concerned about depression. We hope our readers will check HelpYourselfHelpOthers.org to find out about a screening.

Dear Annie: What do I tip when eating at a buffet where the server takes the drink orders but does nothing else? What about at a Japanese restaurant where the server takes our orders and serves the meal, but the sushi chef prepares the food?

Our favorite Japanese place has a tip jar at the sushi bar. I feel a tip should be left for both the server and the chef, but I don't know how to divide it. I was told that the sushi chefs keep their tips and the others are split.

I'd appreciate some guidance. — Liz

Dear Liz: At a buffet, etiquette experts recommend a 10 percent tip (on the pre-tax amount) because the server takes drink orders and clears the table. If you sit at a sushi bar where the food is served directly to you, tip the chef on the food and the server on your drinks. If the server brings you the food, tip the server. Tip jars, whether at a sushi bar or a coffee shop, do not obligate you to leave anything. However, if the service (or sushi) was exceptional or complicated, or if you are a regular customer, you may wish to do so.

Dear Annie: I would like to respond to "The Drunk's Wife." My 67-year-old husband came home many nights so drunk he could barely stand up. After putting up with this for 40 years, I finally had enough. I told him that I loved him, but the next time it happened, I'd be gone. Two weeks later, he came home toasted, and I packed a bag and left. He called all night, begging me to come back. The following day, we talked. I said I'd return, but there would be no more second chances. He knew I meant it. That was two years ago. He hasn't been drunk since, and our marriage is better than ever. — Stuck to My Guns

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

Stanbridge East W. I. meeting

The regular meeting of Stanbridge East Women's Institute was held September 6, 2012 at Dianne Tait's in West Brome with President Jean Cogswell presiding, after welcoming everyone and thanking the hostess and co-hostesses, Mary Boomhower and Pearle Ingalls Yates. After the opening with the Mary Stewart Collect, Salute to the Flag and Institute Ode, we proceeded with:

Motto: What sunshine is to crops, smiles are to humanity.

Roll Call: Name an agricultural tool mentioned in the Bible.

The minutes of the July meeting were read. Also a short report of Missisquoi County 100th Anniversary celebration and our very short August business meeting.

Business: Q.W.I. rally in Hemmingford on September 26.

Correspondence: An invitation to Brome County semi-annual meeting in Abercorn on September 13. A card of thanks from Barbara Harvey. A thank you from Joyce Martin for our hosting of Missisquoi County semi-annual meeting. A letter from Dara Brown, re ACWW stamp sent to Mrs. M.A. Brown in Stanbridge East in 1959.

Dianne Rhicard presented her program for agriculture:

- 1) Agriculture in our area, featuring an apple farm
- 2) G-10 - ethanol gasoline

Dianne Tait gave a list of uses for tea bags, new and used. Some of them will prove interesting to readers. Sprinkle dry, used tea bags on carpets, then vacuum. Black tea for shiny wood floors and polishing furniture. Greasy fingerprints on glass. Wet tea bags can soothe sunburn and other burns. For puffy eyes. Soaking feet in strong tea for 20 minutes will relieve tired feet and eliminate foot odor. Water ferns occasionally with brewed tea. Around rose bushes.

A new member, Laraine Domingue, was welcomed.

Motions were passed to become an affiliate member of Avante, donate to Butler School Breakfast Program and the Peace Garden.

Submitted by Pearl Ingalls Yates, Publicity Chairman

Brookbury Community Centre

The Centre Communautaire de Brookbury has been available for rent all summer. We had a pot-luck supper in May and over the summer it was rented 7 times for various activities.

Over the year, we have worked at compiling a community cookbook and so have collected recipes from people who live and have lived in the area. This lovely cookbook is now ready for sale at \$15. each. Wonderful Christmas gifts and a kind of memory book.

We are also planning our Fall potluck supper and silent auction, followed by our annual general meeting, on October 20 at 5 p.m. at the Hall. Anyone who would like to come in a Halloween costume is invited to do so.

Everyone is welcome. Bring a friend and come and visit with friends and neighbours.

There is no charge, just a casserole or salad and/or dessert to add to the supper.

