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THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897



Gaiters shock Redmen

Page 10

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MONDAY, DECEMBER 3, 2012

Standoff in East Sherbrooke ends well

SHERBROOKE

A Sherbrooke man held off police for several hours last Thursday, barricading himself in his home and fending off SWAT officers by throwing knives at them.

Police say they had been called to the residence on 13th Ave. North previously that morning on a nuisance complaint shortly before the standoff. The individual, whose mother was also inside the apartment, refused to leave until police finally negotiated his surrender. Earlier, he had tried to keep police away with the knives.

Following his arrest, the man was taken to SPS headquarters for questioning.

The man's mother was not injured or threatened during the incident and, according to police, played no part in the drama.

Police established a large security perimeter around the block and, fearing he was still armed, took extra precautions. Three units immediately surrounding the apartment were evacuated and traffic was directed away from 13th Ave. between Papineau and Terrill Streets.

The man faces charges of uttering death threats against police and may face additional charges connected to the use of knives. Police could offer no other explanation for the events.

Shoebboxes for seamen keeps going strong after 32 yrs



CLARISSA SMITH

Roger Rochette (left) and Graham Reynolds - Members of Seamen's Club in Port of Quebec have been travelling to various parts of the province to collect shoeboxes filled with Christmas gifts for sailors for more than 32 years.

By Clarissa Smith
Special to The Record
COATICOOK

On Sunday, Nov. 25, 2012, retired seaman, Graham Reynolds, and former Animal Control Inspector for the Port of Quebec, Roger Rochette, were at the St. Stephen's Anglican Church in Coaticook where they col-

lected 146 shoeboxes filled with Christmas gifts from Hatley, Stanstead, Coaticook and the United and Anglican Churches of Ayer's Cliff.

Reynolds reported between 650 and 700 boxes have been collected from the Eastern Townships, Gaspé, Richmond area, Quebec City and as far away as Newfoundland and Alberta.

"Our objective," he said, "is to give a

Christmas gift to every sailor on every ship that comes to port during the Christmas season or will be at sea at Christmas."

Volunteers from the Seamen's Club located in the Port of Quebec have been travelling to various parts of the province to collect shoeboxes filled with Christmas gifts for sailors for

CONT'D ON PAGE 4

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ETRC ARCHIVES DEPARTMENT ARTICLE

Gaelic Church services in Gould and Scotstown

Sherbrooke Elementary jumps for the cause

For the 18th year in a row, students at Lennoxville Elementary School participated in the Jump Rope for the Heart program sponsored by the Heart and Stroke Foundation. Thanks to this great generosity, an amount of \$1,962.37 was raised to help fight these deadly diseases. The money will be used to fund research on cardiovascular diseases, for the prevention and promotion of a healthy lifestyle.

The entire student body took part under the watchful eye of parents, friends, and well-wishers. This event was made possible thanks to the dedication and enthusiasm of physical education teachers: Chantal Yargeau, Marc Ghilarducci and Glen Faucher. The Heart and Stroke Foundation wishes to thank the students, parents and educators for the success of the Jump Rope for Heart.

For over 30 years, the Heart and Stroke Foundation has offered youth programs in schools to raise awareness of the importance of adopting healthy lifestyles while young. With the commitment of its donors, volunteers and employees, the Foundation's mission has always been to contribute to the advancement of research and to promote heart health to reduce the incidents of disability and death caused by cardiovascular diseases and strokes.



Emanuel Presbyterian Church, Gould.



Scotstown, with view of St. Andrew's

Settled by Scottish immigrants in the mid-1800s, the Presbyterian churches of Scotstown and Gould held on to the Gaelic-speaking roots of their ancestors until well into the 1900s.

Bringing their Gaelic Bibles with them when they immigrated, it was only natural that the first church services were held in Gaelic.

In Gould, the first services of the Chalmers Presbyterian Church were organized in 1845 and the first church was built in 1849. The church building was later replaced by a larger one in 1892. When the Methodist, Congregational and Presbyterian churches of Canada chose to unite in 1925 to form the United Church, some members of Chalmers were not ready to join the Union. As a result they formed a new Presbyterian church in Lingwick: Emanuel Presbyterian Church.

Although English gradually replaced Gaelic as the language used for services, the church continued to hold some services in Gaelic up until 1930. In 1949, Emanuel Presbyterian Church decided to join the Union and amalgamated with Chalmers United Church.

In Scotstown, the first meetings of St. Andrew's Presbyterian Church were organized in 1876 and the church was built in 1881-1882. Similar to Chalmers, when St. Andrew's Presbyterian Church joined the Union in 1925, some members preferred to remain Presbyterian and established St. Paul's Presbyterian Church in Scotstown as a result. The church building was built in 1926-1927. Here, congregants were able to hold onto the tradition of Gaelic services even longer than in Lingwick. The services at St. Paul's alternated between English and Gaelic, at first weekly, and then (by 1933) on a monthly basis until Gaelic services were dropped entirely in the mid-1950s.

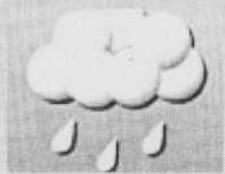
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Jody Robinson, Archivist. 819-822-9600, ext. 2261 - etrc2@ubishops.ca

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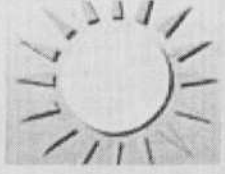
TODAY:
RAIN, WINDY
HIGH OF 4
LOW OF 4



TUESDAY:
SHOWERS
HIGH OF 10
LOW OF -2



WEDNESDAY:
PERIODS
OF RAIN
HIGH OF 4
LOW OF 2



THURSDAY:
SUNNY
HIGH OF 2
LOW OF -6



FRIDAY:
FLURRIES
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649	07 22 28	20	49	03 13 24	43
	32 34 38	Bonus		25 27 44	Bonus

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Ben by Daniel Shelton



LOCAL NEWS

"We went with the same style we have at Uplands."

Veterans' park gets new lighting

Gordon Lambie
Special to The Record

Lennoxville has successfully installed new lights in Veterans' Park. The green space surrounding its borough office, allowing for the cenotaph and surrounding will now be well lit at night, as well as in the day.

Borough President David Price shared the story of the lights' installation on Friday morning, relating that, when the city moved the war memorial from the centre of town to its currently locale, lamps were installed in the base. According to him, however, the lights have been ineffective.

"The lighting has always been a problem; water infiltrates it all the time...we ended up with only a couple of weeks out of the year that the lights were actually working"

Price spoke to how the park and its surrounding area, which includes the Amédée-Beaudoin community hall, sees a lot of use and is really a central part of the borough. In his view, the new lighting will help improve the accessibility of the park into the evenings.

"It's something a lot of people would hardly even notice, because it fits right in there; it's just like nothing really happened, except that when you go by at night, it's nice and lit now."

The new lighting consists of a series of poles interspersed throughout the park which surrounds the borough office. Price also pointed out that there are outlets on poles for the easy installation of Christmas decorations and animation of future outdoor events.

"We went with the same style we have at Uplands" Price said, referring to the lit path which was installed at Uplands Cultural and Heritage Centre on Speid street a few years ago.

