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TUESDAY, SEPTEMBER 11, 2007

# 17 vote at advance poll

## North Hatley referendum Sunday

By Jen Young

RECORD CORRESPONDENCE

**N**orth Hatley council has done everything possible to ensure participation in this month's referendum on municipal spending, says the town's director-gen-

eral, but advance poll numbers are troubling.

"Only 17 people showed up (last Sunday) to vote and that makes me (nervous)," said Leonard Castagner. "We are required by law to have 67 votes and the majority has to be yes for the construction for the by-law to be accepted. If we do not get that many then the by-law is considered refused."

Last month, North Hatley council held a public consultation meeting for residents concerning the \$4.1 million Phase 2 of a construction project that would tear up a handful of town streets to replace and reconstruct pipes and pavement in the fall 2008.

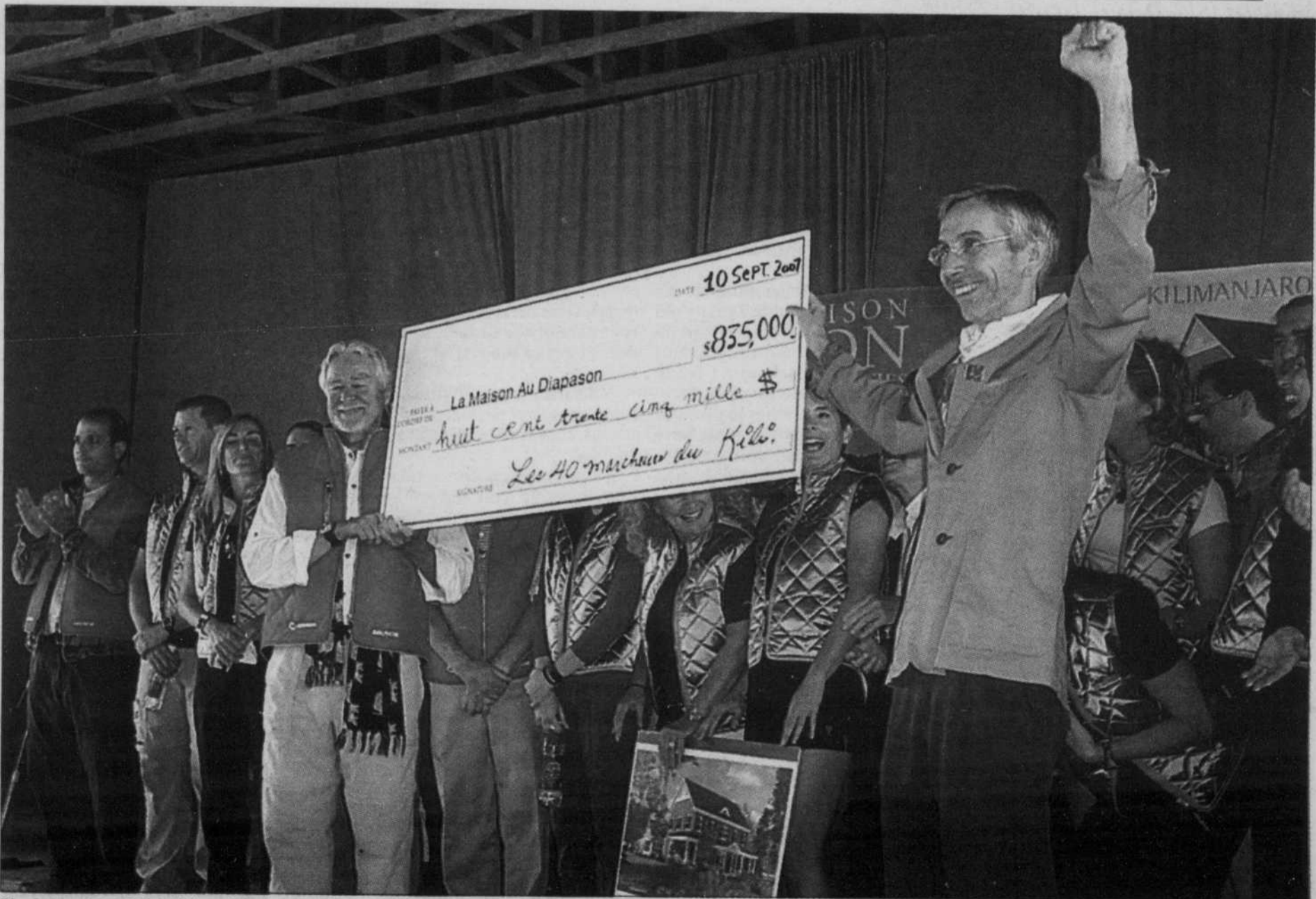
Some were forthcoming with their disapproval. For the most part residents acknowledged the need for the work,

set to tackle seven of the small town's streets. But who was going to pay for it?