For info, call Brenda Bailey 819-884-5984.

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.

"YHVH ZHT OVCZ LYH XMSTHL HSVLY
OWVGL GHL OCCL KXCT LYH ZCCT
AKMN 1969 S.J. BH DSZH WT XHSDH
OCV SMM ZSTPWTJ."

— THWM SVZGLVCTR

Previous Solution: "One of the greatest discoveries a man makes ... is to find he can do what he was afraid he couldn't do." — Henry Ford

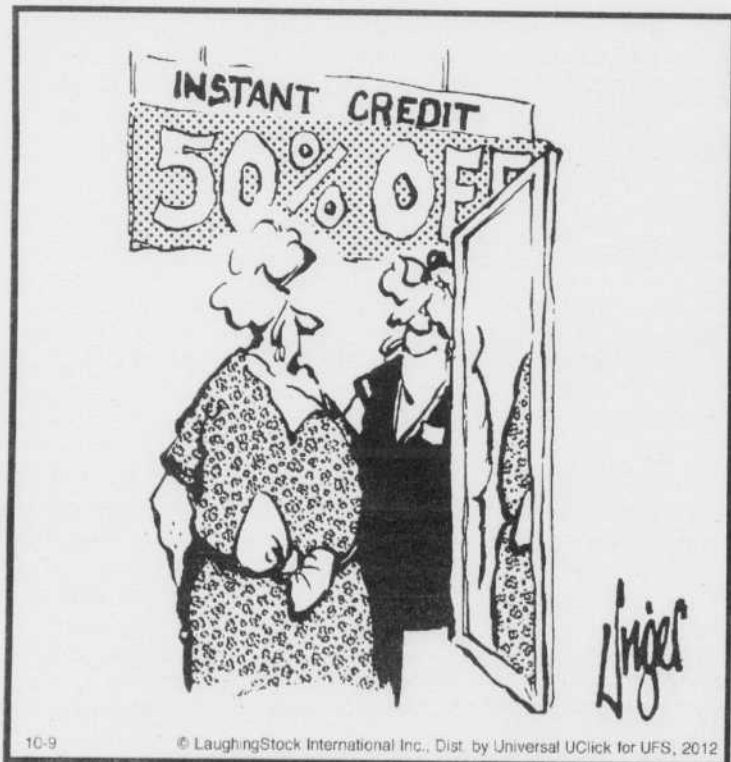
TODAY'S CLUE: A sjenbe N

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KIT N' CARLYLE



HERMAN

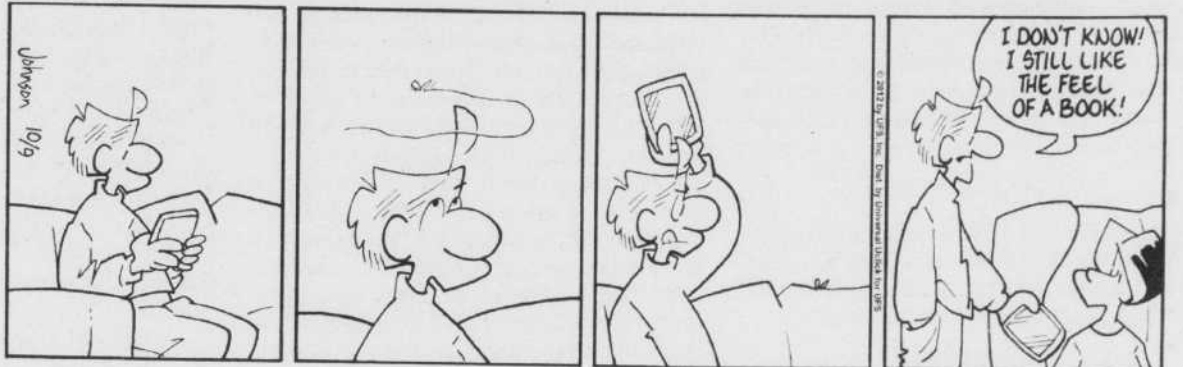


"I hate the color, but I'll take it."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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Sherbrooke Women's Connection

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440 Miscellaneous

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Well, we're back in the swing of things after a long Summer break. Every lady is invited to this upcoming get-together. It will be a lot of fun like last June.

