

# Caroline Pfister makes her mark at McGill

Mike Hickey - Record Sports, page 7

## THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 189



Washinsky brings his stories to Townships

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TUESDAY, OCTOBER 16, 2012

## Sherbrooke speed rules to change

Motorists will be able to get around a little quicker in some sections of Rock Forest and St-Elie as outdated speed limit signs that have limited the speed to 30 km/h for many years have been quietly removed in recent days while others will disappear shortly, increasing the limit in these areas to 50 km/h. The City of Sherbrooke is about to adopt a comprehensive plan of action to better control speed in the city's streets.

These changes have been in the air for almost two years. They were adopted by the municipal council last June and approved by the Québec Ministry of Transport and came into force last week. This news caused an outcry in February among citizens who felt that the City would be aggravating the existing speed problem on their street.

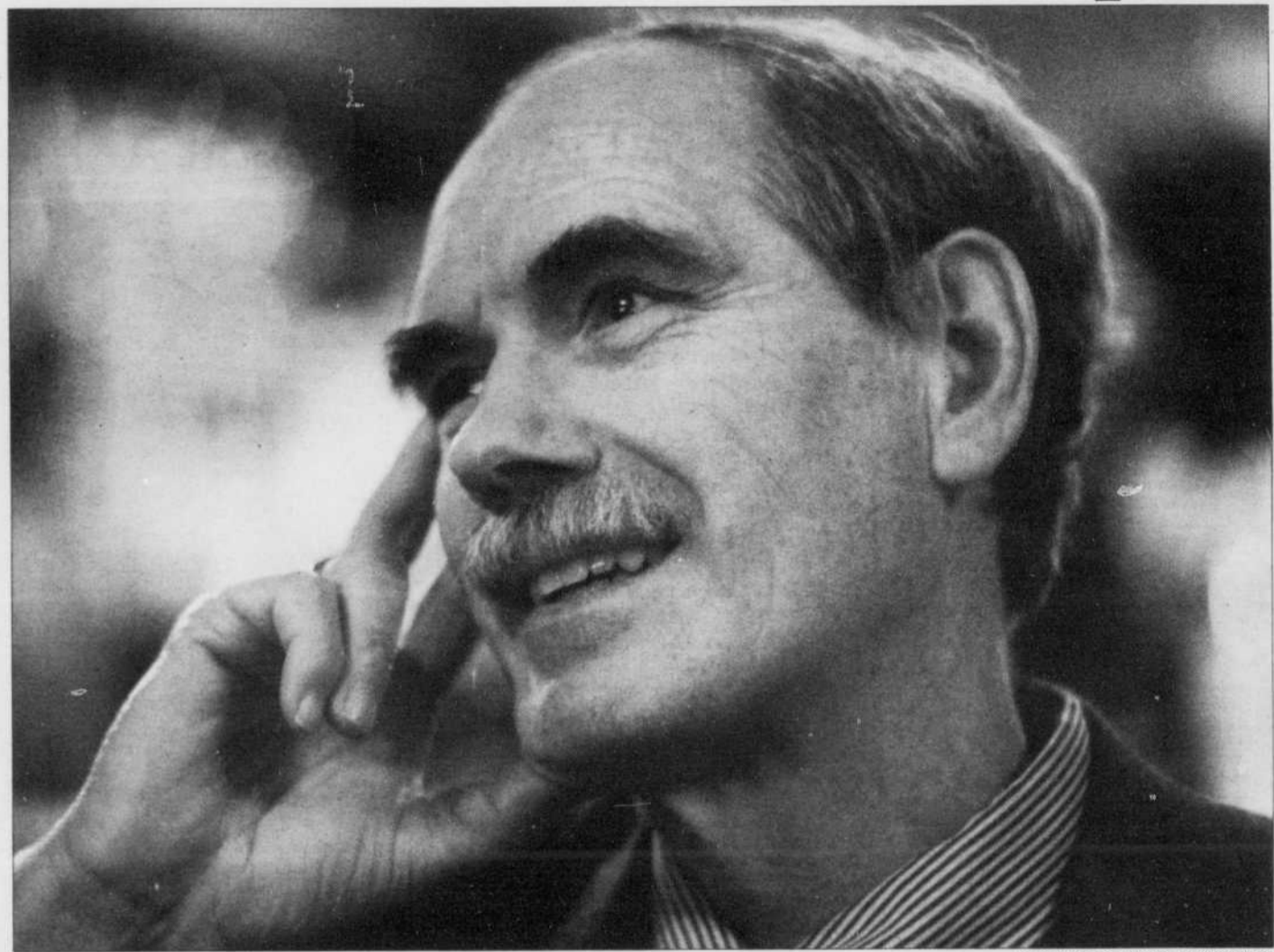
Signs were changed in recent days in the neighborhood MaVilla in Saint-Élie. This week they will be removed in the streets on the outskirts of l'école du Boisjoli in Rock Forest.

In these residential streets, the 30 km/h limit displayed there for more than ten years had no legal value as police could not take action against offenders. The limit was never approved by the MTQ and didn't meet the criteria prescribed by the Highway Safety Code.

Several other speed limits will be standardized at the same time across the municipal territory. For years, there have been three different limits over less than two kilometres on King Street West and Boulevard Bourque, between Boulevard Lionel-Groulx (McDonald's) and St. Grégoire (Club Piscine).

The limit will drop from 60 to 50 km/h between Lionel-Groulx and Sauvé Street (IGA Extra), on the other side of Highway 410. As the limit had already been lowered to 50 km/h on a stretch of King Street East in the summer of 2010, King Street will have a speed limit 50 km/h from one end to the other, with the exception of a short section between Sauvé and Léger, where it will be set at 70. The limit will also be decreased by 10 km/h on a dozen sections of collector streets, as was promised by the Sevigny administration.

## Controversial professor to host discussion at Bishop's



COURTESY OF NORMAN CORNETT

Dr. Norman Cornett, Professor of Religious Studies will host a dialogical pedagogy session Wednesday at Bishop's University.

By Gib McInnis  
Special to The Record

Dr. Norman Cornett, a religious studies professor who was dismissed without explanation from his post at McGill University in the spring of 2007 for unorthodox teaching methods, has been invited by a Bishop's University student group Cinema Politica, to host a dialogical discussion on university educational reform after the group's screening of a National Film Board documentary, Professor Norman Cornett: 'Since when do we divorce the right answer from an honest answer?'

Cornett, who taught at McGill University for 15 years, has been the subject of controversy since his dismissal, and even more since the release of the documentary film, directed and written by Alanis Obomsawin. The film recounts the story of Cornett's journey as professor of religious studies at McGill and his unique style of teaching that led to his dismissal.

The film begins with Cornett asking students in his class to stand up and act out the motions of the characters portrayed in a Pink Floyd video animated song 'Another Brick in the Wall', which is a very well known song for its criticism of conformity, and of the "pro-

gram" approach followed in most educational faculties across the country.

In a telephone interview from his home, Cornett discussed the film documentary, and how he was chosen for the topic. "It was Alanis Obomsawin, the director, who approached me when these events happened in 2007 (his dismissal), and proposed to do a documentary. I felt that it was in keeping with my dialogic approach to education, that creativity requires the individual to remain 'uncensored, unedited, and unplugged.' So, I said go ahead and make it, as long as I never

CONT'D ON PAGE 3

## Lecture Water mills

October 28, 1:30 p.m. at Holy Trinity Church, 903 Bolton Pass Rd (Route 243), South Bolton

1797-2012, 215th Anniversary of the Creation of Bolton Township & the Beginnings of the Townships The First Mills of Bolton

In 1797, shortly after the Constitutional Act of 1791, Bolton Township was officially created and ceded to Nicholas Austin and 53 associates. It was the largest of the Eastern Township concessions. On the occasion of the 215th anniversary of Bolton Township, the East Bolton Association for the Preservation of Heritage Buildings (EBAPHB) in collaboration with the Municipality of Bolton-Est, has organized a series of public lectures on the history of Bolton Township.

Daniel Chevrier and Helene Buteau Archeologists, Archeotec

Lecture in French, Bilingual Discussion. There will be a drawing of an original engraving by William Henry Bartlett, 1809-1854, who visited the Eastern Townships around 1839-1840.

Free admission, voluntary contribution Information: (450) 292-4822

## Weather



TODAY:  
CLOUDY,  
SHOWERS  
HIGH OF 6  
LOW OF 6



WEDNESDAY:  
MIX OF SUN  
AND CLOUD  
HIGH OF 12  
LOW OF 2



THURSDAY:  
CLOUDY  
HIGH OF 17  
LOW OF 3



FRIDAY:  
SHOWERS  
HIGH OF 17  
LOW OF 11



SATURDAY:  
RAIN  
HIGH OF 13  
LOW OF 9

# Morris House Reading Series presents Frances Itani

Commonwealth Prize Winner Frances Itani gives a public reading

As part of the Morris House Reading Series, Bishop's University's English Department is pleased to announce that it will host novelist Frances Itani for a free public reading on Thursday, Oct. 18 at 5 p.m., in the lobby of Centennial Theatre. She will be reading from her new book, Requiem.