While the funding for the \$20,000 project came primarily out of money saved from the borough's operating budget over several years, Price highlighted the involvement and coopera-



PHOTOS BY GORDON LAMBIE

Two lampposts now shine on the cenotaph in Lennoxville thanks to a \$20,000 investment by the borough

tion of the city of Sherbrooke

"The city was very helpful in working with us to get the pieces in, and they supplied the bases. We had to pay for the poles and some of the other infrastructure."

At the moment the work is not completely finished, with a large pile of bricks from the path around the park sitting on the artillery piece next to the monument. The bricks, which were taken up in order to run the wiring to

the new lamps, were covered with snow late last week. Despite this, Price assures residents that the replacement of those bricks will be taken care of swiftly

"As far as (the city) is concerned it's a top priority."

Despite relating that the change is likely to go unnoticed by many, the borough president nonetheless related that he is "very pleased" with how the project has gone; "it's taken a while, but the results are really good."



The new lamps are in what borough president David Price called "an older style"

Townshippers Open House event



AL BARBER

The Townships' Expressions Bash and Open House was held Sunday at the Marguerite Knapp building on Queen St. Hosted by Townships Expressions, an initiative that supports Eastern Townships Anglophone artists, a festive afternoon was planned with a program of activities for kids, the presence of illustrator Shanna Bernier and singer, guitarist and former music teacher Keith Whittall.

A bequest to charity has many advantages; talk about it with your legal or financial advisors.



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Young driver killed in rollover

A 21-year-old Sherbrooke man is dead after an accident early Saturday morning on Ch. Laliberté North in Saint-Élie. The young man lost control of his vehicle, which rolled over. He was taken to the CHUS, where he died Saturday evening.

An investigation was opened to determine if the poor road conditions, alcohol, or excessive speed were involved. The possibility of a simple human error or inattention is also being considered.

The driver was alone in his car and no other vehicle was involved in the accident. The victim's identity has not yet been made public.

Shoebboxes for seamen

CONT'D FROM PAGE 1

more than 32 years. Graham Reynolds from Quebec City, has been volunteering his services since the club opened. Roger Rochette from Ile D'Orleans, and after his job was cut, he became a volunteer and has been travelling and collecting shoeboxes with Reynolds for the past 15 years. Rochette is a Member of the Board of Directors and is also Treasurer of the Seamen's club. Said Reynolds of his travelling partner, "he's a man of action, he gets the job done!"

Reynolds went on to say there are no perishables inside the boxes and no box is held over

until the next year. Inside the shoeboxes are items such as scarves, mittens, toiletries, notepads, pocket computers, pens, etc. Twelve volunteers in total carry out this very worthy cause each year around the latter part of the month of November.

The idea of giving gifts to seamen began more than a hundred years ago in England. According to Reynolds, a Reverend DeBries who came to Quebec from Holland, got the tradition going again in 1980.

"Shoebox collecting is only one short period of the year," says Graham Reynolds. "We wel-

come seamen from all over the world, from 97 different countries in all. We, (volunteers at the Seamen's Club) take them to shopping centres and hospitals, where ever they may want to go while in port.

Beautifully decorated shoeboxes have been placed in the hands of thousands of seamen over the years and will continue while there are volunteers to help with this long time tradition. On behalf of the Seamen's Club, both Reynolds and Rochette, wish to thank everyone, everywhere, for their generosity and support again this year.

Smoke seller sees stiff fines

A man convicted of selling contraband cigarettes is about to see a small fortune go up in smoke, as he faces fines totaling over \$70,000.

Brian Comeau, of Sherbrooke, was convicted in August of trafficking in contraband cigarettes and received a fine of \$38,175. Now, Revenue Quebec

has assessed a fine of \$32,000 as his portion of a \$101,247 fine levied against a group of six people implicated in the affair.

In Dec. 2009, police raided Comeau's Sherbrooke residence and seized 20,019 cigarettes (approximately 100 cartons). Comeau's fines amount to \$3.50 per cigarette.

Bishop's Universtiry Inauguration of Walter Stephan Memorial Laboratory



RYAN MILLAR

Left to right: Dr. Brad Willms and Dr. Lorne Nelson at the unveiling of the commemorative plaque to mark the inauguration of the Walter Stephan Memorial Laboratory at Bishop's University.

On Friday Nov. 23 following a wonderfully enlightening science seminar by Professor Lorne Nelson, which was entitled The Physics of Breaking Beer Bottles: A Tribute to Dr. Walter Stephan, a group of nearly forty Bishop's University students, staff, professors and friends gathered on campus just outside room J10 to mark the inauguration of the Walter Stephan Memorial Laboratory. In a brief unveiling ceremony, a plaque affixed just outside the door of the lab in the Johnson building was revealed.

Esteemed colleague and friend to many, Professor Stephan succumbed to the complications of lymphocytic leukemia in January 2011. Stephan arrived at Bishop's in 1999 where he accepted a position as a sessional professor in the Department of Physics. During his tenure there, he was promoted to Full Professor. Widely respected in the scientific community for his research in the area of Solid State physics, Stephan published many papers and was funded by the Natural Sciences and Engineering Research Council throughout his career. He also hired many BU students as summer research assistants and was very much revered by students because of his obvious concern for their intellectual and academic development. Moreover, he never refused to offer pro bono courses to students who needed the courses to complete their degrees. He was a real team-player who was always willing to go that extra mile and someone who would often put the University's best interests before his own.

A fitting tribute to a devoted professor who loved helping students and teaching lab courses, the Walter Stephan Memorial Laboratory will primarily be used for the education and training of advanced undergraduate Physics students, and for the analysis of experimental data. The facility contains sophisticated equipment such as a high-speed camera that is capable of taking 50,000 pictures every second and a one-metre monochrometer.

With its 50K frames per second capability, the high-speed camera allows the user to visualize what really happens during high-speed events. Mechanical systems like coupled springs and pendulums can be analyzed to determine under what conditions the systems can go from predictable, well-defined motion into purely chaotic behavior. It can also be used to analyze the collisions of different types of objects and determine how most of the energy is converted from one form to another.

In an example of a bio-kinesiology application, a golf swing can be broken down to determine the motion of the body and the types of problems that will lead to the ball veering off course. The motion of fluids can be analyzed to determine under what conditions cavitation (the formation of bubbles that implode causing damage) will occur.

Bishop's University invites you to learn more about its Science programs, research initiatives and its Stellar Astrophysics and Relativity research cluster by using links on its website www.ubishops.ca.

Source: Celie Cournoyer



We Need Your Help This Holiday!

Cheques should be made payable to **AGRHS - Gift Basket Campaign**. Mail to: **AGRHS, P.O. Box 5002, Sherbrooke, QC J1M 1Z9**

Let's make sure the food pantry is really stuffed this holiday season!



We want to collect canned goods for Alexander Galt Christmas Basket Campaign - and we need your help. Just bring your donation of canned food (please, no fresh or frozen products) to these participating sponsors. All food is needed at this time of year to help less fortunate families - that's why we need a ton of help to collect a ton of food. Do a little extra shopping. Ask friends, neighbours and family to help.

Please bring your food items to any sponsor before December 5, 2012.

Gifts for children are also needed, if wrapped please indicate boy/girl, age group.

The baskets will benefit families within the Eastern Townships School Board.

Helping others is a great way to celebrate the holiday!



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Please give generously!