Last time, it was a little of spice added to our lives as Barbara Austin from Connecticut, U.S. showed us many every day yard plants and herbs that can be added to humdrum meals. As she was showing the different plants, she was adding them to a bowl of sour cream. I believe that they were seedum leaves, violet leaves, rose and marigold petals. In the end, she had a wonderful dip with some chips that was shared by all. It was surprisingly delightful to the taste buds!

Ann Clark from Richmond was there to share her talents in song and on piano. She played a lovely medley of six songs with the theme of "Yesterday, Today, Tomorrow." After the break, she played "It is no secret what God can do."

Barbara Austin also was our speaker who spoke on her life. How when she found a Bible, it brought some spice to her life. It was very interesting and everyone seemed to be all ears throughout her talk.

Every speaker that comes to our group is so inspirational. So you won't want to miss hearing guest speaker, Jean Steber, a former RN from Trumbull, Connecticut at the next meeting,

Thursday, October 11 at the A.N.A.F. (Army, Navy, Air Force) "Hut", 300 St. Francis St., Sherbrooke at 9:30 a.m.

Also, there will be music by the local group "Ginger Nutz" who never fail to lift our spirits, and the opportunity to participate in the Fair.

The cost is only \$6.00 which includes a tasty snack, coffee, tea or juice, and musical entertainment.

We don't pretend to be anywhere near as grand as the 1904 St. Louis' World Fair when the song, "Meet Me In St. Louis, Louis, Meet Me at The Fair" became popular. However, the Sherbrooke Women's



Connection is having their Annual FALL FAIR which also includes a SILENT AUCTION. All ladies from across the Townships are invited to come to this well anticipated event.

It would be much appreciated if you'd consider donating a jar of your homemade preserves, pickles, baked goods, a craft, a new or nearly new item, or maybe something from your garden. Please be sure to price your items. (Note: Some choice items will be placed for the Silent Auction.) All proceeds from the sale will go to raise money for Christmas gifts for Stonecroft Missionaries across Canada. Hope to see you there for a fun-filled morning. Come and bring along a friend or two. There will be lots of door prizes, tea, coffee and plenty of snacks for everyone.

If you're not on a reminder calling list, you may RSVP with Pat Bryant at 819-562-8560 or email: sherbrookewc@yahoo.ca.

Now you can join us on Facebook, just search for Sherbrooke Women's Connection.

Submitted by Sheila Andrews and Nadine Fafard



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Your Birthday

TUESDAY, OCTOBER 9, 2012

Revive an old relationship with someone whom you're likely to run into again in the year ahead. This person always had what you lacked, and vice versa. You both are likely to do wonders for each other.

LIBRA (Sept. 23-Oct. 23) — If you believe your schemes aren't working out as well as they should, it might be best to revise your plan of action in favor of something else that you know will work.

SCORPIO (Oct. 24-Nov. 22) — Do a little extra probing, if that's what you believe it takes, to figure out a solution to a problem. You'll be glad that you kept at this particular dilemma.

SAGITTARIUS (Nov. 23-Dec. 21) — Be extremely careful that you do not prematurely rush to judgment, especially if you have to make a critical decision. Weigh and balance every facet of the situation.

CAPRICORN (Dec. 22-Jan. 19) — It's one of those days when it might be wiser to listen to your sentiments rather than your logic when dealing with some co-workers. Your heart could be smarter than your brain.

AQUARIUS (Jan. 20-Feb. 19) — Sometimes when we try too hard not to make a mistake, it causes us to make foolish errors. Thus, the smart thing to do is to relax and just do the best that you can.

PISCES (Feb. 20-March 20) — It is likely to take solid commitment on your part

in order to effectively complete something. If you allow outside factors to steer you off course, you'll accomplish nothing.

ARIES (March 21-April 19) — Think for yourself, and don't be afraid to let others know you'll be doing just that. If you don't, you could get caught up in supporting a situation that you find distasteful.