Author of 14 books, Frances Itani had a spectacular international debut with her first novel, Deafening, which received a Commonwealth Writers' Prize for Best Book and was shortlisted for the International IMPAC Dublin Literary Award. It became a #1 bestseller in Canada and has been published and translated in seventeen countries. Deafening was followed by another bestseller and Commonwealth Prize nominee, Remembering the Bones. A three-time CBC Literary Award winner, Itani's short story collection, Poached Egg on Toast, also won the Ottawa Book Award and the CAA Jubilee Award for Short Stories. Her latest novel, Requiem,



COURTESY

is now available in paperback.

The Morris House Reading Series is approaching its tenth year of hosting

both established and up-and-coming authors at Bishop's University. Prestigious Canadian writers such as Alistair MacLeod, Jeffrey Moore, Ann Michaels, and Donna Morrissey have come to present their work, answer questions, and meet with the audience during the informal reception that follows the reading. This year's line-up also includes Carmine Starnino, Anne Fortier, Michèle Plomer, Jeremy Dodds, and Douglas Gibson.

### Additional Information

Further information about past readings or updates about our events can be viewed at our website, <http://www.ubishops.ca/academic-programs/humanities/english/morris-house-reading-series.html>.

For further information about this event, please contact Linda Morra at (819) 822-9600 ext. 2872 or by email at [lmorra@ubishops.ca](mailto:lmorra@ubishops.ca).

## Annual Hut's Musical Achievement Award

The Record

Drummer Stewart Duncan along with multi-instrumentalist Yvan Moreault and radio host and Record Country Music Columnist Jessie Pelletier Aulis were honoured this past Saturday for their outstanding contribution to the Eastern Townships music scene. Bruce Neil and Sam Evans both part of the event's special committee were there to give the Awards to the two musicians and Aulis, who has been promoting country music and local talents for the last twenty years.

The 'Hut' was filled to capacity with family, friends and the numerous musicians who made people dance all night.



Left to right: Jessie Aulis, Bruce Neil, Stewart Duncan, Yvan Moreault.

Photos: Courtesy Jessie Aulis.



Local musicians Buck, Steve and Norman.

## Ben by Daniel Shelton



# LOCAL NEWS

The CSSS-IUGS will be offering a free shuttle service between Lennoxville and Sherbrooke East and the Sherbrooke Exhibition Centre.

## It's flu vaccine time again

SHERBROOKE - (MCD)

The annual seasonal flu vaccination clinic is coming up in November, but the CSSS-IUGS is urging those wishing to take advantage of this free service to make their appointments now, either by phone or over the internet. The clinic itself will be held at the Sherbrooke Exhibition Centre, 1600 Boulevard du Plateau-Saint-Joseph, and will be open from Nov. 8 to 14, from 9:30 a.m. to 5:30 p.m. on weekdays and from 8 a.m. to 4 p.m. on weekends.

On the website [www.monvaccin.ca](http://www.monvaccin.ca), those wishing to make an appointment can select the CSSS-IUGS Estrie (Sher-

brooke) tab and follow the instructions for making appointments. Those without Internet access or who need help to make an appointment can get phone support from Monday to Friday from 12:30 to 5:30 p.m. and on weekends from 1 until 4:30 p.m. by calling 819-780-2222. Internet and phone appointment services are now up and running and will remain until the clinic ends on November 14.

### Target Groups

This year, the vaccine against seasonal influenza will be free for people at risk of complications, such as children

from six to 23 months, healthy pregnant women in their second or third trimester, people with a chronic mental illness, and those aged 60 and over. The vaccine is also free for those living with a person at risk of complications. The vaccine is also available to those not targeted at a cost of \$15.

### Shuttle service

To facilitate access to the clinic, the CSSS-IUGS will be offering a free shuttle service between Lennoxville and Sherbrooke East and the Sherbrooke Exhibition Centre. All information regarding shuttles for both parts of the city will be

available the week of Oct. 15, 2012 at [www.csss-iugs.ca/grippe](http://www.csss-iugs.ca/grippe).

### New this year

Some children between 2 and 17 with chronic diseases, other than immune deficiency or other contra-indications, will now be able to receive free Flumist vaccine administered by nasal spray. Studies have shown that targeted children receiving this type of vaccine have less chance of getting the flu compared to those vaccinated with traditional vaccines. Unlike injectable vaccines against the flu, the intranasal vaccine contains weakened live virus.

## Transport Ministry seeks honest workers

QUEBEC CITY - (MCD)

The Quebec Ministry of Transportation is launching a communication and recruitment campaign under the theme "Builders Wanted" which will unfold primarily through traditional and social media and target experienced workers and university and Cégep graduates. A website dedicated to the employment department is also online at [BatisseursRecherches.gouv.qc.ca](http://BatisseursRecherches.gouv.qc.ca).

Taking into account retirements and the addition of new positions, nearly 2,000 jobs that will be available between now and 2017. They will contribute to and strengthen the expertise within the Department to ensure the presence of sound infrastructure for the movement of goods and people throughout Quebec.

The majority of jobs available are positions for engineers and public works technicians, although the Department is also looking for general workers, and various other technicians and professionals.

These efforts are directly part of continuing efforts to strengthen the fight against corruption and collusion in the construction industry, which will itself add 970 positions within five years.

Throughout the campaign, students and job seekers are invited to visit the new website, [BatisseursRecherches.gouv.qc.ca](http://BatisseursRecherches.gouv.qc.ca) on which all the information about career opportunities in the department, job offers and application procedures can be found.

In short videos, employees have different facets of their business and the challenges they face every day.

The Department will also be present in social media, including Facebook, LinkedIn and YouTube, in addition to actively participating in fairs, job fairs and information sessions in schools.

## Roadwork in North Hatley

SHERBROOKE - (MCD)

The Quebec Ministry of Transport is advising the public that route 108, between Wadleigh and Cedar streets in North Hatley will be closed to traffic from tomorrow, Oct. 17 to Nov. 30. Users of this part of the road are advised to detour along routes 108, 143, and 216.

This closure is necessitated by work required to rebuild a retaining wall and to repave that section of the 108. Access to individual properties will be maintained for residents.

## Controversial professor

CONT'D FROM PAGE 1

see any outcome during the shoot, as long as I do not look at the final cut (which is standard in film making), and as long as I do not see the final cut until the public at large sees it."

Cornett received an invitation by a third year Bishop's University liberal arts student, Erich Burton, who is organizing the screening of the documentary at the Foreman Art Gallery for the group Cinema Politica, to demonstrate Cornett's dialogical pedagogy after the screening. When asked about his reason for bringing in Cornett to Bishop's, Burton said, "Just considering the title of the film, When Do We Divorce the Right Answer from an Honest Answer? you can't watch that film and honestly say that what happened (Cornett's dismissal) was right. It was unjust, there was no public explanation (on McGill's part). People were learning, enjoying his teaching...Also I am amazed at how he can call up that creative force in so many people with one process, dialogical pedagogy or the reflective writing process. This creative force is what students are starving for."

Cornett explained that his motivation for advocating educational reform in the university system began when he

recognized a growing pragmatism among students who were attending university for the sake of getting a good grade, not a good education. "I will never forget one student telling me 'what I have learned at this university is how to cut corners so I can get an A'"

"If that is the goal of education, we have missed the boat. Please keep in mind, that I am a religious studies scholar, so issues of morality and ethics are central to what I do, and I began to ask myself to what extent do we communicate or cultivate a moral, ethical approach to knowledge, if what we are really fostering is how you get an 'A' rather than honesty, so this poses some fundamental questions," says Cornett.

In the course of his 15 years of teaching, Cornett explains that there were a number of major articles in student newspapers, and coming from the administration too, on the topic of plagiarism. This he experienced and this put him in a moral and ethical dilemma, "when you know the work you are reading and grading was actually done for another course and you verify with that professor that indeed the student had turned it in for their course."

When asked how this 'miseducation'

came about or how it is encouraged in the university classroom, Cornett stated, "if a person gives you the right answer, but they do it not on the basis of their convictions, not on the basis of what they really think, what they really believe, we are encouraging a dichotomy, a type of miseducation." Thus, the reason for the title of the documentary and for Cornett's session on dialogical teaching Wednesday evening.

On a blog at Cornett's web site, a former student (2003) commented on Cornett's response to battling this miseducation in the classroom. "In Norm's class, however, through hundreds of reflections inside and outside of the 'theatre of the classroom' as he put it, we found our own voices, perhaps writing creatively for the first time since high school. Norm did not ask for grammar, spelling, concerns for political correctness or his position; he wanted instant unencumbered phenomenological sensation articulated without anxiety." This is in fact what Cornett calls stream of consciousness teaching and honest reflection, which is difficult to plagiarize.