Vallieres calls for non-confidence vote

By Stephen McDougall
Special to The Record
DANVILLE

If the Quebec government puts the economic future of Quebecers in peril, we should put the government's future in peril by voting for non-confidence on the newly proposed budget, says Liberal legislative member Karine Vallieres.

"This budget is creating uncertainty for many businesses and industry," the opposition member for Richmond argued in a statement issued to The Record.

"There is nothing in it to stimulate the economy or create jobs. It also takes more money in taxes from some 100,000 retired workers by not giving them the \$1,000 tax cut they had expected."

The budget was tabled last week by the minority Parti Quebecois government and called for an increase in income, cigarette and liquor taxes. It also called for spending cuts and caps on infrastructure work already in progress.

But Vallieres, who is the opposition critic for poverty issues, claims the budget will delay any economic stimulus as it "pinches" more money from taxpayer's pockets.

"We believe the government should work towards cutting the debt, not increasing taxes on investment dividends and capital gains and let the Caisse de Depot et placement office remain independent so it can invest in the economy without government interference."

The government has hinted it could use the Caisse, which handles all public pension money, to block business deals it argues are detrimental to the province's sovereignty.

It has vowed to use the Caisse's stock holdings in the Boucherville-based Rona hardware chain to deny American hardware chain Lowe's attempts at a takeover.

Vallieres indicated that if the budget were modified before being voted on in the coming month, the Liberals could change their minds on a non-confidence vote.

She did this by criticizing the leader of the opposition Coalition party, François Legault, for asking for an immediate non-confidence vote that could mean a provincial election this winter

and cost taxpayers a minimum \$100 million.

"He would rob the taxpayers of that money now and cause a lot of disruption in the provinces economy with a sudden election," she stated.

"During the last election, he also called for a tax hike on dividends, now he says he wants to defeat the government for doing just that.

"He is showing more ego than responsibility."

Vallieres could not be reached for comment at press time. Of particular interest is whether the Liberal party will eventually support or reject the budget. A non-confidence vote could mean an election no later than March. It could also mean an uncertain outcome for the Liberal party, which has yet to select a new leader following the resignation of former Premier Jean Charest last September.

In an earlier statement two days ago, Vallieres continued to criticize the government for limiting its financial help for the Asbestos area to loans and not subsidies.

"This is nonsense," she stated.

"It is bad enough that they cancelled the loan to the mine this fall that destroyed the possibility of some 500 jobs here.

"Now they decide the help they are offering in compensation must all be paid back."

Asked why Vallieres would denounce one loan program that replaced an earlier loan program, political aid Remi-Mario Mayette said the government is giving the Asbestos area less attention than other regions.

"The government can loan money to any region in Quebec, but we have been put at special disadvantage and were promised special help," he said.

"Now we learn that the help is not so special. We have no advantage over any other area that gets government financing."

The government had promised \$50 million in financial aid to the area after it had cancelled a \$58 million loan to the troubled Jeffrey asbestos mine earlier this fall. It later stated the help would be spread out over five years instead of all at once and did not indicate if the money would be in the form of loans or subsidies.

Wandering Books in Lennoxville

The Lennoxville Library has begun one of its centennial projects Wandering Books to help spread the word about reading.

A joint project of the Lennoxville Library, Bishop's University Library, Literacy in Action and Champlain College, Wandering Books will see books made available at two public places in Lennoxville - the Pharmacy Jean-Coutu and the Club Video. The carefully selected books in English and French, will engage a wide range of ages and interests in the community, as well as promote literacy. Information at each site will suggest passersby pick up a book, read it and comment on it. The finder

will then leave the book in the same place or somewhere else for the next book lover. This project is connected to Book Crossing, through the website www.bookcrossing.com; that helps people find, comment on and track registered books that are left in public places.

Grants from the Townshippers' Foundation and the Borough of Lennoxville, and the Ville de Sherbrooke, have contributed to this venture.

The Wandering Books project will be an on-going activity and will extend beyond the end of the Lennoxville Library's Centennial year. A drop zone will also be established on campus at Bishop's University in January.

Ecocentres coming to Brome-Missisquoi

The waste recycling company Récupération 2000 has won the contract to collect, sort and treat waste materials at the six ecocentres planned for the Brome-Missisquoi MRC.

With a budget of \$457,700 for 2013, ecocentres will be located in six locations in the MRC, namely Bedford, Bromont, Cowansville, Farnham, Town of Brome Lake and Sutton.

The cost of this project will be divided among the 21 municipalities of the MRC according to the number of households, at an average cost of \$15

per unit. All ecocentres will be in operation and available free to residents of the MRC as of April 2013.

Ecocentres recover reusable materials from household and industrial waste, reducing the volume of garbage dumped into landfills. Recoverable materials can be resold, auto-financing the centres and even, on occasion, providing additional funds to the municipality. In addition, damage to the environment from waste matter can be reduced considerably.

Coaticook seeking families

COATICOOK

The CLD of the Coaticook MRC is looking for host families to participate in the Coaticook Valley Host Villages program (Villages d'accueil de la Vallée de la Coaticook).

Host villages began in Quebec in the 1970s to provide a more intimate cultural experience for visitors from outside Quebec. It offers guests the opportunity to stay for a few days

within a local family milieu to discover on a personal basis the culture and countryside of the region.

For host families, extra income is enhanced by the opportunity for mutual discovery and offers a chance to look at ourselves with different eyes.

Anyone in the Coaticook MRC wishing to become a Host for this program is invited to sign up at www.tourisme-coaticook.qc.ca/hotes or to call 819-849-7014, Ext. 231.

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Separatist dreams

By Gwynne Dyer

In other parts of the world, separatist movements are usually violent (e.g. Kashmir, Sri Lanka, the various Kurdish revolts) and they sometimes succeed (South Sudan, Eritrea, East Timor). Whereas in the prosperous, democratic countries of the West, they are generally peaceful, frivolous, and unsuccessful.

A case in point is the various separatist movements in the European Union. Scotland will be holding a vote on independence from Britain in 2014, and both Catalonia and the Basque country in Spain have just elected nationalist governments that promise to hold referendums on independence. But it will probably never happen.

The Scots, the Catalans and the Basques tend to see themselves as victims, but nobody else does. They are self-governing in most matters except defence and foreign affairs, they have their own budgets, and they maintain separate education systems and cultural

institutions.

What really drives the separatism is emotion, which is why popular support for it is so soft. Rectifying the historic defeat of (insert name of centuries-old lost battle here) by declaring independence in the here-and-now has great emotional appeal, but most people put their economic interests first. Nationalist leaders therefore always promise that independence will change nothing important on the economic front.

The way they do this in both Scotland and the separatist regions of Spain is by insisting that membership in the European Union would pass automatically to the successor state. The opponents of secession, however, argue that there's nothing automatic about it.

Last month, when Scotland's First Minister, Alex Salmond, agreed the terms for the 2014 referendum with the British government, Spanish Foreign Minister Jose Manuel Garcia-Margallo promptly declared that an independent Scotland would NOT automatically be an

EU member, and that any one of the 27 EU member states (like Spain, for example) could veto it.

"In the hypothetical case of independence," he said, "Scotland would have to join the queue (for EU membership) and ask to be admitted, needing the unanimous approval of all member states to obtain the status of a candidate country." The European Commission president, Jose Manuel Barroso, also said in September that an independent Scotland would have to apply to join.