Residents made reference to what they said are already high taxes and disapproved of another 10 per cent hike to pay for the six-month construction project.

Councillors said government funding had been ambitiously sought after.  
PLEASE SEE VOTE ON PAGE 4

## Reaching New Heights



There were heartfelt good-byes Monday as a team of 40 climbers loaded up for the trip to Tanzania and their quest to reach the summit of Mount Kilimanjaro. A fundraiser for the Au Diapason cancer care centre project in the west end of the Townships, the climbers initially aimed to raise \$320,000, but in the end came up with a whopping \$835,000. For the whole story, see Wednesday's Brome County News (inserted into Wednesday's Record).

# Elections boss defends allowing veiled women to vote

## Says it's the law

CANWEST NEWS SERVICE

Canada's chief electoral officer, Marc Mayrand, defended on Monday Elections Canada's policy to allow veiled women to vote without showing their faces by saying he is simply enforcing the law and the legislation itself doesn't require voters to show their faces.

"I don't set standards, I administer the act as it is drafted," he said in an opening statement in French.

He noted not all voting methods require verifying a person's identity by comparing the face with a piece of photo identification, such as when people vote by mail.

"It can be observed, therefore, that there are various methods provided for by this legislation allowing people to vote and that some of these measures do not require visual identification of the voter and it's the voter that has the choice of which method

to use," Mayrand said.

The recent controversy over the issue erupted last week when Elections Canada issued a statement with its requirements for voters who wear face coverings in advance of three federal byelections being held Monday in Quebec (including one in Saint-Hyacinthe-Bagot).

The guidelines stated that a woman who wears a burka or niqab has the choice whether to lift her veil or not to prove her identity at the polling station. If she chooses not to unveil, she has several options.

She can prove her identity with a second piece of government-issued or Elections Canada-approved identification. Or, another voter from the same polling district who shows satisfactory identification and proof of address can vouch for the woman's identity. Both the voucher and vouchee would be required to make a sworn statement under oath.

The Elections Canada decision was criticized by the prime minister.

Stephen Harper accused Elections Canada of overstepping its boundaries and urged Mayrand to re-consider the policy that does not require women to lift their veils, saying it contravenes a law passed by Parliament in the spring.

"I profoundly disagree with the decision," Harper said Sunday after wrapping up a summit with Pacific rim leaders in Australia.

"We just adopted this past sitting in the spring, Bill C-31, a law designed to have the visual identification of voters. That's the purpose of the law. That was the law adopted, I think virtually unanimously by Parliament, and I think this decision goes in an entirely different direction."

Harper had also suggested if Elections Canada doesn't reverse its policy, Parliament might have to force it to do so.

Mayrand responded Monday by saying the legislation doesn't explicitly state that voters are required to show their faces. He went further in his re-

sponse to the criticism by saying that if politicians don't like the law, or feel changes need to be made to it, it is up to them, not him, to change the rules.

"My responsibility as the administrator of the Canadian elections system is to ensure that the legislation is followed properly and I would therefore invite Parliament to re-examine the law and if they feel it necessary to change the methods, to do so given the many comments made by political parties and the citizenry," Mayrand said in French.

He added that he is not trying to usurp the power of Parliament and it's not in his mandate to re-write legislation.

He also said that as far as he knows, it is a very small number of Muslim women that would choose not to unveil when voting.

"It is up to the voter to decide what procedure to use," Mayrand said.

# Making Dutch elm disease survivors stronger

## Scientists have hope

By Tom Spears

CANWEST NEWS SERVICE

There's new hope for the American elm, a towering tree that once dominated much of Central and Eastern Canada until Dutch elm disease drove it almost to extinction here.

Scientists at the University of Guelph are now growing cuttings from the few Ontario elm trees that survived waves of the disease from the 1950s through the early 1970s, breeding them with each other, selecting the strongest, most disease-resistant saplings. They are confident there will be healthy seedlings for the public in as little as 15 years.

The American elm, or white elm, used to tower over farms and cities alike — not in a dense forest, like maples, but in a series of separate living monuments.

The disease reached Canada in 1945. Crews cut trees as they became infected, hoping to stop the spread.

"But of course that didn't work. That never works," said Enid Frankton, a retired Central Experimental Farm work-

er in Ottawa.

It continued to spread West, reaching Alberta in 1999, and British Columbia soon after that.

The fungus, Asian in origin, is named after the Dutch scientists who first analyzed it. Trees in Europe and North America had no natural resistance to it.