The documentary 'When Do We Divorce the Right Answer from an Honest

Answer?' will be screened Wednesday, Oct. 17 at 7 p.m. at the Foreman Art Gallery, in conjunction with Cinema Politica. It will be followed by Cornett's dialogical pedagogy session

### Travel Vaccination Service

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- Typhoid
- Update your immunization schedule

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Sylvie Lussier  
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 **Jean Coutu**  
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147 Queen Street  
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For more information, the team from the laboratory will be glad to help you.

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# Wales Home holds commemorative service in memory of loved ones passed

By Claudia Villemaire  
Record Correspondent  
RICHMOND

With five hundred and forty one lit candles in the Great Hall at the Foyer Wales Home residence for seniors near Richmond, the emotion was palpable as each candle, representing the memory of loved ones, flickered, casting quivering shadows across the faces of nearly two hundred people gathered for the commemorative service and moment of silence.

The inspiration of Emilie Lessard and wholeheartedly supported by staff and volunteers, this new activity will, without doubt, become an honoured tradition at this residence, the response to the suggestion of purchasing a commemorative candle surpassed organizers expectations.

"We are very, very pleased with everyone's reaction to this great idea," said Brendalee Piironen, Director of Operations at this seniors' residence. "We were hopeful maybe two hundred or more would respond and we thank each and everyone. Folks from near and far rallied to remember their loved ones with this simple tiny candle."



PHOTO BY CLAUDIA VILLEMAIRE

# Dan Yashinsky brings stories to the Townships

By Heather Davis  
Record Correspondent  
SHERBROOKE/LENNOXVILLE

As a young man, Dan Yashinsky devoted his life to telling stories and he is now well known across Canada as a teller and an advocate of storytelling. He founded the Toronto storytelling festival 35 years ago and his storytelling circle, 1001 Friday nights, still runs every week in Toronto.

Yashinsky arrived in Sherbrooke to tell stories as part of the Township's trilingual festival, Les Jours Sont Contés. His first presentation, The Storyteller at Fault, took place last Friday at La Maison des Arts de la Parole (previously Productions Littorale) at 138 Wellington in downtown Sherbrooke. The room is beautiful, with wooden floors, an old brick wall, and good lighting.

Yashinsky carries a large stick decorated with trinkets and souvenirs to remind him of his repertoire of stories. When he stands in front of an audience, his eyes sparkle and the audience can easily believe he is telling his story for the first time.

His played the role of a storyteller sentenced to death because he refuses to write his stories down as he believes, "Writing stories down is the beginning of forgetting them." He asks to be allowed to tell one last story and this story is about a father telling stories to his son. When the storyteller ends his tale on a cliffhanger, the king agrees to let him live and he, in turn, agrees to write down a few of his stories.

Yashinsky reminds the audience how stories can impart courage and wisdom. He says, "Every story is true or has something true in it. The more stories you have, the more truth you have."



HEATHER DAVIS

Storytellers Dan Yashinsky and Ann Rothfels.

On Saturday, Yashinsky performed at Uplands in Lennoxville with local storytelling legend, Ann Rothfels, who started the Townships Tellers 22 years ago. She began with a story about weaving, which she loves because of her own life-long desire to be a good weaver. The two tellers alternated, with Yashinsky telling a story filled with riddles such as

"What is the distance between East and West?" and "What is the distance between truth and falsehood?" The answer to the first riddle is one day because the sun rises in the east and sets in the west. The answer to the second is the distance between our eye and our ear since the ear hears a lie, but the eye sees the truth.

Yashinsky left for Toronto on Sunday, but the festival continues with local and visiting tellers throughout the week. Another English event will take place on Sunday Oct. 21 at Uplands featuring storyteller Marta Singh and titled, Speaking No Evil. See the web site for more details about events during the week: [www.lesjournssontcontes.com](http://www.lesjournssontcontes.com).

## Quebec star witness: I donated illegally to every party

The Canadian Press

A star witness at Quebec's corruption inquiry says illegal fundraising was commonplace in the province's politics and he says it happened under various political parties.

Former construction boss Lino Zambito is testifying that he funnelled \$88,000 over the last decade to all Quebec political parties through third parties — notably through family, friends and employees.

Zambito says the practice helped parties circumvent the province's donation limit, which was \$3,000.

In one case he says he turned over \$30,000 — 10 times the legal donation

limit at the time — at the request of a prominent provincial Liberal fundraiser who was the spouse of a minister.

But it wasn't just the Liberals; he says he also gave smaller amounts to the Parti Quebecois and the now-defunct ADQ.

Zambito says he later reimbursed associates who made the donations. On the witness stand, Zambito expressed remorse for putting his friends and family in an embarrassing position.

He says some of these people didn't care about politics, that he urged them to participate, and he says they do not deserve to see their names on a public donors' list.

In a dramatic moment of testimony,

Zambito has blamed a broken system that he says puts unfair pressure on politicians to raise money and on people in the construction industry to deliver it.

He says that system revolved, at the provincial level, around engineering firms. He says large companies were intimately involved with political parties and they constantly solicited construction bosses for money.

He offers two suggestions for fixing the fundraising system: Increase the public subsidy for political parties, or increase the donation limit.

Otherwise, he says, a black market will inevitably develop. He says political parties are desperate for cash to finance

their campaigns, and without sufficient fundraising channels they will be tempted to resort to illicit means to get it.

Zambito is beginning his sixth day of testimony which has seen an explosive volley of allegations. At the municipal level he has described a cartel-like structure that colluded to pick who would win public construction contracts.

He says the system included bribes for municipal officials, kickbacks to certain political parties, and a percentage claimed by the Italian Mafia.

None of Zambito's allegations have been proven in court and his allegations have been met with denials of any wrongdoing.

## Asbestos gets \$2.2 million for low-rent apartments

By Stephen McDougall  
Record Correspondent  
ASBESTOS

Four public, low-cost apartment buildings will be renovated this fall at a cost of \$2.5 million, 90 per cent of it coming from the provincial government.

"The buildings were put up in the early 1970s and need a lot of work," said manager Laurent Soucy.

"Also, many of the larger apartments will be reduced in size because of a trend toward smaller, single parent families."

Soucy said in some of the buildings where there were 5 and a half rooms, the apartments will be turned into 3 and a half rooms.

"Many of the newer tenants are single parents with maybe one child to take care of," he said.

"That is where demand is headed, so we must be ready for it."

The buildings were built to house people with modest incomes, often wel-

fare and disability cases as well as some retired people. Their rent is calculated to meet 25 per cent of their income.

The federal, provincial and municipal governments assume the rent subsidy that makes up the difference in the cost of the apartment.

Soucy said despite tough economic times for the town, the waiting list for getting a subsidized apartment is not large.

"We have about five applicants waiting, and the turnover rate for tenants is about 25 per cent," he said.

"We don't know if that list will get longer or not, but it is low now."

The town learned last month that the Quebec government would not help finance the reopening of the Jeffrey asbestos mine, and that a proposed megadump project had fallen through. Both projects would have created up to 600 jobs in the area.

Still, the town of Asbestos is optimistic about its economic future. The town will assume \$250,000 of the renovation cost, ten per cent of the total.

Soucy said the renovations were guided by the provincial Quebec Housing Authority, which determined the buildings, should be restored rather than torn down.

"Our office was told that demolition was not an option," he said.

"The buildings will be upgraded and the apartments downsized. That means new insulation, outdoor siding and new electric, plumbing and heating systems."

The four buildings comprise 138 apartments on Pierre-Laporte, Boisvert, Chasse and Gosselin streets. The work will take up to 16 weeks to complete.

In other Asbestos housing news, the first apartment building on the site of the former town hall has been erected and rented out and two more similar buildings are slated for construction this fall and next spring.

"The buildings that will be put up have already been rented out," said town manager Georges Andre Gagne.

"The goal is to have five buildings erected in the next two years, so we're

halfway to our goal."

The town made a deal with local contractors and developers to provide the land for the apartment complex from where the former town hall used to stand, at the corner of St. Luc Blvd ad Roi Street.

The five-storey hall was demolished last year because of high costs and lack of use.

Each new building houses four two-storey apartments that are rented out to residents who have sold their single dwelling homes and want an autonomous residence for their retirement years.

"Both the town and the developers take a 50-50 risk in this venture," said Gagne.

"But we make sure there is demand before we go ahead with new construction."

"Each apartment rented out usually means another house in town has been sold to a younger family, often a family moving into our town."

## Memphremagog Police weekend blotter

MAGOG — (MCD)

Three more drivers had their licenses suspended this weekend because they had consumed alcohol. Two were subject to a zero alcohol tolerance limitation and one of these tried to pass off a false I.D. because his license was already suspended. His vehicle was impounded because he was breaking several of his conditions of release. He

appeared at the courthouse, Monday, in Sherbrooke. The third driver, aged 19 from Sherbrooke, exceeded the legal limit of alcohol in his blood. Criminal charges will be filed against him.

A 23 year-old driver from Racine was caught driving 98 km/h in a 50 km/h zone Sunday night. This earned him a \$624 ticket and 10 demerit points. In addition, he had to undergo a breath test which showed an alcohol blood level of

more than the legal limit of .80 mg. His license was suspended for 90 days and he has been released pending criminal charges.