This was furiously disputed by Alex Salmond, who knew that his chances of winning the 2014 referendum were nil if the Scots believed that they were voting to leave the EU. For months he insisted that he had sought the opinion of his government's law officers, who had confirmed that Scotland would inherit EU membership automatically. Alas, he was lying.

Late last month, it became known that Salmond had not actually asked for the law officers' opinion at all. Now he

has been forced by public opinion to pop the question - and he may not like the answer.

An even bigger defeat for Salmond came in his negotiations with British prime minister David Cameron, where he had to agree that the referendum would ask a simple yes-or-no question: in or out? This goes against the instincts of all separatist leaders, who prefer a fuzzy, feel-good question that doesn't mention the frightening word "independence" at all.

So it's now quite unlikely that independence will win in the Scottish referendum. As for Catalonia and Euskara, the national parliament in Madrid must approve of any referendum on separation, and the current Spanish government has no intention of doing that. So it's mostly just hot air and hurt feelings, really.

Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

Tis the time to display some caution



ANNA MAY KINNEY

NATURE'S WAY

Seeing a delivery truck stopping at the end of your driveway, the driver jumping out with a package in his arms, makes most of us feel excited. "Someone has remembered us this holiday season!" We usually run to the door, open the door without giving it a thought. I'm begging all seniors to think twice and not assume that the fellow wearing the familiar brown, or blue uniform is actually from the company you think he is.

There have been hundreds of home invasions carried out by people wearing bought, rented, even stolen uniforms, pretending to be meter readers, deliverymen, even police or firemen. Many carry lots of false identification. So what is a person to do?

First of all if you are an online shopper, use all functions made available to you. Most stores that deliver will send an e-mail telling method of delivery, approximate delivery time, even a tracking

number. Then when the truck arrives, without opening the door ask the deliveryman who the package is from. IF the package is the one you are waiting for and does NOT require a signature have him leave it at the door, if an unexpected gift find out the sender, IF they can't tell you who shipped it to you, bells and whistles need to be going off in your head, Do not open the door, and if you do not have any details ask if it can just be left, or have them take it back.

In 2010 I learned how wicked people can be when I ordered a small item from a hardware store in the next town and one of the employees offered to bring it out 'on his way home.' It was really not on his way home, but out of the way and much later, after dark, and he brought a few friends with him. I refused to open the door, insisted it be left outside the door, seeing the order was all paid for there should have been no problem at all. In my case the delivery man got very angry, but finally left the package. It was not till this angry cursing man returned to the car and the lights came on inside I saw and heard the people with him. After a discussion with police, I knew it had been handled right and wrote an article warning others.

Seems like during this time of the year people panic that they do not have what others have and decide the best way of getting STUFF is not to work hard

and save their money, but to steal what others have. Muggings go up, home invasions go up and even murders go up. This is NOT the world we grew up in, a smiling happy holiday, Merry Christmas greeting may really be more than it appears to be. We seniors grew up when we walked through the stores, listening to Christmas music, greeting everyone with good cheer and warm wishes, thoughts of anyone committing a violent act, hitting us, robbing us was never in our thoughts.

The more isolated your home or apartment is, the more chance you have of someone looking at you as a possible target. Do NOT think it could not happen to you! I understand you don't want to be paranoid, but it's not paranoid to realize small children and seniors are targeted everyday by vicious criminals. We hear little about the victims of home invasions, but most spend days in hospital suffering from shock, and if you ever had the experience of a violent crime happening to you, you're aware it is something you never, EVER forget. And when you are over a certain age, it can have serious health side effects, an older person is even more likely to be victim to sudden heart failure at such a happening. When such a thing happens, I hope the criminal realizes that 'murder' charges can result from what to him might have been a simple robbery.

I would not feel right if I did not share an experience that just happened to me this last Friday, Nov. 30. It started when I received a call a week earlier, a professional man saying he was from a company I do business with and asking to visit the next day. I replied it was not possible and reset the appointment for the next Friday. To make a long story short and not say too much about this till the information is passed on to the local police station, the man in question arrived over an hour late, a common ploy so you will not think of checking out identification etc. and feel rushed, especially around dinner time. I went to the door, my roommate behind me and sort of out of sight and asked for identification, he ONLY had his driver's li-

cense, not one piece of paper connecting him to the company he was supposed to be coming to my home to represent. He did have a business card with his name, address, phone number and company website e-mail, which refers to a website. I'd been previously told not to let anyone in that showed NO identification connecting him to the company I was doing business with.

Earlier this year I had been given another gentleman's name, description and even the make of automobile to look for, this was NOT the same man and I refused his entry and told him until he could prove he worked for this particular company he was not coming into my home. Well there were other factors that sent the alarm bells ringing, his dress, his over friendly attitude and his extreme youth. After he left I went to my computer and started a search, found the man on Facebook and other places, then went to the website that was connected to the given e-mail address that was on the business card.

This was a time I was so thankful for my instincts as this was a bogus/FAKE website, set up as an example/test website anyone could set up in an hour (I've made websites for myself and others so I understand the workings of such). While there was a little English and French on the site, most of the wording was in a NON language, totally repeating paragraph after paragraph that was not understandable at all. The only other explanation is that this young man is trying to start a business and has not finished the website as of yet, which deep inside I'm hoping is true.

Canada 411 did not have a personal or business listing with this phone number, and his name and address did not appear in any telephone directory, but the number did prove to be the man in question's home number.

Monday morning I will contact the said company to find out if this was an employee taking the place of the gentlemen that was supposed to visit my home. In this day and age let me tell you a person can none be too careful who they let in their front door.

THE RECORD

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THE LINK

Linking Lennoxville & the surrounding communities

Lennoxville Directory

Page 8

BU opens health and well-being laboratory facilities

Thanks to well over half a million dollars of research funding from the Canada Foundation for Innovation (CFI), the provincial government and other partners, Bishop's University now has spacious and top-of-the-line research facilities exclusively dedicated to better understanding and enhancing health and well-being.

The laboratory is headed by Dr. Fuschia Sirois, Canada Research Chair in Psychological Health and Well-Being and Professor of Psychology at Bishop's. She is particularly interested in understanding how individuals can find meaning and motivation to pursue their various personal goals in ways that support rather than detract from health and well-being. Dr. Sirois strongly believes there is a need to focus on the health and well-being of individuals and communities in a way that is much broader than simply the absence of disease.

"Our Psychology and Biology depart-

ments have designed programs which emphasize health issues," says Dr. Benoit-Antoine Bacon, Associate Vice-Principal of Research at Bishop's. "This new international-level lab will provide a range of hands-on research opportunities for many Bishop's students, which is very much in line with the University's mission to provide the best undergraduate educational experience in the country."

Dr. Sirois' broad research program investigates how self-perception and one's goals over time are associated with health and well-being. One line of research which is unique both nationally and internationally explores the effects of procrastination on health and well-being. Dr. Sirois also studies mechanisms of positive adaptation to chronic illness such as arthritis. Finally, she focuses on investigating the motivations for using complementary and alternative medicine (CAM) and how it is asso-

ciated with physical and psychological well-being. For example, working with Fibromyalgie de l'Estrie, Dr. Sirois' lab will launch an innovative study in the New Year that will examine the effects of massage therapy on the sleep quality and cognitive functioning of people with fibromyalgia.