Today young elms spring up all over rural areas. But the bark beetle, an insect that carries Dutch elm fungus, burrows into them to lay eggs once the trees reach young adulthood. The trees then sicken and die.

About six years ago, scientists at the University of Guelph realized many old elms had weathered the epidemic in robust health. They eventually found about 1,000 across Ontario with a trunk circumference of 2.1 metres or more.

Elms pollinate each other to produce seeds. And strong, resistant trees were mixing their genes with ordinary, disease-prone trees, so that seedlings had watered-down genes.

At Guelph, a group called the Elm Recovery Project started collecting cuttings from the strongest trees. These root and grow into clones — exact genetic duplicates — of the parent tree. And Alan Wat-

son, a professor of environmental biology and director of the University of Guelph's arboretum, has a whole plantation of these.

"We have data on trees that show really good resistance," he says.

"Then we plant them out into a seed orchard, and we will eventually collect seed from them."

Scientists don't know how, but surviving trees are able to seal off a sick branch to stop infection from spreading through the whole tree.

"If there's a branch that's affected, they're able to block off the phloem (tubes that carry the plant's food) on that part of the branch so the fungus doesn't get to the rest of the tree," Watson said.

"A healthy tree can withstand having limbs removed periodically, right? Ice storms, that kind of thing. It's not really an issue."

It's not enough just to take cuttings from these old trees and grow more like them. Trees thrive on a diverse gene pool, with all kinds of genetic mixes, so that whenever a new disease or pest comes along, some will be lucky enough to resist and survive.

The gene pool on elms has already grown dangerously shallow. The key, then, is to take the cuttings of resistant trees and breed them with each other, creating a next generation with a diverse genetic mix, but keeping disease resistance in all of them.

Lab workers at the University of Toronto expose the cuttings to fungus and see whether they live.

"If they appear to show really good resistance, we plant them," says Watson.

The cuttings in his "gene bank" plantation should be ready to flower and produce seeds in five or six years.

"It is kind of cool, I think," Watson said. "And I think it's important that we're doing this work now because those resistant trees (i.e. mature ones) will eventually die from old age, and that genetic component will be lost."

Before the disease came, he says, elms often lived 150 to 200 years. They also grow fast when they're young, making them a popular choice for people who don't want to wait many years to get a big tree.

## Weather

**Today:** Cloudy. Periods of rain beginning in the morning. High 19.

**Wednesday:** Cloudy with 60 per cent chance of showers. Low 11. High 16.

**Thursday:** A mix of sun and cloud. Low plus 5. High 15.

**Friday:** A mix of sun and cloud. Low plus 1. High 20.

## Ben by Daniel Shelton





PERRY BEATON

Townships Liberals Monique Gagnon-Tremblay, Pierre Reid and Yvon Vallières supported their leader and presented a new way to keep tabs on what's needed.

# Townships MNAs say they back Charest

*Present new plan to boost economy*

Staff  
SHERBROOKE

While a poll states 60 per cent of Quebec's population hold him in poor regard, Premier Jean Charest has the support of his Liberal team in the Townships.

"I don't comment on polls," said St-François MNA Monique Gagnon-Tremblay, before noting Charest had the support of his members and ministers. "And why not. Quebec is doing well. The economy is doing well."

Richmond MNA Yvon Vallières, the provincial Liberal caucus chairman, said the premier has strong support among his troops.

"We believe in Jean Charest," chimed in Orford MNA Pierre Reid, noting he is the best choice to lead the province.

The three members of the regional Liberal caucus met with reporters on Monday in the middle of their quarterly meeting.

Sherbrooke MNA Charest, who had other duties as premier, was not on hand for the caucus meeting. Nor was Megantic-Compton MNA Johanne Gonthier, who was in Winnipeg as part of her duties as assistant to natural resources minister Claude Bécharé.

In a Léger Marketing poll published yesterday, 60 per cent of those polled said they had a unfavorable opinion of Charest.

Meanwhile 68 per cent said they had a favorable opinion of Action Démocratique du Québec leader

Mario Dumont. Sixty per cent said they liked Parti Québécois leader Pauline Marois, 59 per cent admire Bloc Québécois leader Gilles Duceppe, while 57 per cent like Liberal Health Minister Philippe Couillard.

But the three local politicians wanted to stick to regional talk. Gagnon-Tremblay, Reid and Vallières explained they had come up with a new method of operations to better keep their fingers on the pulse of the Townships and react more quickly to its needs. And the MNAs said they want to put an emphasis on economic development.

"We will put a particular emphasis on economic development without ignoring other important sectors such as health and education," she said.

Newly confirmed caucus president Pierre Reid said he and his colleagues intend to be more proactive in finding out what projects are simmering in the Estrie region. To do so, they have created a new team that will look over projects before they land on the caucus's table.