Once again, the RCMP asked Memphremagog Police for support in detaining a large commercial vehicle which drove straight through customs in Stanstead on Highway 55 coming from the United States. T

The suspect vehicle, registered in Illi-

nois, was stopped on Highway 55 near Magog with 13 people of Romanian origin on board. These included adults, children and babies who were all handed over to the RCMP.

Last week, under very similar circumstances, 17 Romanian nationals were detained. So far this year more than 60 people of Romanian origin have been arrested in the region after crossing the border illegally.

## Riopelle & Vigneault at the Memphremagog Library

MAGOG

From Oct. 18, 2012 to Sept. 29, 2013, the Memphremagog Library will host the work of two of Quebec's most prominent artists with the exhibition "Riopelle & Vigneault - The Circus - Work of the end of Jean Paul Riopelle's life (1923 2002)". This was the first collaboration between the two artists.

The exhibition includes twelve origi-

nal engravings which occupied painter and engraver Jean-Paul Riopelle in his last years and six unpublished texts, written for the occasion by Gilles Vigneault, Quebec's unofficial poet-storyteller-singer-songwriter laureate.

Through their combined talents, the artists share their vision of the circus, colour and poetry. Vigneault plays with words, Riopelle with forms and images. The result is a joyful and poetic experi-

ence for the public.

The exhibition is complemented by a didactic presentation that allows the public to understand the work processes of a master engraver. It also allows them to awaken to the poetry of Gilles Vigneault and approach the work of these two artists who created this art book inspired by the theme of the circus.

In this work, the poetry of the text

melds with that of the colours and the where humour of the shapes overlaps that of the words.

In addition to the exhibition which will take place over the next eleven months, Gilles Vigneault will at one point be the guest of the Memphremagog Library where he will meet with the public.

The date for that rendezvous has yet to be announced.

# EDITORIAL

Low level exposure to antibiotics allows the bacteria the time to build a resistance. By such means are the drugs rendered useless to deal with any real crisis that might arise.

Antibiotics are part of the problem, not the solution

## Bacteria winning the war on medicine

By Ivy Weir

More than we ever wanted to know about E coli is wafting toward us through the airwaves. Maybe we better hold our noses and unravel the headlines.

No less than Theodor Escherichia first identified the single-celled bacteria in 1885, bestowing it with his own name. Under normal conditions, the bacteria are present in the intestinal tract of humans, where it maintains a balance with millions of other bacteria, yes, millions. Left to its own devices, it causes no harm to its host. When a marked imbalance disrupts the normal flora of its natural habitat, illness occurs.

The E coli strain in cattle tells a different tale. Bearing only the number 0157:H7, it can be deadly when passed on to humans, though it too, remains harmless to its host. There are multiple modes of transmission from bovine to human with 85 per cent said to be food borne due to poor hygiene. The slaughter and processing of beef ranks high followed by sewage that contaminates water for either drinking or swimming or unpasteurized milk and juices. Plants such as lettuce and spinach can be contaminated through their root system, evading the action of sanitizing agents.

So far, following the fecal contamination found in an XL abattoir in Alberta that furnishes one third of all beef across the country and beyond, 14 patients from 4 provinces have recovered from the illness. A monopoly on such a volume of beef produce raises questions in itself. Massive recalls are underway while the plant itself has been closed by the CFIA (Canadian Food Inspection Agency) awaiting a major reassessment.

Symptoms can occur from 4 to 8 days following exposure. The majority of the afflicted can recover within a week with no treatment at all. The young and elderly are more susceptible to the powerful toxins that can cause 'hemolytic uremic syndrome', better known as kidney failure. The death rate is said to be

from 3 to 5 per cent. Treatment includes hydration, blood transfusions if depletion has occurred and/or kidney dialysis for the severely compromised.

No one appears to want to believe that the solution lies simply in soap and water. Rigorous hand washing with special attention to cutting boards and counters are sound preventive techniques. Well cooked meat reaching 71 degrees, renders the invader harmless. A safe alternative is to shop at local farms and food cooperatives along with community supported agriculture where the buyer can develop a relationship with the growers.

A related phenomenon occurs with the same results, albeit a different mechanism, when treatment with antibiotics is initiated. The drugs can destroy normal bacteria in the intestinal tract, allowing competitors such as C difficile to multiply and release toxins with lethal results. Other villains are veterinary prescribed antibiotics, pesticides and heavy metals that are prescribed or ingested by cattle and passed on to humans. Low level exposure to antibiotics allows the bacteria the time to build a resistance. By such means are the drugs rendered useless to deal with any real crisis that might arise.

Their overuse for non-bacterial infection, contributes to the same unwelcome results. A regular cold is only one such example, caused as it usually is, by a virus, not bacteria, and therefore immune to antibiotics. Only the uninformed stock up on the drugs with their doctor's collusion, falsely believing they will ward off illness. Instead, they contribute to building up resistance. Antibiotics were never meant as a prophylactic agent and were over-sold as a miracle cure for just about everything.

It is ironic that the bacteria itself becomes resistant. Thus, someone who has refused all antibiotics over a lifetime and becomes infected by the fore-armed bacteria, is as vulnerable as those who have over indulged. So much for the rewards of due diligence.

## Understanding education: Words matter

By Pierre Demers, PhD

Education is an abused word. Abused. When we use it, we rarely mean education. It would be better to choose other words. Thus,

We send our children to school to school! them.  
We transmit knowledge to instruct them.  
We imbue them with the surrounding values of our society to socialize them.

We qualify them to prepare them for the workforce.  
Each word is important in understanding the meaning of education.

Education takes place at another level.  
It seeks to transmit values.  
To impart a code of ethics.  
To raise consciousness.

These values matter according to the purpose they serve in life.  
These values are important because they have the power to change the world.

These values clarify and stimulate an individual's efforts to be.

Education influences our physical, social, mental and spiritual dimensions.  
It affects our entire being. All at once. All the time.  
It touches us on the level of raising our consciousness.

Education is a conversation between people; it doesn't require schools. The existing mandatory mass approach is inevitably limited in its results. A community approach would be preferable, but the buildings are there...

By contrast, education takes place one person at a time.  
It creates spaces where individuals influence each other on a value level.  
It offers an infinite number of solutions to satisfy every need of every individual.

Education is the means to becoming more human and to raising our level of consciousness, which is the direction humanity must take to survive.

*Pierre Demers is a retired professor and author of the books entitled Élever la conscience humaine par l'éducation (PUQ - 2008) and L'humanité. De l'obscurité à la lumière. L'éducation pour rendre le pouvoir à l'être humain (PUQ - 2011). He can be reached by e-mail at pierre.demers@usherbrooke.ca.*

## Letter

2012 Terry Fox and Wales Home Campaigns

DEAR EDITOR:

This year, my Terry Fox campaign for cancer research raised \$5,070, an increase from last year's \$4,777.60! Your support is very much appreciated. Over 84 per cent of the funds collected nationally by the Terry Fox Foundation go towards cancer research. Progress is being made in finding a cure, but much remains to be done! We can not let up!

For the rest of this year, we will be raising funds for the Wales Home Foundation for the walkway outside of the new therapeutic garden and for the garden by the pond. People in the Richmond area can

drop off their empties (returnable cans and bottles), under Bev Taber Smith's back deck (as long as the driveway is not covered with snow), or call me at 819-826-3929 to make pick-up arrangements.

The Sherbrooke area people can drop off their empties at the Townshippers' Association office at 100-257 Queen St, between 9 a.m. and 4 p.m. Thanks to Townshippers' Association for the support.

For large quantities of empties, please call me (819-826-3929) so I can make arrangements to pick them up. Would you kindly put your name on the bags/boxes of empties, so I will be aware of your support?

Again, many thanks!

JOE KELLY  
RICHMOND

## THE RECORD

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# Local Sports

"Caroline's getting better each outing," said McGill head coach Dennis Barrett. "She really seems to be enjoying being part of a team and it's paying off in her running."

## Sherbrooke's Pfister earns McGill accolades

By Mike Hickey  
Special to the Record

Caroline Pfister, a 20-year-old architecture student and Sherbrooke native, is making her presence felt on the McGill University campus and specifically with the Martlets nationally ranked cross-country running team. She finished first of 44 competitors as the Martlets captured the Rouge et Or Open cross-country meet in Quebec City two weeks ago. The 5-foot-3 distance specialist, who has represented Canada at several international age-class competitions, completed the four-kilometre race in 14 minutes, 14 seconds, finishing 27 seconds ahead of her next closest competitor. Pfister joined the Martlets this fall after graduating from the College de Sherbrooke.

"Caroline's getting better each outing," said McGill head coach Dennis Barrett. "She really seems to be enjoying being part of a team and it's paying off in her running. All in all, it was a pretty good day for us with a number of quality performances," added Barrett. "Our women's squad looks very strong and al-



COURTESY

Caroline Pfister, a 20-year-old architecture student and Sherbrooke native, is making her presence felt with the Martlets nationally ranked cross-country running team.

though the guys have been hit by some illness, they are much improved compared to the last few years."