"This is the second international-level research laboratory to open at Bishop's since October," notes Dr. Bacon. "With our science teaching labs also being recently renovated at a cost of over \$7 million, our research infrastructure is better than ever and our students will greatly benefit."

About the Lab

The Health and Well-Being Lab is a state-of-the-art research facility which consists of a welcoming reception area for incoming research participants, a data archive room, a community en-

gagement meeting room, a student working area, psychological testing facilities (PTF) and qualitative research facilities (QRF).

The QRF features live audio and visual recording equipment for conducting interviews and focus groups; the PTF includes a testing room for paper and online survey completion and two portable units for tracking psychophysiological changes related to autonomic functions such as heart rate, blood pressure, galvanic skin response, and respiration rate.

Together the PTF and QRF provide the means for both objective and subjective assessments of health and well-being. A private office adjacent to the welcome area in the lab has been designated as a space suitable for visiting researchers and post-doctoral fellows.

Information: Célie Cournoyer, Bishop's University.

Operation Nez Rouge – Drive safe

Tina Annesley

The Christmas parties and celebrating the holidays with friends and family has begun. Parties usually mean some kind of alcoholic beverages or a few are consumed. Instead of taking a chance and driving after the party (and the drinks) call Operation Nez Rouge/Red Nose. For the 29th year, Operation Nez Rouge/ Red Nose has commenced once again this past Friday night, Nov. 30. This program will continue every evening until Jan. 1, 2013. The best part about it, is that it won't cost you a cent. Volunteers in red vests

will come and pick you and your friends up at your location and will take you home for free. This program is up and running in seven provinces and 110 communities across Canada.

Nez Rouge starts at 8 p.m. Sunday through Wednesday and 7 p.m. Thursday through Saturday, finishing at 4 a.m. the whole week. The Sherbrooke number is (819)-821-4646. If you would

like more information on being a volunteer please call: (819)-821-4444 or visit their web page at www.operationnezrouge.com.

tannesley08@ubishops.ca



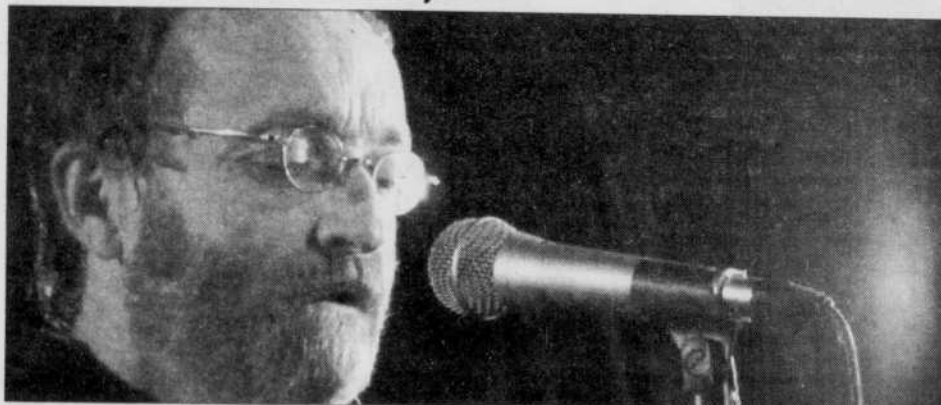
David Francey benefit concert

Tina Annesley

The Education Club Community Outreach program (ECCOPs) would like to invite you to their benefit fundraiser on Dec. 15, featuring Scottish-born Canadian artist, David Francey. The money raised through the concert will go towards building teacher housing in Malawi, where Bishop's University students have been volunteering their time every summer.

Eventually students would like to build an alternative school in the town along with the housing. During the spring of 2011, ten Bishop's students spent a month in Malawi, teaching children and learning about the Malawian culture.

The Education Club Community Out-



COURTESY

Canadian artist David Francey will be performing at Bishop's University on December

reach Program, was created seven years ago by Bishop's University elementary education students. ECCOP was created

so that Bishop's student could get more involved with the Lennoxville community and with less fortunate communi-

ties around the world, like Malawi.

"I hope to someday in the next few years visit Malawi to see how all our hard work and dedication has helped strengthen education in the Kasungu region but more importantly put smiles on people's faces" said Jennifer Christie, a fourth year elementary education student.

David Francey was born in Scotland and moved to Toronto with his family when he was twelve years old. He has produced nine CDs to date and is a three time JUNO award winner

Tickets are on sale at Clarks & Sons for \$25 an adult and \$20 for students. The show will start at 8 p.m. in Bandeen Hall at Bishop's University.

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Local Sports

Both teams will now break for exams and then prepare for the UQAM holiday tournament

Gaiters upset nationally ranked Redmen

Bishop's men's squad off to best start in years

By Mike Hickey
Special to the Record

The Bishop's Gaiters men's basketball team recorded their most impressive victory in over a decade last Thursday night when they defeated the third-ranked McGill Redmen 84-79 to spoil McGill's home opener, ending the Redmen's 11-game winning streak in the process.

The game was a nip-and-tuck affair with numerous lead changes and was not decided until the final seconds when Scott Ring and Jeremy Leonard-Smith combined to hit three key foul shots to end McGill's comeback bid.

It was a complete team effort for Rod Gilpin's squad as four Gaiters hit for double figures and every player who saw action provided positive contributions.

Mike Andrews led the Gaiters with 21 points while Scott Ring was the game MVP as he tallied 18 points and directed the Gaiter offense with precision.



MATT HICKEY

5'10" guard Scott Ring (4) was the game MVP as he tallied 18 points and directed the Gaiter offense with precision against McGill.

Leonard-Smith added 16 points and Onnex Blackwood chipped in with 10.

The victory gave the Gaiters a 2-1 record as they head for the Christmas break, good for second place in the com-

petitive Quebec University Basketball League, a half game behind the first-place Redmen.

The young women's team had another tough night Thursday as they

dropped a 78-46 decision to the defending provincial champion Martlets. With the loss the Gaiters fall to 0-3 in league play, while McGill evened their record to 2-2. The Martlets never trailed in the contest as they jumped out to a 19-11 lead after ten minutes of play and increased the margin to 36-25 at halftime.

The Martlets dominated the second half as they outscored the Gaiters 22-9 in the third frame and continued to control every aspect of the game until the final whistle. The Gaiters were just 1-12 from three point range and shot 34.8 per cent overall. McGill grabbed 14 more rebounds and took 21 more shots than Bishop's.

The defeat overshadowed another strong performance by Sherbrooke native Gabrielle Chamberland who scored 11 points, added three steals and two assists. Both teams will now break for exams and then prepare for the UQAM holiday tournament where each will play three games starting on Dec. 28.

Bishop's Polar Bears dominate Saturday

By Caleigh Cross
Special to The Record
LENNOXVILLE

The Bishop's Polar Bears broke their nine-game curse Saturday night when they dominated Sherbrooke's tournament team Red Wine 5-1.

The game was arguably the most action-packed, fast-paced game of the season. Halfway through the first period, Red Wine scored first, making Bears fans sigh; the team had been held score-

less for nine games, spanning two tournaments. The Bears, however, did not lose their resolve. It only grew stronger. Minutes later, Bishop's slammed the puck twice in short succession right into the back of the net. Red Wine would not score again that night. The Bears made only three more shots.