Gagnon-Tremblay's chief of staff Michel Morin and Robert Fortin, the top bureaucrat from the Economic Development, Innovation and Export Ministry, will tour the region to meet with various elected officials and business leaders to find out what projects are up and coming. The two emissaries will meet with local development groups, municipal and regional municipal council (MRC) officials as well as chambers of commerce and business people.

And before major projects are forwarded to the caucus, projects will be looked over by the newly created Conférence administrative de développement économique régional, aka CADER, which

PLEASE SEE TOWNSHIPS ON PAGE 4

# Publisher to leave The Record

*Kinnear announces departure*

By Sarah Rogers  
SHERBROOKE

Six owners, a group of successful journalists and a couple office moves later, long-time publisher Randy Kinnear is leaving *The Record*. It was 25 years ago that Kinnear started in *The Record's* accounting department. Those were the days when a consortium of local businessmen headed by lawyer George MacLaren ruled *The Record's* roost.

In 1988, MacLaren sold the paper to Quebecor, the same year that a certain Karl Péladeau invited Kinnear out for a drink at Le President in Sherbrooke.

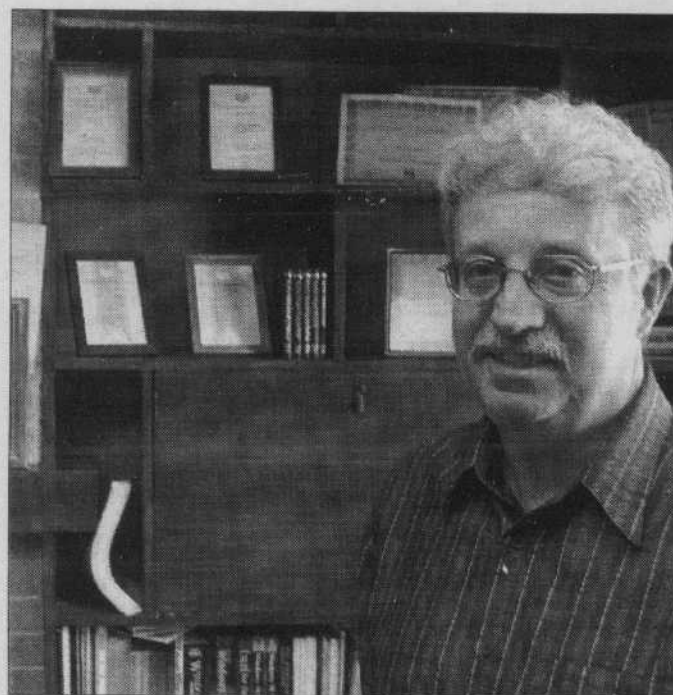
The infamous media baron was down to visit *The Record* for the first time, and as the two sat down for a drink, Péladeau bade Kinnear to open a copy of the paper. When he asked Kinnear who the paper's publisher was, Kinnear answered "MacLaren," of course.

That's when Péladeau corrected him and said, "No, you are."

Then Kinnear had five minutes to make a decision that would take him through the next 20 years.

"My biggest challenge was always to have kept the paper going," Kinnear said, citing a tough market and a declining readership as daily battles. "But you always try to land on your feet and keep going."

Having a vision for an English daily in Quebec wasn't  
PLEASE SEE KINNEAR ON PAGE 4



PERRY BEATON

Publisher Randy Kinnear, in front of some of the awards this newspaper won under his leadership.



THE RECORD  
Yves Robert

Advertising Consultant  
Sherbrooke - Magog - Stanstead

Tel.: 819-569-9525 • 800-463-9525  
email: production@sherbrookerecord.com

## TOWNSHIPS:

CONT'D FROM PAGE 3

will bring together top bureaucrats from regional offices of provincial ministries in the area.

Gagnon-Tremblay said many businesses and development groups looking for help are unaware of various provincial programs already on the books. She said that by taking an early look at proposals, some will be directed to the right places to seek help.

Reid said the caucus will work more with government representatives in the region and will be better prepared when it comes to looking at regional economic development and other proposals.

"That way we will be able to listen

to more people and get more results," Reid predicted, noting a lot of issues can be resolved at the administrative level of by MNA's offices.

The caucus, which meets with various regional groups an average of four times a year, will also go from region to region instead of holding all of its meetings in Sherbrooke, Reid added.

"Sherbrooke may be the locomotive, but we have to take into account the regions and sub-regions," Vallières commented.

Gagnon-Tremblay also noted the caucus will cover the whole region and not just those represented by Liberal MNAs.