Teammates Sarah McCuaig (14:41) and Evelyn Anderson (15:01), finished second and third, respectively. The Martlets beat out second-place Laval by

14 points. Sherbrooke was a distant third with 81, followed by UQTR and Concordia with 122 points apiece.

Notably absent from the McGill lineup was super sophomore Jessica Porfilio, who has been among the top two Martlet runners during her short tenure

at McGill.

"She was being rested along with Madeleine Cummings," explained Barrett. "When you run a distance race every week, every step takes a toll. Even going downhill takes a pounding on the body. We're counting on those two to peak at the conference championships in a few weeks and the Nationals, so they need to be fresh."

With Porfilio and Pfister in the lineup together the Martlets will have a powerful one-two punch and should be a solid favourite to win the Quebec championships and advance to the Nationals.

The Martlets are ranked fourth nationally in the latest CIS Top Ten poll, the only Quebec team to be nationally ranked.

Pfister's performances have earned her back-to-back McGill athlete of the Week honours.

McGill will compete next at the Atlantic conference interlocking meet in Fredericton, Oct. 13. It will be their final event before the RSEQ conference championships, Oct. 27.

## Reebok Shoot for the Cure comes to a close

The Bishop's Lady Gaiters annual Reebok Shoot for the Cure basketball tournament came to a close on Sunday. The Montreal Dynamo defeated the Queen's University Gaels to capture their second straight title. The Montreal Express topped the Lady Gaiters in the other game of the tournament. Also in action on Sunday, the Bishop's women's soccer team fell to the UQTR Patriotes 2-0 on Coulter Field.

The first basketball game of the day tipped off with the two undefeated teams in the tournament, the Montreal Dynamo and Queen's Gaels. The Dynamo won 69-53 and captured their second Reebok Shoot for the Cure title in a row.

The Dynamo were led by Karine Bibeau (Victoriaville) who scored 22 points while Mariran Fortier (Amos, Quebec) added 20. Isabelle Grenier (Quebec City) scored seven points, had eight assists and six steals. Lisa Minutillo (Brantford, Ontario) led the Gaels with 10 points. The Gaels outrebounded the Dynamo 47-31 but were only able to shoot 28 per cent from floor. Bibeau was named the tournament's most valuable player.

The Gaiters and Express tipped off at 1 p.m. For the third straight day the Gaiters wore their pink jerseys in their fight against breast cancer. At halftime of the game, a cheque presentation was made as the 2012 edition of the Reebok

Shoot for the Cure tournament raised \$2,400. On the court the Express came out strong leading 14-11 after the first quarter and 29-19 at the half. Bishop's made a run in the third quarter but the Express bounced back in the final frame and went onto win 60-43. Marie-Love Michel (Montreal) led the way with 17 points and eight rebounds for the Express while Gladys Hakizimana (Montreal) chipped in with 11 points and seven boards. Maude Archambault (Quebec) and Beatrice Bergeron (Montreal) each scored 10. The Gaiters were led by Gabrielle Chamberland (Sherbrooke). She scored 14 points.

Outside on Coulter Field the Lady Gaiters (0-8-2) soccer squad took on the

UQTR Patriotes (1-7-2). UQTR scored first and carried a 1-0 lead into the break. Bishop's was unable to get anything going offensively and the Patriotes managed a second tally after the half. Marie-Pierre Harvey (Quebec City) was between the pipes for the purple and white. The game ended with UQTR on top by a score of 2-0.

The Lady Gaiters basketball team will next be in action on Oct. 26-28 as they travel to Moncton, New Brunswick to play in the Don Grant Classic.

The women's soccer team will host Concordia (4-2-3) on Friday, Oct. 19 at 6 p.m. on Coulter Field.

Source: Marty Rourke,  
Bishop's University

## Bishop's University Polar Bears kick off season with win

By Caleigh Cross  
Special to The Record

The Bishop's University Polar Bears kicked off their season with a hard-earned victory against the Nea Dynamie Estrie team on Saturday.

The Bears scored the first goal of the game within the first period and held off the Sherbrooke team until well into the second period. The Bishop's team mounted an impressive defense, but the Nea Dynamie Estrie scored during the second period, tying the game.

The Nea Dynamie Estrie pushed back hard against the Bears' fierce offense and tireless defense, working into overtime. With only four players on the bench, Sherbrooke was fighting diligently.

Tension was high as the game was



CALEIGH CROSS

still tied at 1-1 at the end of the overtime period. The teams were ready to wrap it up, but the crowd cheered for a shoot-out, and the players obliged.

Nea Dynamie Estrie scored the first goal after five rounds, giving the Bears only one more chance to even the score and keep the game alive, and the right-

hand side of the stadium erupted with cheers when they scored the goal. The game was tied 2-2.

After a few more shootout tries, the Polar Bears scored, and Nea Dynamie Estrie couldn't quite even the numbers, making it a 3-2 win for Bishop's University.

The game was a great way to kickstart the women's ice hockey season both on and off the ice. Teammates on both sides were extremely supportive of one another, bumping fists, hugging, and cheering each other on during both the game and the shoot-out.

The crowd was wonderfully active, clapping, cheering, and stomping their feet every time their team scored. They even cheered for the Zamboni driver at intermission who honked his horn and took a faster victory lap before the teams came back onto the ice.

The Bishop's University Polar Bears will share the rink with the Nea Dynamie Estrie team once again in their next game, an exhibition at the W. B. Scott Arena. It will take place on Saturday, Nov. 3, at 7 p.m. Admission is free.

## Death

TUESDAY, OCTOBER 16, 2012



**Fred  
BURNS**

Passed away at the CHUS Hôtel-Dieu, on Monday, October 15, 2012 at the age of 82. Frederick Richard Burns, beloved husband of Mary Lou Peasley for 53 years.

Dearly loved father of Neil (Marlene Cairns) and Dale (Susannah Maleson). Treasured grandpa of Matthew and Cameron; Ethan, Liam and Fallon. Dear brother of Daphne (Charles Henderson), the late M. Ardelle Scott and the late Hollis V. Burns Jr. Resting at the Cass Funeral Home, 3006 College St. Sherbrooke (Lennoxville), on Wednesday, October 17, 2012 from 2 to 4 and 7 to 9 p.m. The funeral service will be held at the Lennoxville United Church, on Thursday, October 18th at 2 p.m. Rev. Mead Baldwin officiating followed by the interment at the Island Brook Cemetery. As memorial tributes, donations to the Dr. W.J. Klinck Foundation, c/o Massawippi Christian Retirement Homes, 1501 Campbell, Sherbrooke, QC J1M 0C1 would be appreciated by the family. Please note an Eastern Star Service will be held at 4 p.m. and a Masonic Service will be held at 6:30 p.m. on Wednesday.

**CASS FUNERAL HOMES**  
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FAX: 819-564-4423  
cass@casshomes.ca  
www.casshomes.ca

## In Memoriam

**BRAZEL, Janice Alden** - In loving memory of a special friend whom God called home October 16, 2010. Gone but never forgotten!!

*It doesn't take a special day  
To bring thoughts of you to mind,  
For the days that we do not think of you  
Are often hard to find.  
Our hearts still ache with sadness,  
Our silent tears still flow,  
For what it meant to lose you  
No one could ever know.*

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## Avoid being victimized by financial schemes and scams

The recent sentencing of Ponzi schemer R. Allen Stanford provided a useful, if costly, reminder of how today's most successful scams often work. According to Consumer Reports Money Adviser, Stanford's \$7 billion swindle wasn't based on baffling financial instruments, like credit default swaps or collateralized debt obligations, but on plain old certificates of deposit, albeit from an offshore bank. And the returns he promised on his bogus CDs were, while attractive, not so outrageous as to raise suspicions.

Though Stanford's 110-year sentence should keep him off the streets for a while, there are plenty more where he came from. Consumer Reports Money Adviser offers a few ideas on how to protect yourself:

1. Know yourself. The most common victims of investment fraud aren't the unsophisticated boobs many of us would imagine. According to a 2011 AARP Foundation study, they are more likely

than the general population to earn in excess of \$50,000 a year and to have at least some college education. And most victims, by far, are male.

Beyond basic demographics, the victims have some unfortunate habits in common. A revealing one is that they are more likely than the general population to "expose themselves to sales situations." Among other things, that means calling 800 numbers for information on deals they've seen advertised; reading investment junk mail; and attending sales presentations, like the notorious "free lunch" investment seminars. If any of this sounds like you, you probably want to be especially careful. And if it doesn't sound like you, you'll want to be careful anyhow.

2. Know the red flags. As the Stanford case illustrates, even the most benign-sounding investments can be fraudulent. Still, there are some investments that ought to raise your suspicions by their very nature. Among them:

— Promissory notes. These investment contracts usually promise an attractive rate of return and purport to be backed by solid assets like oil and gas leases, life-insurance policies or whatever's in vogue at the moment. While promissory notes have a legitimate role in the world of business, they generally have no business in the average investor's portfolio. If you're ever tempted, however, first check out the deal and the seller with your state securities regulator.