TAURUS (April 20-May 20) — There are a lot of things you can do yourself instead of paying someone else to do them. However, know your limitations and don't attempt the impossible.

GEMINI (May 21-June 20) — Don't make winning unduly important when engaged in competitive activities with friends. The focus should be on fun at all times.

CANCER (June 21-July 22) — Instead of moaning and groaning about a bad hand that you believe has been dealt you, take your mind off yourself and try doing something purely for enjoyment's sake.

LEO (July 23-Aug. 22) — Don't confuse self-doubt with shrewd analysis. The latter is letting a constructive mind do the thinking, while the former invites failure.

VIRGO (Aug. 23-Sept. 22) — Your rewards are likely to be proportionate to what you achieve, unless you fail to get off the ground by listening to a negative associate who discourages you from the start.

The count is a constant scourge

by Phillip Alder

Satirist Tom Lehrer said, "Counting in octal is like counting in decimal, if you don't use your thumbs."

Counting in bridge is like counting away from the table. However, most players do not count as much as they ought — and could. This type of deal drives most people crazy. How should South plan the play in seven spades after West leads the club king?

North's two-no-trump response promised eight-plus points and a balanced hand. Then, when South showed five or more spades, North made a four-club control-bid (cue-bid) to say that he loved spades. (If North did not like spades, he would have rebid three no-trump. If he had a so-so hand for spades, he would have raised to four spades. Bidding another suit showed an excellent hand for spades.)

South needed to take five spades, four hearts, two diamonds, one club and one diamond ruff on the board. The only likely problem would be getting those heart tricks. To find out the lie of that suit, South played on the other suits first. His sequence of plays was club ace, club ruff, ace-king of spades, diamond to the king, club ruff high, diamond ace, diamond ruff. What had declarer learned?

North 10-09-12			
♠ J 9 6 5			
♥ Q 7 4 2			
♦ K 10			
♣ A 8 5			
West		East	
♠ 10 7		♠ 4 2	
♥ 3		♥ J 10 8 6	
♦ J 9 8 6 5 4 3		♦ Q	
♣ K Q 10		♣ J 9 7 6 3 2	
South			
♠ A K Q 8 3			
♥ A K 9 5			
♦ A 7 2			
♣ 4			
Dealer: South Vulnerable: East-West			
South	West	North	East
2 ♠	Pass	2 NT	Pass
3 ♠	Pass	4 ♣	Pass
4 ♦	Pass	5 ♦	Pass
7 ♠	Pass	Pass	Pass
Opening lead: ♣ K			

That West had begun with two spades, seven diamonds, at least three clubs and, therefore, at most one heart. South cashed the heart queen, then played a low heart to his nine, confident it would win. (If East had split his honors, playing the 10 or jack, South would have won, crossed to dummy with his last trump, and taken the heart finesse to get home.)

SUDOKU

Difficulty: 2 (of 5)

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

10-8-12

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Richmond Legion Ladies Auxiliary

On September 18, the Richmond Legion Branch #15 Ladies Auxiliary held their regular meeting at the Legion Hall with an attendance of 18.

The meeting was called to order by Pres. Cmde. Bev and opened in the usual manner. Roll Call was done and the minutes of last meeting was given by Cmde. Lucie and they were accepted. Treasurer, Cmde. Dawn, gave her report and this was also accepted.

Sorry, I did not get the reports of the Committees, as I was not present. Will try to do better next month.

Final plans were made for the Chicken Pie Supper on September 22, marking the end of our Celebrations for the 85th Anniversary of our Senior Branch. Our Military Whist is coming up on September 27.

Donations were made in memory of Cmde. Mike Hill and Cmde. Georgette Lavoie. A cheque was made to accompany our Plaque, which will be presented at the Awards Night in connection with the Youth Fair.

The Pres. Cmde Bev reported the purchase of two new stoves that were needed.

No further business, the meeting was adjourned and closed in form, followed by refreshments.

Half and half was won by Cmde. Shirley Letourneau, congratulations.

In Comradeship
Cmde. Mildred E. Holliday
Publicity Chair

SUDOKU

Difficulty: 3 (of 5)

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

10-9-12

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

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