## KINNEAR:

CONT'D FROM PAGE 3

easy to summon, especially as he was thrown into the mix, but Kinnear kept a fledging paper out on the streets every weekday morning.

That is, until the 1999 fire, what Kinnear was told was a small shed fire at *The Record's* old Delorme Street office in the west end of Sherbrooke. As he drove over the hill in the wee hours of the morning, he saw instead a building engulfed in flames, painting the sky orange.

"I thought we were finished," he confessed. When the fire chief led him into the burning building to collect his computer, Kinnear recalled asking himself, "What in the world am I doing in this business?"

Whatever he was doing in that business, backed by the rest of the paper's staff, got *The Record* back on the street mere days later. This was undoubtedly a highlight in Kinnear's time at the newspaper, as he saw staff and readers so dedicated to the publication's well-being.

"When you lose everything and you're back on the street in two days..." he began.

"They did the impossible."

Kinnear won't miss the corporate

goings-on of running a newspaper, however. He said he has tired of the unending stress of deadlines and reporting to people who don't understand the business.

Kinnear is moving onto a new venture, and while he declined to as yet give out any details, he is not leaving the Townships behind.

When Kinnear empties his office out at the end of September, the *Newport Express's* Kenneth Wells will be up to the Galt Street office to lend a hand.

Wells will oversee both *The Record* and the US paper, where he is publisher.

Who will eventually fill the publisher's role in the long term is still an unknown for *The Record*. The paper's majority owner, David Radler, awaits sentencing in mid December on one charge of mail fraud in the US.

Not just anyone can land in the publisher's seat, Kinnear admits, to serve a readership and region as unique as that of *The Record*.

"The future of the paper is in the hands of the local community," Kinnear said. "I think we have been successful in many regards. This paper has a unique history."

## VOTE:

CONT'D FROM PAGE 1

but with no success. Council reiterated a need for the second phase and residents argued their concern for their pocketbooks, leading neither side to agreement with the other.

According to Castagner, the law demands that council receive a petition with at least 62 signatures on it to force a referendum and that one soon arrived, with around 76 names demanding a public ballot on the matter.

Since the referendum declaration, council has been following in the same steps as they would to ready themselves for a provincial or federal election; including with money.

"It's exactly the same as if there was going to be a campaign and election," Castagner explained. "Our budget for the referendum is \$5,000. All the expenses aren't in yet and we're not up to that amount, but I'm pretty sure we will end up spending at least \$3,000."

With what Castagner calls such a poor turnout at the town hall advance polls for such a costly endeavour, council is pushing the importance to "get out and vote".

Polls open at 9 a.m. Leonard Castagner wants people to get out and vote.

this Sunday, Sept. 16 at the Community Centre, located in the same building as the Town Hall, and stay open until 7 p.m. The town has 800-some residents; you're eligible to vote if you've lived in North Hatley for six months. Call town hall to register.



PERRY BEATON

Announcing the new [www.sherbrookerecord.com](http://www.sherbrookerecord.com)

Now with delivery to your dining room.

THE RECORD

# Turn in an unused gun: Police

## Suicide prevention project

By Sarah Rogers  
SHERBROOKE

Community groups in the Townships are teaming up to crack down on the unsafe storage of firearms, launching their campaign on the international day for the prevention of suicide.

In this region, 12 per cent of the suicides are caused by guns.

Both the provincial and local suicide prevention centres, along with police, are asking the public to turn in unused arms, or offering help in ensuring those guns are properly stored.

"Our role is to take concrete steps towards decreasing death by suicide in Quebec, by raising awareness among the local population," said Louise Lévesque, the director of the JEVI centre for suicide prevention in the Estrie.

According to a recent study prepared by the Association québécoise de prévention du suicide (AQSP), 48 per cent of Quebecers believe gun owners are not sufficiently aware of their safe storage responsibilities.

The Sûreté du Québec is encouraging gun owners to contact their local SQ detachment if they have weapons they wish to surrender.

During the week of Nov. 4 to 10, Sherbrooke and Memphrémagog police will run an information campaign on the safe storage of firearms. This will also be a venue for handing in guns and ammunition, which will be destroyed.

The Coalition for Gun Control, a Canadian lobby group, says that the federal firearms act has been and can continue to be an important tool in battling gun use and its relation to suicide.