— Real-estate hustles. The depressed real-estate market has provided the perfect sales pitch for many of today's scammers. Think the market might be poised

for a rebound? Then why not invest in a limited partnership or similar deal that will pool your money with that of other investors to scoop up foreclosed houses or undervalued commercial property at giveaway prices? Again, it's always possible the deal is on the level, but make sure you know the risks and the reputation of the people you're dealing with before you even consider getting into it.

3. Know when to get help. Some scam artists actually require their clients to sign confidentiality pledges. The agreements spell out harsh financial penalties should clients ever reveal the details of the deal, which makes some of them fearful of contacting authorities even when they know they've been fleeced.

Others are hesitant to come forward simply out of embarrassment. The AARP study reported that a mere 29 percent of victims ever reported the crime.

The nonprofit Investor Protection Trust came to a similar conclusion in a study released in June that focused on elderly scam victims. When it surveyed more than 700 securities regulators, law-enforcement officers, medical professionals and others, fully 85 percent said "shame on the part of the victims" was a reason investment scams often went unreported. Interestingly, the second-highest answer, not far behind at 80 percent, was "the ability of con artists to string victims along until it's too late."

If you ever suspect that you or a loved one has been the victim of a scam, Consumer Reports Money Adviser recommends that you report it — and quickly. You might get at least part of your money back.

## ASK DOCTOR K

## Healthy snacking can ease hunger pains

By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** I never thought snacking could be part of a healthy diet. Am I wrong? Can you give me suggestions for healthy snacking?

**DEAR READER:** Snacking is not automatically unhealthy. In fact, it can be very healthy — but you have to choose the right foods and eat them in the right amounts.

Plenty of healthy foods are quick and easy to eat. Fruits, veggie sticks and moderate amounts of nuts are all good choices. But even healthy snacks can be unhealthy if you eat too much. Try to keep snacks to around 150 calories.

So what should you snack on? To start, keep some fresh fruit on hand. Bring a banana to work. Keep a bowl of grapes or cherries on the kitchen table.

Dried fruit can be a good choice if you keep portion size reasonable. Both fresh and dried fruits contain plenty of vitamins and fiber.

Try small amounts of unsalted or lightly salted nuts. Almonds, walnuts, cashews and other nuts contain many nutrients. And although some are high in fat, the fat is mainly unsaturated "good" fat. Nuts have lots of calories, though, so keep portion sizes small.

I always have small bags of nuts in my desk drawer. Each bag contains about 100 calories. Either in the middle of the morning or afternoon, when I'm between meals and starting to get hungry, I finish off a bag. But my deal with myself is just one bag a day.

Unsalted seeds are also nutritious and healthy — sunflower or roasted pumpkin seeds, for example.

Try to eat snacks with a combination of protein, fat and carbohydrate. Have a few nuts (protein and fat) and some grapes (carbohydrate). Eat whole-grain crackers (carbohydrate) with some low-fat cheese (protein and fat).

Mix and match healthy items. Try baby carrots with yogurt. Dip wheat crackers in guacamole. Spread a small amount of peanut butter on apple slices or celery sticks.

Whole-grain snacks, such as whole-

grain, low-salt pretzels and high-fiber, whole-grain cereals, can give you some energy with staying power. Choose these over snacks made with refined flour.

We have more information on healthy food choices in our Special Health Report, "Healthy Eating: A Guide to the New Nutrition." (Learn more about this report at AskDoctorK.com, or call 877-649-9457 toll-free to order it.)

Finally, always plan ahead. If you think you might get hungry while you're out and about, carry a small bag of healthful snacks with you.

Snacking also helps you from getting hungry between meals. When you're really hungry, you'll eat more than you should. Your hunger can make you eat quickly (like finishing a big meal in 15 minutes). However, it takes time (20 to 30 minutes after you start eating) for your brain to turn down your appetite. You may need only 1,000 calories at a meal, but before you know it, you've eaten 2,000 calories. Healthy snacking can quiet your appetite and lead to smaller, more healthful meals.

*Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.*

## 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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### 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

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**CELEBRITY CIPHER**

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"GMJ KZU DP D KG RG LG EJZYJM  
 ... D'BB BGGF ZHGAMK ZMK XZU,  
 'DL ZDM'L CZK, CAL DL ZDM'L XZM  
 PHZMODXOG.'" — EJHC OZJM

Previous Solution: "Politics is a profession; a serious, complicated and, in its true sense, a noble one." — Dwight D. Eisenhower

TODAY'S CLUE: A sienbe A

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**HERMAN**



"He doesn't need pockets."

**ALLEY OOP**



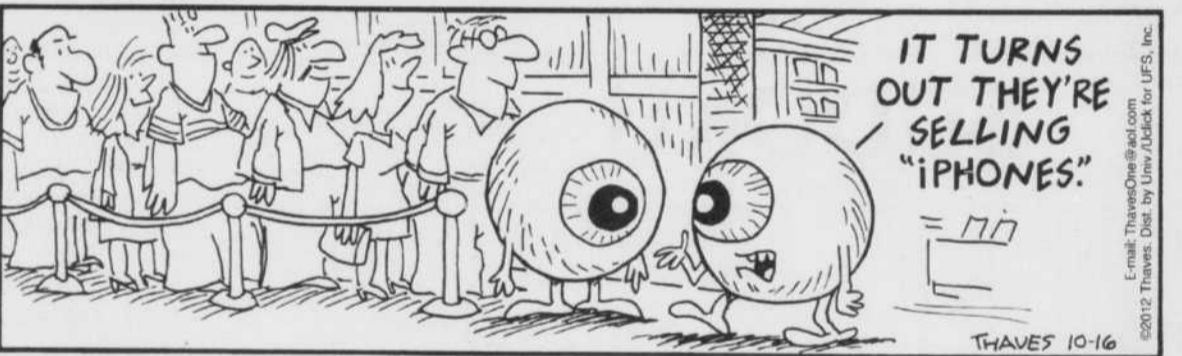
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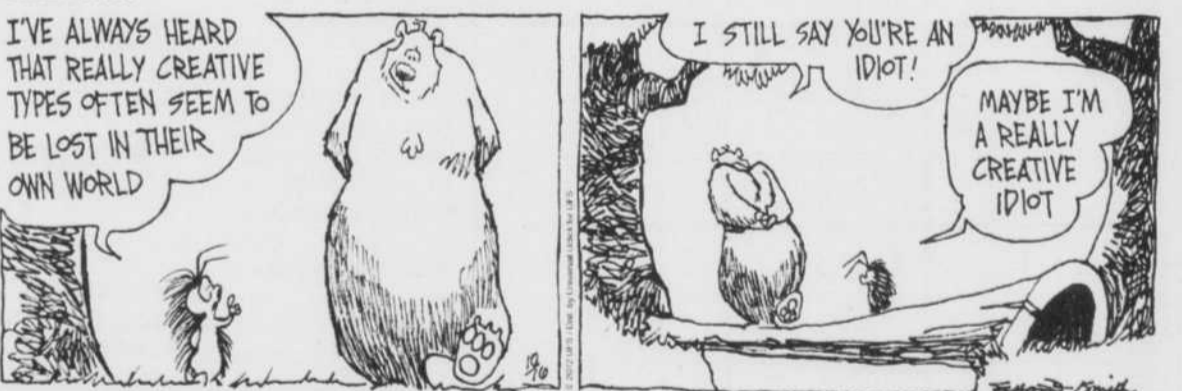
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10-16-12

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9	8	4	7	2	1	3	6	5
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## Christmas Baskets, Richmond

This year the Richmond Christmas Basket Committee wishes everyone peace, joy and sharing over the holiday season. The committee exists due to the generosity of parishes, municipalities, industries, associations and individuals. We take this opportunity to thank all concerned that make it possible to help those families in need over the Christmas holidays.

This year, absolutely no telephone request will be entertained. As last year, a signed application form will be required and forwarded to the committee no later than December 5, 2012. The

forms will be available on November 1, 2012 at the entrance of St. Bibiane Presbytery and at the Richmond Post Office between the hours of 9 a.m. and 4 p.m. Monday to Friday.

A selection committee has been formed to review the applications and reserves the right to accept or refuse the requests in an effort to accommodate those families most in need. The baskets will be given out between December 13 and 19.

Regards,  
Christmas Basket Committee

## Card party held in Bulwer

A 500 Card Party was held at the Bulwer Community Centre on Thursday, October 11 with 7 tables in play.

Prizes were: Ladies 1st, Mabel Mackay, 6460; 2nd, Marion Annesley, 5800; Belva Dougherty won the consolation.

Gents 1st, Clayton Lackie, 6520; 2nd, George Peasley, 5820; Leo Fleury won the consolation.

The cash prize winners were Mabel Mackay, Jean Lackie and Dufferin

Annesley.

Special prizes: Skunks, Frances O'Hara; Any 10 Bid, Serena Wintle; Joker no Ace or Face, Clayton Lackie.