Saturday's game was also very physical, with two play-pausing injuries in the second quarter and one in the third. The girls were back on the ice before the end of the game, fighting right up until

the last buzzer went off.

This was the first time the Bears and Red Wine have shared the ice in a game setting, although they have practiced together before. Red Wine hails from Sherbrooke and travels to play in tournaments around the province.

The Bears' elated coach, Maryse Richard, granted The Record a post-game interview to speak about what worked. "The girls really wanted it," she said. "They gave it 100 per cent this time." The Bears would not take no for

an answer, and the fans were cheering every step of the way. "We made a few line changes," Richard added, and they paid off in spades.

The Polar Bears will now take a break in their season to celebrate the holiday season. Fans can catch up with them again in the new year on Jan. 12 at the W. B. Scott Arena at 7 p.m.

Admission will be free as always. The Polar Bears broke the losing streak; who can say what they'll do next?

QMJHL ROUNDUP: A LOOK AT SATURDAY'S GAMES

Phoenix make it two straight

The Canadian Press
The Record

At Sherbrooke, Jeremy Beaudry scored twice and Jacob Gervais-Chouinard stopped 31 shots as the Phoenix (6-19-2) downed the Val-d'Or Foreurs (14-12-2) 8-4 for their second win in a row since dropping four straight outings.

It was a first game for number 94, Denis Kamaev, who was placed on a line with Alexandre Comtois and Daniel Audette. He did very well, with six shots on goal and he also collected his first goal in a Sherbrooke uniform.

The Phoenix came out strong and took a quick 2-0 lead in the first period. Vincent Deslauriers scored his first ever QMJHL goal by deflecting a shot by Jonathan Deschamps. Rookie Daniel Audette then doubled his team's lead on a shot from the left wing that beat Foreurs goaltender Alex St-Arnaud.

Sherbrooke did not let up in the second period as goals by Jean-Christophe Laflamme and Dominic Talbot-Tassi



COURTESY SHERBROOKE PHOENIX

Russian forward Denis Kamaev was acquired by the Phoenix in a three team trade last week.

made it 4-0 by the 5:44 mark.

The Foreurs responded with a power-play goal two minutes later, but Jeremy

Beaudry's perfect shot into the upper part of the net gave the locals another four goal lead. Third period goals by Kamaev, Brent Turnbull and Beaudry secured the victory.

2688 witnessed the game at the Sports Palace.

Elsewhere in the QMJHL, it was Moncton 4, Chicoutimi 1; Rouyn-Noranda Huskies doubled up on Shawinigan Cataractes 6-3 and at Charlottetown, PEI, Ben Duffy regained the QMJHL scoring lead with a goal and two assists and Josh Currie had a goal and an assist as the Rocket (15-10-2) defeated Victoriaville (11-12-5) 4-1.

In Shawinigan Sven Andrighetto scored once and set up another as the Huskies doubled up on the Cataractes 6-3.

The 19-year-old extended his point streak to eight games in the victory and has five goals and 11 points during that stretch. The two-point performance gives the forward 19 goals and 44 points in 26 games this season, which is good for fifth in QMJHL scoring.

Mathieu Lemay also had a goal and an assist for the Huskies (18-9-1), who have won back-to-back contests, and Maxim St-Cyr, Gabriel Desjardins, Liam O'Brien and Jean-Sebastien Dea each scored once.

Dea now has 23 goals in 28 games, which leads his club, and his 43 total points puts him just one behind teammate Andrighetto.

Nikita Kucherov and Mathieu Brisebois had two assists apiece for Rouyn-Noranda.

Dylan Labbe scored once and added two assists for the Cataractes (4-20-3), who are winless in their last seven outings and sit last in the QMJHL standings.

Frederick Gaudreau and Vincent Arsenault also scored for Shawinigan.

Robin Gusse made 23 saves for the win as Marvin Cupper stopped 26-of-31 shots in a losing cause.

Special teams played a big factor for both clubs. Rouyn-Noranda went 3 for 6 on the power play while Shawinigan scored three times on six chances with the man advantage.

FRUGAL LIVING

Create scentsational fresheners for your home

By Sara Noel

Fall weather brings out the warmer clothing. While your warm clothes might be clean, they might need a bit of freshening. Or maybe you simply want to make your home smell better with a few spritzes of scent. The first reader tip shares recipes for fabric and air fresheners. Enjoy!

Homemade Febreze: I stumbled upon this by accident when I made my own fabric freshener. All I had was winter-green scented rubbing alcohol. It was on sale at the dollar store, so I picked up two. I used a few squirts of this and came up with a winter-fresh, minty Febreze-style fabric freshener! The alcohol is tinted green, but I have made several batches with no problems on fabric and dry-clean-only clothing that I needed to freshen. I only use a little bit in the recipe. — C.G., Maine

1 pint (16 ounces) water
2 tablespoons liquid fabric softener
2 tablespoons rubbing alcohol
Mix together in a spray bottle. Test on inconspicuous part of fabric. Spray and enjoy your clothes' fresh scent!

Recipes without alcohol (combine and add to spray bottle):

Recipe 1
1 cup fabric softener
1 cup white vinegar
2 cups water
Recipe 2
2 cups water
1 cup fabric softener

Room freshener

1/2 cup distilled water
2 teaspoons of your favorite essential oil
Pour into a mister or spray bottle. Shake and mist the air in your home.
Reuse Crystal Light plastic containers: I use them to hold plastic utensils, leftover cheese, sunglasses, snacks such as cereal bars, crackers or Chex Mix, crochet hooks, batteries, baby wipes for travel, small toys and crayons. — Lilly J., Illinois

Homemade granola: This is my family's favorite granola:

Almond Maple Granola
3 cups rolled oats
1 cup sliced almonds
1/4 cup wheat germ
1 14-ounce package flaked coconut
1/3 cup unsalted sunflower seeds (optional)
6 tablespoons pure maple syrup
6 tablespoons packed dark brown sugar

In Memoriam

HODGE - In memory of Eva Hodge, December 2.

*So many years have gone by,
But you are always in our hearts.
As a mother, grandmother and friend,
You were much loved
And have never been forgotten.*

**Remembered by your daughter
JOAN
your son-in-law
LAWRENCE
AND FAMILY**

1/4 cup vegetable oil
2 tablespoons warm water
1/2 teaspoon salt
1 cup raisins

Preheat oven to 250 degrees F. Lightly grease a cookie sheet with sides, or a large cake pan, with cooking spray. In a large bowl, toss together oats, almonds, wheat germ, coconut and sunflower seeds. In a separate bowl, whisk together the maple syrup, brown sugar, oil, water and salt. Pour the liquid over the oat-and-nut mixture and stir until evenly coated. Spread out on the prepared cookie sheet. If you want nice lumps in the granola, DON'T STIR and bake for one hour and 15 minutes until brown. Mix in raisins. Cool and store in an airtight container at room temperature (the granola will break into lumps when you transfer from pan to container). I've used raisins instead of almonds, omitted sunflower seeds, added chopped almonds, walnuts, pecans, regular syrup, forgot the wheat germ, halved the coconut and even used quick oats. It always turns out yummy. — D.D., Pacific NW

Homemade olive butter (Olivio): I use pure butter in and on everything, but lately have been thinking of using an alternative for buttering my vegetables and bread. I've tried the commercial spread called Olivio and found it to be good, but felt I could make my own. I poured the mixture into an old margarine tub.