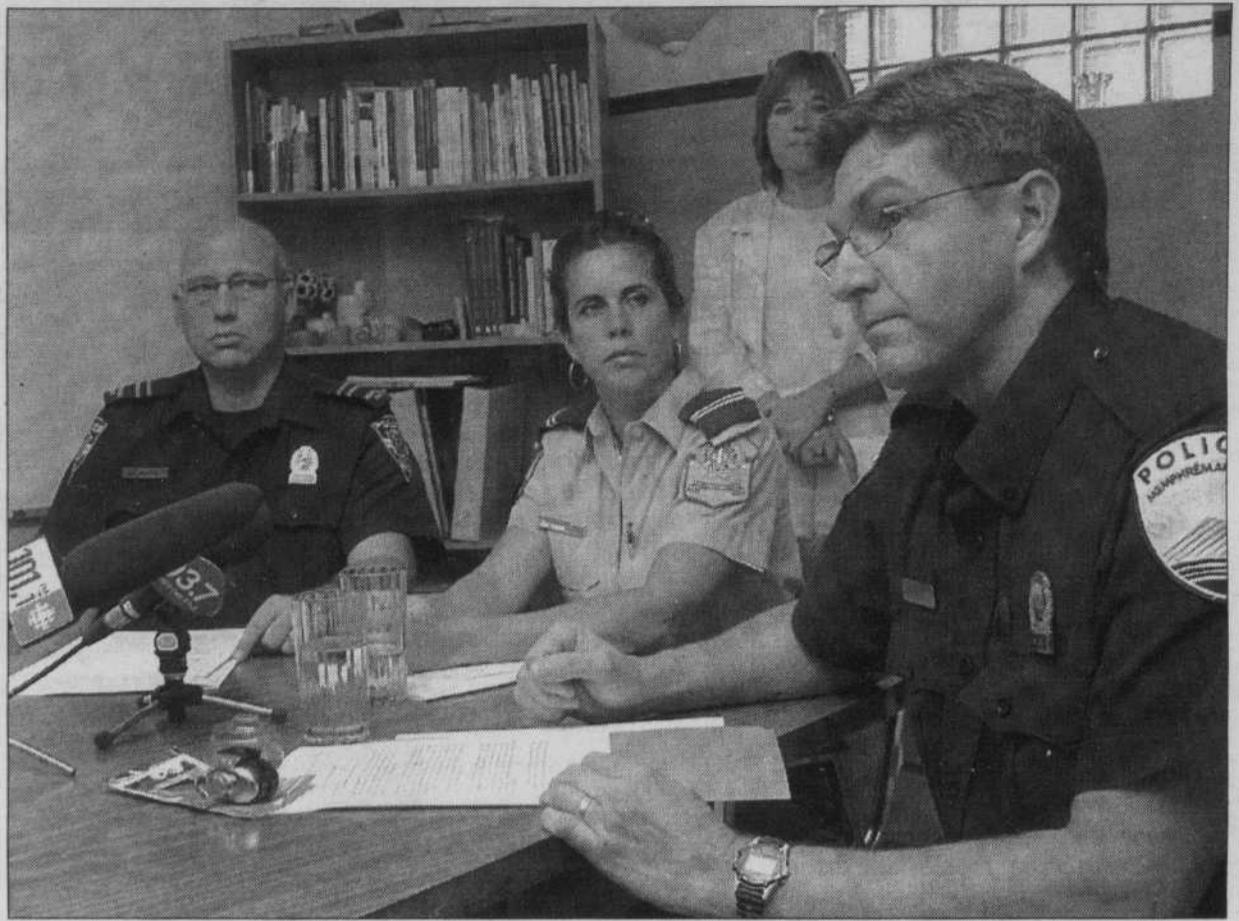
In Quebec, statistics show there were 460 deaths caused by guns in 1990 (344 of them suicides). With the adoption of stricter legislation against the use of firearms in the mid 1990s, that number went down to 206 deaths by gun in 2003 (166 suicides.)

The group's president Wendy Cukier says the group is pushing the current government to tighten the reins on the act.

In Quebec, almost 1,300 people succeed in suicide attempts every year.

And in Sherbrooke, JEVI offers telephone counseling for suicidal people or those impacted by suicide, prevention services and education in the way of conferences, documentation and clinical support.

Most of these services, including telephone talk, are offered to the English-speaking community. If you or someone you need requires help, call 819-564-1366 for more information or call the province's toll-free crisis line at 1-866-APPELLE.



PERRY BEATON

Police officers called on owners to store guns safely at a press conference to mark suicide prevention day.

## Just Not Pretty Enough?



GORDON ALEXANDER

It's not always easy being green, especially if you are a season's end cedar bush which wound up monopolizing a rubbish dumpster on Lorne Street in Richmond. This little bush's time had come.



## Bishop's Recreation Fall Registration

Monday, September 10 to Thursday, September 13, 2007

9:00 a.m. to 4:30 p.m.