Door prizes: Dufferin Annesley, Jean Lackie, Edward Digby, Cathy Jacklin, Jack Kimpton, Grant Taylor, Bob Jacklin, Helen Taylor, Mayotta Taylor, Ann Auray, Alan Bullock, Louise Peasley, Wayne Fisher and Frances O'Hara.

Submitted by  
Ron Pinchin

## Military Whist at St. Anne's

Despite other events happening in town, sixteen tables of players gathered in St. Anne's Church Hall, Richmond on Thursday evening, October 11, for another evening of playing Military Whist. The games got underway right on time. Once the games were all played, everyone rushed to the overflowing buffet table for the delicious lunch supplied by parishioners and friends and all secured by Jeannine Lancaster.

As everyone enjoyed their food, prizes were awarded. The winning table, with 30 flags, was that of Norma

Morin, Klea Mastine, Marion Coddington and Helen Gallup. Second place was taken by Marie Berthe & Gerald Skerry, Vera Hughes and Nicole Clarke. Low score, 7 flags, went to the table of Jeannine Gosselin, Henri Bureau, Suzanne & Marcel Tremblay. Linda Badger earned a prize for having four Kings in her hand.

Seventeen door prizes were awarded to Marion Coddington, Jeannine Lancaster, Marie Berthe Skerry, Donat Morin, Iona Patrick, Suzanne Tremblay, Rita Trudeau, Linda Badger, Lucie Beaudin, Robin Converse, Carole Boisvert, Nicole Clarke, Marcel Tremblay, Gislaine Redburn, Guy Gaulin, Noel Gregoire and Matty Banfill. Two full bags of groceries went home with Mary Cassidy and Jacques Dubois.

Once again, with many helping hands, the Hall and kitchen were put to rights in only a few minutes and everyone was able to be home for the news. They will all meet again on November 8 at St. Anne's Church Hall for more relaxing fun.

Submitted by  
Loretta Irwin and Jean Storry

## Folks of the Past

There are people I think of quite often,  
I can see them all now in my dreams,  
Folks of the past that are waiting  
To enter my thoughts, so it seems.

These folks of the past are all waiting  
To live in my thoughts once again;  
Loved ones and friends and relations,  
In memory will ever remain.

In the midst I see them before me,  
And though it is naught save a dream,  
They seem as they were when they left me -  
These folks whom I'll always esteem.

I can't realize they really are missing,  
That I won't see them any more.  
For in my dreams they are with me  
Just as they were before.

By Irene Horrocks  
Resident, Wales Home - Richmond

### MS lives here.

There's one thing you can predict in life. MS makes life unpredictable.

**MS** Multiple Sclerosis Society of Canada  
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# Your Birthday

TUESDAY, OCTOBER 16, 2012

Far more opportunities than usual are likely to come your way in the year ahead. Put everything to good use, and don't make the mistake of taking anything for granted — waves of good fortune don't last forever.

**LIBRA** (Sept. 23-Oct. 23) — Instead of assessing things from a realistic, practical perspective, you'll be inclined to see things as you would like them to be. That spells trouble.

**SCORPIO** (Oct. 24-Nov. 22) — For some strange reason, you could feel obligated toward someone to whom you owe nothing. Although this will be readily apparent to onlookers, you'll be hard to convince.

**SAGITTARIUS** (Nov. 23-Dec. 21) — The results aren't likely to be any good if you join forces with someone who treats lightly an issue that you take seriously. Be more selective of your allies.

**CAPRICORN** (Dec. 22-Jan. 19) — It's not that you'll be plagued with a lack of imagination — it's more likely that your schemes will count for little because you might be too lazy to translate your ideas into action.

**AQUARIUS** (Jan. 20-Feb. 19) — You might be tempted to get involved with someone whom your better judgment tells you to avoid. If you ignore that wise voice within you, you'll regret it later.

**PISCES** (Feb. 20-March 20) — The only way you can be successful is to personal-

ly manage all your endeavors to their conclusions. The things you don't supervise could quickly run amok.

**ARIES** (March 21-April 19) — This might not be the best day to start a program that requires tremendous self-discipline, such as a diet or an exercise regimen. It isn't likely you'll have the necessary staying power.

**TAURUS** (April 20-May 20) — If you need to purchase something expensive, it would be a good idea to bring along an adviser who is truly value-conscious. Chances are, you won't recognize a bum deal.

**GEMINI** (May 21-June 20) — The best way to be truly effective is to understate things. Being ostentatious or displaying a gaudy taste could severely and permanently damage your image.

**CANCER** (June 21-July 22) — Instead of striving to be realistic as per usual, you could feel that the world owes you a living. Because life disagrees with you, unfortunately, disappointment is likely.

**LEO** (July 23-Aug. 22) — It's OK to get involved in a pleasurable pursuit, just be sure you can afford it. Plus make sure your cohorts are willing to pay their fair share.

**VIRGO** (Aug. 23-Sept. 22) — It's never a good time to take important things for granted, especially where your work or career is concerned. If you get too complacent, it could quickly lead to your downfall.

TUESDAY, OCTOBER 16, 2012

## The target is nine, but which nine?

By Phillip Alder

Marcus Terentius Varro, a Roman scholar and writer who died in 27 B.C., said, "The number of guests at dinner should not be fewer than the number of the Graces nor exceed that of the Muses — that is, it should begin with three and stop at nine."

The number of tricks to be won in three no-trump should not be fewer than the number of the Muses nor necessarily exceed the number of Muses — that is, nine.

In this deal, which nine tricks should South have his eye on after West leads the diamond king?

South starts with seven top tricks: one spade, one heart, one diamond and four clubs. Assuming West has led from the king-queen of diamonds, playing toward dummy's jack will generate another trick. And spades will certainly supply a second winner. So how could this contract be in any jeopardy?

Suppose South follows a natural-looking line, taking the first trick, crossing to dummy with a club, and running the spade queen. What happens next?

If West is in midseason form, after winning with his spade king, he will

North 10-16-12			
♠ Q 3			
♥ Q 6 3			
♦ J 6 5 2			
♣ Q 10 9 4			
West			East
♠ K 9 8 2			♠ 10 5 4
♥ J 10 5			♥ K 9 8 7 4
♦ K Q 10 9 8			♦ 3
♣ 7			♣ 8 6 5 2
South			
♠ A J 7 6			
♥ A 2			
♦ A 7 4			
♣ A K J 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2 NT	Pass	3 NT	All pass
Opening lead: ♦ K			

shift to the heart jack — and suddenly the contract must fail. No matter how declarer ducks and weaves, he will lose at least five tricks before he can get nine.

At trick two, South should lead a low spade toward dummy's queen. If West wins with his king, declarer has three spade tricks and nine in all. If West ducks, South wins in dummy, returns to hand with a club, and plays a diamond toward dummy's jack, establishing his ninth winner. And if East could take the spade queen with the king, he could not lead hearts with effect. Declarer would lead toward dummy's diamond jack at leisure.

## CROSSWORD

- Across**
- 1 Foursome times two
  - 6 "And there you have it!"
  - 11 Barnyard bleat
  - 14 Supercharged engine, for short
  - 15 Like much bar beer
  - 16 Foul up
  - 17 Ice cream headache
  - 19 Theology subj.
  - 20 Of the state, to Sarkozy
  - 21 Fur from a weasel
  - 23 Woolly mama
  - 25 Whistle-blower?
  - 28 Soon, to Shakespeare
  - 29 Dieter's progress
  - 31 Written permission to skip school
  - 34 Campbell's line
  - 36 Old Russian leaders
  - 37 Support, as a cause
  - 40 Response provokers
  - 44 Earthy tone
  - 46 Soothes

- 47 Elmer Fudd, at times
- 52 Old Nair rival
- 53 Concert reed
- 54 Flight school finals
- 56 "King Kong" studio
- 57 Proficient in
- 60 Corn Belt resident
- 62 Google Earth offering
- 63 "What a dumb idea!" (or what you might say about the beginning of 17-, 31- or 47-Across)
- 68 Put away some groceries?
- 69 Holy ark contents
- 70 Citizen under Caesar
- 71 Cold War state: Abbr.
- 72 \_\_\_ Sweet: aspartame
- 73 Agriculture giant celebrating its 175th anniversary this year

- Down**
- 1 Gambling letters
  - 2 Unfriendly dog
  - 3 Swaps for a better model
  - 4 "\_\_\_ Baby": "Hair" song
  - 5 No-nos
  - 6 Whirlpool
  - 7 Dollar bill
  - 8 Suburban suffix
  - 9 Lounge around
  - 10 Simon Says player
  - 11 Sheep prized for its wool
  - 12 "Am too!" retort
  - 13 "What's My Line?" panelist Francis
  - 18 Kismet
  - 22 Macho guy
  - 23 End of a vague threat
  - 24 Goes a-courting
  - 26 Pretense
  - 27 Touse
  - 30 Scared, as horses
  - 32 Warmed the bench
  - 33 Albany-to-Buffalo canal

- 35 The like
- 38 Moo \_\_\_ pork
- 39 White-tailed shorebirds
- 41 Login requirement
- 42 Onion's cousin
- 43 Comparison words
- 45 DDE's command
- 47 Articles of faith
- 48 German subs
- 49 "The Last of the Mohicans" author
- 50 Cuthbert of "24"
- 51 Aussie bounders

- 55 Weapon used with a shield, maybe
- 58 Memo abbr.
- 59 What you used to be?
- 61 Mother Nature's burn balm
- 64 Getty display
- 65 Street cover
- 66 Deface
- 67 U-turn from WSW

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

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47	48	49										50	51		52						
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62															62	63	64	65		66	67
68															68	69				70	
71															71	72				73	

# TOWNSHIPS' CRIER

## SOUTH DURHAM

Talent Show at South Durham United Church on Saturday, October 20 at 7 p.m. Come and enjoy a variety of local talents. Admission charged. Light refreshments served. Reserve your tickets by calling 819-858-2558 or 819-858-2473.