Olive Butter
1 stick butter, softened
1/2 cup olive oil
Beat softened butter with electric mixer until creamy. Add the olive oil and continue beating until well-blended. Mixture will be liquid. Pour into container, cover and refrigerate. Mixture will harden.

1/4 cup milk or soy milk can be added to stretch the mixture.

Another recipe:
Better Butter
1 cup olive oil
1 cup butter
2 tablespoons milk or soy milk
1/2 teaspoon salt
Mix with electric mixer or blender. Pour in container and refrigerate. 1/4 teaspoon lecithin can be added to help preserve the mixture.

Death

**Ralph Howard CD
WOODARD
(1930-2012)**

It is with profound sadness that we announce the passing of our beloved father, grandfather and great-grandfather, Ralph Woodard (Bumpa) on November 29, 2012, in Sherbrooke at CHUS Fleurimont. He leaves behind his spouse of 59 years, Byrna Bogie Woodard and treasured children Dena (Francis) and son Kevin Ross Woodard. He will be missed by his adoring granddaughter Krista and her son Benjamin, and his grandson Jason (Katie).

A generous man who was diligent in his chosen paths of life. He served his country in Canada, Continental Europe, and Cyprus as a member of the Canadian Black Watch, 2nd Battalion, Regular forces, from January 25, 1954 to January 31, 1969 when he was honorably released. His orders, decorations, medals, mentions and commendations awarded during service were The United Nations Medal (Cyprus), Candian Centennial Medal and Canadian Froces Decoration.

In 1969, his new career service began at The Sherbrooke Hospital where he served for 28 years as an orderly known as "Woodie". He made many friends and considered many there his family.

Dad will always be remembered for his smiles, laughs and many jokes. He touched many lives and all who knew him were blessed. May he be at peace and always loved.

A visitation will be held at Cass Funeral Home, 3006 rue College, Sherbrooke, Quebec on Wednesday, December 5, 2012 from 12-2 p.m. followed by the funeral service at 2 p.m. in the funeral home chapel. Rev. Robin Osborne officiating. Interment in the Elmwood Cemetery at a later date. In lieu of flowers, donations made to Plymouth Trinity Church, 380 Dufferin, Sherbrooke, Quebec, J1H 4M7 will be greatly appreciated.

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In Memoriam

BROWN - In loving memory of a wonderful mother, grandmother and great-grandmother, Eleanor, who passed away thirteen years ago, December 3, 1999.

*Within our hearts we always keep
A special place for you,
And try to do our best to live
As you would want us to.
As we loved you, so we miss you,
In our memory you are near
Loved, remembered, longed for always
Within the passing of each year.
We love and miss you, Mom.*

**YOUR CHILDREN
GRANDCHILDREN
GREAT-GRANDCHILDREN
AND FAMILIES
xoxo**

Death



**Melvin Charles
(Red)
BENNETT**

Died November 21 at Bathurst Hospital Palliative Care Unit at the age of 81.

Father of Curtis (Betty) of Bathurst, NB, Jeffrey (Marsha) Benalto, AB, Shelly (Jean Pierre) Red Deer, AB and Leslie (Dean) St. Lawrence, NL. Grandfather of Bruce, Victoria, Patrick, Alicia and Madisen, great-grandfather of Ocean. Dear brother of Laurence (Janet), beloved uncle of Susan, Allison (Mark) and great-uncle of Taven and Jesse (Jessica). Burial of ashes and a celebration of Melvin's life at a later date in North Hatley, QC

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 taxes included)
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Maybe I already know the answer and just need to see it in black and white

MONDAY, DECEMBER 3, 2012

Annie's Mailbox

Dear Annie: I've been dating "Gary" for 11 years. He is in his early 50s and has never married. Neither of us has children. Gary and I travel together, go camping and attend major sporting events. We make each other laugh and have fun in the bedroom. We truly are best friends.

My problem is the lack of commitment. Although I'm welcome at Gary's home as an overnight guest, he refuses to take it to the next level. If I bring up moving in or getting married, I get silence in return. He doesn't give any explanation. He just refuses to discuss it.

Gary recently started a new career and is gone for three days every week. There is an excellent chance that he will relocate. We still hook up on weekends, and things are great, but I long for a commitment and cannot seem to get it.

When filling out his new life insurance policy, Gary listed his elderly mother as his beneficiary. She is quite well off and doesn't need the money. I would be willing to share everything I own with him, but I guess it isn't reciprocal.

Maybe I already know the answer and just need to see it in black and white. Is it time to move on? — Life Is Good

Dear Life Is Good: Gary enjoys what he has right

now. And to a large extent, so do you. Are you willing to give up the friendship and intimacy with Gary in order to pursue a committed relationship? Could you be content with what you have and not expect more? If Gary is ready to move away and hasn't suggested that you come along, it means you will not get a commitment from him. Period. Only you can decide whether that means the relationship is a waste of time.

Dear Annie: When my husband and I travel, we often spend a couple of days with friends or family. One night during our stay, we usually go out to dinner. There always seems to be a small verbal battle over who is going to pay the bill.

My husband always insists on paying. He says we want to thank them for their hospitality. On the other hand, when friends or family come to our house and we go out to dinner, my husband still insists on paying, saying they are our guests.

When I was growing up, my father was the same way. Is there a rule about who should pick up the tab: the host or the guest? — Tired of Always Footing the Bill

Dear Tired: When staying at someone's home for a

weekend or longer, it is good manners to treat your hosts to a meal to thank them for their hospitality. Your husband should allow your guests to do the same for him. However, if your guests are with you only for a night, it is equally proper for your husband to treat them. But really, since he's so stubborn about it, we suggest you let him do what he wants.

Dear Annie: You were wrong to tell "N.Y., N.Y." to visit her ailing grandmothers because it is "the right thing to do."

Having been through it with a grandmother and my own mother, I would have preferred to remember them as the loving people they once were instead of the nasty, angry human wreckage they became. When my grandchildren were younger, I spent lots of time making beautiful memories, and that's what I want them to remember. I've already given written instructions that should I follow the same course, none of my family is to visit. Let me preserve some dignity by not having my loved ones witness my decline. — Realistic

Dear Realistic: We don't believe unpleasant memories must crowd out the earlier loving ones. But if these are your wishes, they should be honored.

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

Sherbrooke Women's Connection



Frazer Family



Shirley Bedard, Joyce Buzzell, Nadine Fafard

Last get-together was an inspiring time with the Frazer Family playing their musical instruments and speaker, Sonja Pretorius. Sonja moved from South Africa to Canada to start a new life. She now lives with her husband in Queensville, Ontario. She explained

to us about how to make a new start with lots of ideas to begin enjoying life again. She talked about how she escaped a past of darkness to one of sunshine, peace, and joy! Joyce Buzzell did a fine job showing us how to make fash-

ionable scarves. Those that came, went home a little warmer and encouraged by the morning insights! Just in time for cold, grey and shorter days!