Web Registration [www.ubishops.ca/recreation](http://www.ubishops.ca/recreation)

Brochure and registration forms are available on line

OR

In person: John H. Price Sports Center, Bishop's University

For information 819 822-9600 ext. 2666

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REGISTER

# Community Forum

## LETTERS TO THE EDITOR

### Pronunciation

DEAR EDITOR,

I was listening to federal Liberal leader Stéphane Dion and I heard some person pass a remark about his English.

I found no fault, I find he is the only man who names the provinces as they are spelled – for instance Newfoundland, even [former premier] Mr. Brian Tobin says New Finland. Wrong!

ERIC TRUSSLER  
Sherbrooke

### The docs and the nurses

DEAR EDITOR

I was a patient at the Centre hospitalier universitaire de Sherbrooke's Hotel Dieu campus for eight days in August.

I would like to extend my sincere thanks to the doctors and nurses who took such good care of me during that time.

LUCINDA LIVINGSTON FERGUSON  
Sherbrooke

### Why no support?

DEAR EDITOR,

Can you tell me why Michelle Favreau has been so badly treated in the USA with no support? ("Mother who took refuge at l'Escale found guilty of child kidnapping: Cross-border custody fight", July 17 *Record*, and other stories).

She had full custody of her son [in Canada]. The [American] court overturned the decision and gave it to the boy's father. They called it kidnapping. How could they? Michelle had custody and they are ruining two lives.

Her son wants to see her. It is spoiling the boy's life.

She is in jail, her ex is roaming free and laughing.

WILLIAM LAURIER,  
Waterloo

### It was a great weekend

DEAR EDITOR,

On behalf of the Royal Canadian Legion-Branch 41 of Danville I would



like to thank all the exhibitors who came to display their antique tools, equipment and cars at our 8th Annual Antique Show.

I would like to sincerely thank each and everyone who worked with me and also to the people who generously donated food for the steak supper. Together we made this Labour Day Weekend a big success.

JAMES BELL  
President, Branch 41  
Danville

### Cartoon racism

DEAR EDITOR

I would like to register and express my deep disappointment with the editor's decision to publish the political cartoon of Sept. 6 ("Dry Bones – Back to School") during a time when we are desperately seeking and preaching peace-making and reconciliation.

The publication and distribution of this cartoon only serves to entrench inaccurate racial and religious stereotypes through the use of

inflammatory language and imagery. I believe that it is this type of "humour" which encourages and promotes hatred, racism and intolerance.

My sincere hope and prayer is that *The Record* will use more thoughtful discretion and better judgment in the future. Blessings and prayers for a world where we can all live in peace!

REVEREND VALERIE KENNEDY  
Minister of the Richmond Melbourne  
United Church Pastoral Charge  
Richmond

## THE RECORD

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

RANDY KINNEAR PUBLISHER ..... (819) 569-9511  
ELEANOR BROWN EDITOR ..... (819) 569-6345  
RICHARD LESSARD PROD. MGR. .... (819) 569-9931  
SERGE GAGNON CHIEF PRESSMAN ... (819) 569-9931  
FRANCINE THIBAUT PROD. SUPERV. (819) 569-4856  
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By fax: 819-569-3945 or 450-243-5155  
By post: 1195 Galt E., Sherbrooke, J1G 1Y7

## Oh, for the sound of a braying donkey

*Sophisticated cafés were mere steps away*

The visit to Vancouver that we'd been planning to take finally became a reality. Since our return, family and friends have been asking: "How was your trip?" and "What was the best part?"

With so many memorable moments packed into our nearly two-week travels to the West Coast, it's difficult to respond. Without a doubt, the best part was spending time with our younger son whom we hadn't seen in two years, and being present for a major event in his life — his wedding.

The ceremony, held on the grounds of a heritage home/museum, was very touching. Our young man's face was radiant, his voice confident and the love, respect and happiness he shares with his partner evident as the couple exchanged vows. We wouldn't have missed this for the world.

For several nights during our time in BC's largest city, our accommodations were located in a niece's photo studio in Gastown. Directly behind the apartment building are train tracks and the harbour.

On several occasions, both my partner-in-life and I yearned for the familiar braying of a donkey in the night rather than the screaming of sirens and clanging of train cars.

Souvenir shops, high-class boutiques and sophisticated cafés were just a few moments' walk away. Along with many other tourists, we marveled at the gas-powered, four-sided clock tooting on the quarter-hour. The first time we saw it, I was standing a step too close and was sprayed with water droplets from its steam.

Along with the images of attractive sites, others will remain in our memories for a long time: those of the homeless — men, but some women, most with shopping carts containing all of their possessions, sometimes sleeping on the sidewalks, smelling unclean, swapping their garbage finds. This in an area with many storefronts offering outreach programs.