## LENNOXVILLE

Bingo on Wednesday, October 17 at 7:30 p.m. sharp at the A.N.A.F. Unit 318, 300 St. Francis Street. Everyone is welcome!

## LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, October 21 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

## 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.

## IVES HILL

Annual Family Bingo at Ives Hill Hall on

Friday, October 19 at 7:30 p.m. Everyone welcome. Prizes for all ages. The annual Halloween Party will be held on Friday, October 26 at 7 p.m. For info contact: June Suitor at 819-837-2289 or Jennifer Sylvester at 819-835-1212.

## SAWYERVILLE

The FADOQ Club of Sawyerville is having its annual Craft Show and Sale on October 20 at the Community Centre, 6 Church St., Sawyerville. There will be something for everyone and good time to do some Christmas shopping early. Also a light lunch will be available. For more info: Judy Stanley 819-875-3422.

## SOUTH DURHAM

Prince and Princess Tea at South Durham United Church on Sunday, October 28 from 11 a.m. to 1 p.m. We are serving ham, potato salad, coleslaw, rolls and squares. Admission charged. Everyone welcome.

## BULWER

Military Whist at the Bulwer Community Centre, Jordan Hill Road, Thursday, October 25 beginning at noon with a casserole luncheon, including rolls, pies and beverages, followed by Military Whist and distribution of prizes. To reserve for yourself, or a table of 4, call Bev Nutbrown 819-823-8473 or Peggy Grapes 819-875-3543 by October 22. Prices for lunch & cards; lunch only; cards only. All welcome!

## NEWPORT, VT

Bishop's University professor Dr. Mathew Peros presents an overview of his climate change research "from the tropics to the Arctic," Wednesday, October 17, Osher Institute Lecture, 1 p.m., 2nd floor, Hebard State Office Bldg., Newport, VT. Refreshments and discussion following. 819-704-0569.

## LENNOXVILLE

"Creatively Yours: A Mosaic of Bilingual Readings" on Wednesday, October 24 at 7 p.m. at Bandeen Hall on Bishop's University campus. Enjoy readings, some in English and some in French, presented by the

following Townships authors: Anne Fortier, Ross Murray, Patrick Nicol, Huguette O'Neil, Michèle Plomer (also the Moderator) and Anne Brigitte Renaud. Additionally, two B.U. drama students will be reading from one of George Rideout's plays. This free event is part of the celebrations of the Lennoxville Library's Centennial and is co-sponsored by Bishop's University, Champlain College, Townshippers' Foundation and the Borough of Lennoxville.

## LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville will celebrate their 148th Anniversary on October 27 & 28. Saturday: 6 p.m. Pot-luck Supper. Sunday: 10:30 a.m. Sunday Service. Guest preacher: Dr. Dale Woods, Presbyterian College, Montreal. Everyone is welcome. 819-569-3100.

## RICHMOND

Please join us for our annual Soup Supper at St. Anne's Church, 171 Principale Street South, Richmond on Friday, October 19 from 4 to 6 pm. Sample fourteen kinds of soup and as many assorted homemade pies for dessert. Treat your taste buds in a friendly atmosphere.

## DANVILLE

Armistice Parade being held on November 3. Leaving the Danville Legion at 1:30 p.m. and arriving at the Cenotaph at 2 p.m. After the parade, entertainment will start at 3:30 p.m. with Buck and the Boys until 5:30 p.m. Armistice banquet at 5:30 p.m. For reservations please call 819-848-1421 or 819-434-1005 by October 29 as we have to give numbers to the caterer that day.

## DANVILLE

Danville Legion Halloween Brunch will be held on Sunday, October 28 from 9:30 a.m. to 12:30 p.m. Admission charged. Anyone who comes in costume has a chance of winning a prize. Hope to see you there.

## LENNOXVILLE

Advance notice. Lennoxville United

Church will hold its annual Christmas Bazaar and Turkey Supper on Saturday, November 17, 2012. Mark your calendars now!

## DANVILLE

Open House at the Danville Curling Club, Friday, October 19, 7 p.m. to 10 p.m. Come see the new compressors at work and look into signing up for a season of fun! Also, everyone is welcome to register a team to play in the Season Opening Funspiel. You don't need to be a member or know how to play, come and have fun while you learn about curling. Contact Cathy 819-826-6457 for info or to sign up. Come enjoy a delicious Brunch on Sunday, October 21 from 10 a.m. to 1:30 p.m.

## LENNOXVILLE

Lennoxville United Church, 6 Church St. Rummage Sale, Thursday and Friday, October 18 and 19, from 10 a.m. to 5 p.m. Saturday, October 20 from 8 a.m. to noon: Bag Sale.

## AYER'S CLIFF

500 card parties, sponsored by St. George's ACW, on Mondays, October 22, November 5 and November 19 at the Legion Hall, Rosedale St., Ayer's Cliff. We begin at 1:30 p.m. Prizes, raffle, lunch. Bring a friend. 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.

## A well-read, helpful, decent guy who is in excellent health and interested in nearly all kinds of women should be a catch for someone

TUESDAY, OCTOBER 16, 2012

### Annie's Mailbox

Dear Annie: I am a 64-year-old man in excellent health. The problem is, I never have had much luck with the ladies. I adore all kinds of women: tall ones, short ones, average ones and even plump ones. The only ladies I do not find attractive are the grossly fat ones and those who smoke, drink too much or use drugs.

But, Annie, women don't seem to like me at all, and I don't know why. I am well read and easy to get along with and try to help people when I can. I don't drink or smoke. I exercise a lot and eat healthy food. I am mostly bald, and so I shave off the few hairs that still grow on top of my fully functional solar cell. I am not a sports nut. I don't go to bars because the music is too loud, and most of the women I meet there like their booze too much.

My brother has always been popular with the ladies. I don't know what he has that I don't. I've tried online dating sites, but they haven't worked for me. I would like to meet some decent women. What am I doing wrong? — Lonely in Nova Scotia

Dear Lonely: We don't know. A well-read, helpful, decent guy who is in excellent health and interested in nearly all kinds of women should be a catch for someone. Are you looking for women in the right age bracket? Do you lecture them on their exercise, smoking or drinking habits? Are you clean and decently dressed?

Join an organization or do an activity that you enjoy. It's a good way to meet people with similar interests. Tell your friends and relatives that you are looking. Ask your brother what he thinks the problem might be —

and pay attention to his answer.

Dear Annie: Our son graduated from college more than two years ago. He has not looked for a job, nor does he have a resume. He claims that he can't put a resume together because he didn't participate in any school activities and has no job experience, although he has done quite a bit of volunteer work at his church.

He spends much of his time playing video games. Currently, he plays all night. He goes to bed when other people are just waking up and then sleeps until late afternoon.

We have never pushed him hard. He helps some around the house, but my wife and I like to do things ourselves. Our son is intelligent and moral, does not drink or smoke, and is well liked. But I worry about his lack of ambition. He refuses to talk to a counselor to determine whether something is holding him back. I've told him that unless he shows some initiative, he eventually will be too old for anyone to want to hire him. He doesn't want any of the part-time jobs that are easily available, because he says he cannot learn anything from them. I've said he should at least show he is willing to work. Do you have any suggestions? — Frustrated Dad

Dear Dad: Stop waiting for your son to show initiative and give him some motivation. Tell him he has three weeks to get a job because you will be charging him rent. And make the amount large enough to require an income. Don't back down. If he doesn't like it, he can mooch off of someone else. Offer to help him put together a resume. Two years of lazing around

playing video games is not going to inspire confidence in his work ethic, but the longer he waits the harder it will be.

Dear Annie: I'd like to respond to the letter from "Fleas a Crowd in Hawaii," whose friend gave her a great massage, but afterward she was covered in fleabites. It may be that these are not bug bites of any kind, but rather an allergic reaction to the lotion or oil used during the massage. — C.

Dear C.: You could be right. Itching can result from a great many things. But if she saw actual bite marks, as opposed to irritation, itching or a rash, the assumption is that something bit her.

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

Each year, many Canadian women over 40 see their lives shattered by osteoporosis... Please consult your doctor or visit our Web site to learn more.

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