Ladies, Christmas is coming! So, if you're experiencing the blues or hyperventilating from the idea of doing all of your shopping, we have an answer for you! Come have a relaxing, fun morning at Sherbrooke Women's Connection! You'll be inspired, meet new friends, and have a rea-

son to get out of the house! It's going to be at "The Hut" (ANAF), 300 St. Francis Street (Sherbrooke, QC) at 9:30 a.m. on Thursday, December 8. We'll have a free nursery for the little ones. The \$6.00 entrance fee covers the whole program with music, feature and inspirational speaker.

Every lady is invited to this upcoming get-together. The theme is "The Greatest Gift!"

We'll sit back and enjoy the talented pianist and soloist, Shelley Mushtaler who will be playing and singing Christmas Carols. Local Avon lady, Cindy Smith will show us Avon products for some great gift ideas! Speaker, Eva Stymiest from Lennoxville, will tell us about the greatest gift that she has received and is available for all to experience peace and joy this Christmas season!


Hope to see you there for a fun-filled morning. Come and bring along a friend or two. There is always room for more and we'll have 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. SWC is a part of Stonecroft Ministries Canada (www.stoncroftcanada.org).

Submitted by Nadine Fafard

HAPPY BIRTHDAY

90th Birthday wishes



Wishing a very happy 90th birthday on December 3 to

Elsie Paige

a loving mother, grandmother and great-grandmother so dear and special to our hearts.

We love you.



Sonja Pretorius

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.

" OHWTR YCVVWOMH WT S OWR IWMZ
WG S FKWDPHV TCGHJWEH LYST
JCWTR ST COGDKVH IWMZ STJ ZSPWTR
TC ZCTHN." — VHTHH UHMMBHRHV

Previous Solution: "Music makes people happy, and that's why I go on doing it — I like to see everybody smile." — Buddy Guy

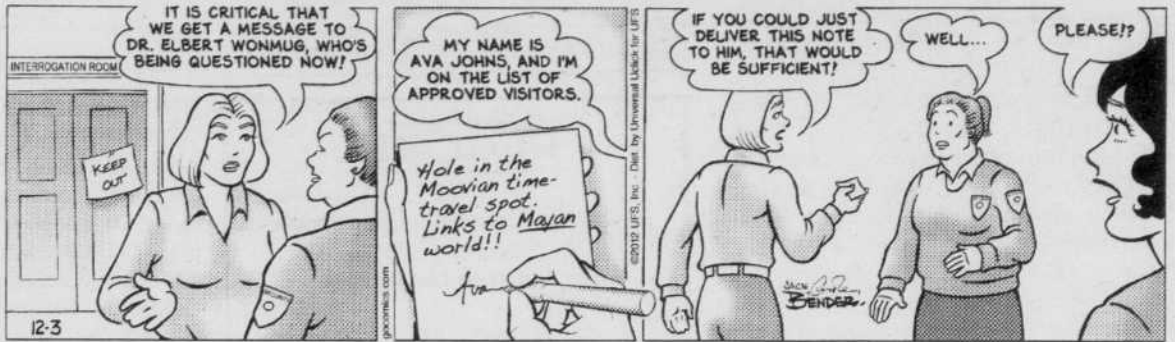
TODAY'S CLUE: M sjenbe B

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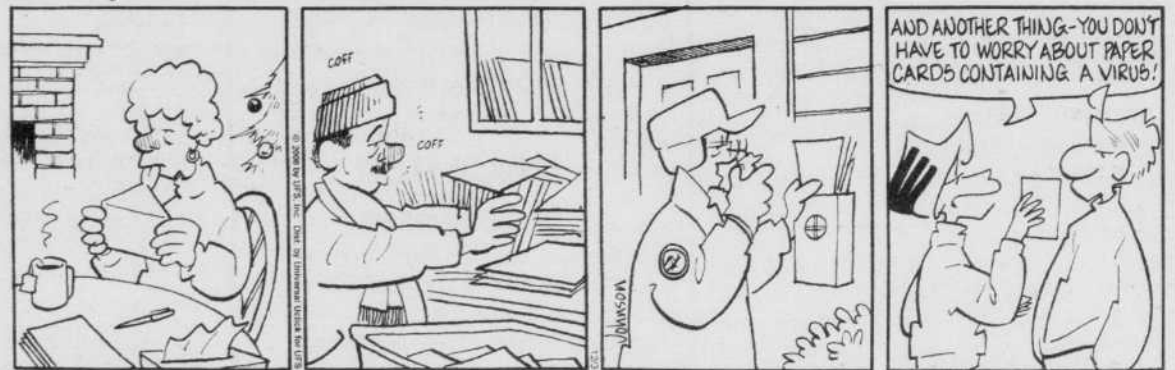
KIT N' CARLYLE



ALLEY OOP



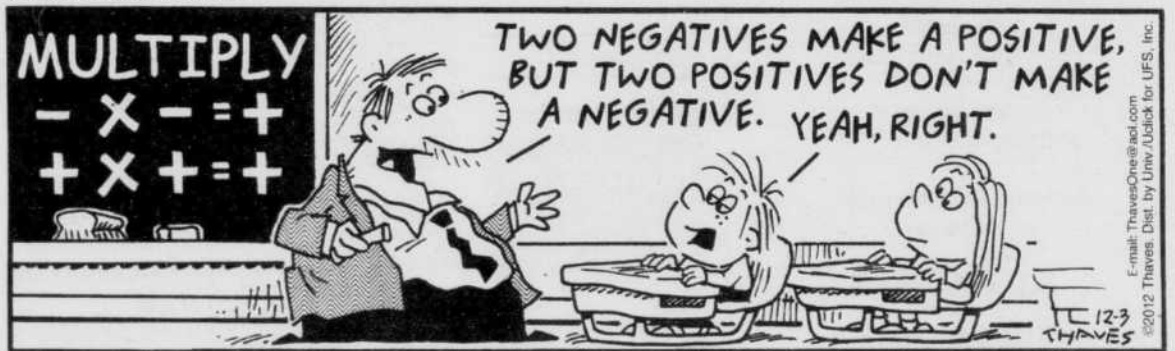
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For Checking

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.

Ulverton News

It should be busy in Ulverton on the weekend with the Craft and Food Fair being held at the Ulverton Community Centre on Saturday and Sunday, Nov. 24 and 25 from 10 a.m. to 4 p.m. There will be many beautiful, homemade articles presented by various craftspeople from the village, as well as several local producers on site with their products. Admission is free! It's a chance to find unique gifts and treasures in a welcoming village atmosphere. Put it on your calendar! One of Ulverton's longtime residents and a good friend of mine, Pauline Smith, has moved to the Wales Home since Nov. 1. She will enjoy her new room on 4th floor while continuing her outside activities with friends and family. We all wish her well! The Anglican Church service will be held at Claude and Jocelyne Lefebvre's on Sunday, Nov. 25 at 1:30 p.m. with Wanda Dillabough, our minister.

The ladies of the Kirkdale A.C.W. and Ulverton U.C.W. will be holding their St. Andrew's/Christmas Potluck at Colleen Fraser's at 11:30 a.m. on Nov. 30. We will have lunch, followed by a service, then open gifts and box cookies for shut-ins and have a short meeting. This is always a fun time for us all and we look forward to it! Thanking our gracious hostess in advance for her hospitality and great desserts. As we look forward to the Christmas season, remember that prayer is the bridge between panic and peace. Enjoy the life God gave you!

Submitted by
Jocelyne Lefebvre

SUDOKU

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7	1	5	8	9	6	3	2	4
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