Other Vancouver snapshots fixed in my mind include:

- The very tangible signs of the devastation that hit Stanley Park, reminiscent of the trees scarred during our 1998 ice storm;

- The Vancouver Aquarium where beluga whales, a floating sea otter, blue star fish, orange jelly fish and other colourful and unusual sea creatures fascinate young and old

- The Elbow Room with its superb breakfast fare and sharp-witted staff where you are cajoled into making a donation to the Loving Spoonful charitable organization should you not eat

everything on your plate.

Another major highlight of our time away was the excursion to Victoria. There, we had "royal tea" in the Empress Hotel where tea is served upon reservation to guests in semi-formal attire.

At a table set with royal china and silver, the waitress placed a cloth napkin on each of our laps, served champagne and strawberries, followed by five kinds of tiny tea sandwiches (egg salad, cucumber, smoked salmon, chicken and curry, carrot and ginger), raisin scones with clotted cream and strawberry jam, cherry almond pound cake, Earl Grey shortbread, green tea and white chocolate profiterole and a fancy chocolate.

This was an unforgettable experience — even more so since upon our arrival at the hotel, while we three women (my mom, sister-in-law and I) had been changing from our traveling clothes into finer

duds, a scream echoed through the Empress's health centre (luckily closed for regular use due to renovations). Someone had forgotten her freshly washed dress in the closet back in Delta, hours away. Fortunately, she had been able to make do by changing into a fancier top.

After tea, we toured Craigdarrouh Castle in which the woodwork was fashioned by 500 men working in four factories over a 10-year period. The next morning, we wandered through the 100-year-old Butchard Gardens where vivid tapestries of beautiful flowers, mosses, trees and shrubs create stunning landscapes.

We also spent some time in the Okanagan Valley, travelling through the mountains via the Coquihalla Highway, a very meandering road along rugged cliffs. There, we picked ever-so-juicy peaches the size of grapefruit, toured wineries, saw Frank (Penticton's controversial nude statue with his suitcases), went to the farmers' market, saw mule deer ambling through a vineyard nibbling grapes, walked along Okanagan Lake, and enjoyed being in the countryside.

The last few days of our vacation were spent back in Vancouver. Our outings included exploring the antique and vintage shops on Main and Commercial streets (it was scary to see items from my childhood described as "vintage") and going to the Burnaby Lake Antique Fair where I discovered Wade kangaroo and camel figurines, and dishes with silver overlay on red, black, green and amethyst glass rather than the much more common transparent glass. All too soon it was time to say goodbye....

It was a whirlwind trip that has left us wondering why we waited so long to go, lamenting the geographical distance between us, and hoping to return soon, to see our BC-based loved ones. But, ah, it is good to be home!



SUSAN MASTINE

## Metal prices have hit record prices

*Quebec launches mining consultation*

Staff  
SHERBROOKE

Quebec is working on a strategy to continue the mining industry's success into the future. "This sector has been thriving for the past few years," stated Natural Resources Minister Claude Béchar. "Consequently, our government wishes to use the current window of opportunity to its best possible advantage in order to prepare for the future.

"We must take steps now to anticipate challenges and find solutions that will enable the mineral sector to maximize its development in order to create more jobs and wealth in our regions," he added. "The goal is to enable Quebec and many of its regions to benefit from greater wealth and more jobs in a key sector of the economy."

Last week week Béchar launched a discussion paper designed to spur thinking and comments the government will use to develop its directions and action plan. That will be followed up with a consultation of interested parties.

"I urge each of you to take part in this important group effort that will harness all the future potential of the mineral sector to make the industry a driving force for all regions of Quebec, a source of pride for Quebecers everywhere, and an example to the world," said Béchar.

According to the discussion paper, "Preparing for the Future of Québec's Mineral Sector", metal prices have hit record highs on the world market since 2003.

The price of gold has nearly doubled in the past four years and copper has nearly tripled, while zinc has increased more than threefold and nickel more than four times. In 2006 alone, gold prices rose 37 per cent, nickel prices rose 70 per cent, copper 80 per cent, and zinc 150 per cent.

The report notes this spectacular increase had a number of causes. While the past decade has been marked by weak investments in exploration, world demand for mine products is largely tied to the needs of emerging countries, it states.

The report also notes that over the past three years, the value of Québec's mineral production has increased 33 per cent, from \$3.6 billion to \$4.8 billion. In 2006, Québec mineral exploration turned out its best performance of the past two decades with more than \$260 million in investments.

Between 2001 and 2005, the number of exploration businesses increased 65 per cent, from 78 to 129. And since 2003, some dozen mineral development projects have been completed or launched, for a total invest-

ment of over \$1.5 billion. Those have helped create or maintain 4,300 permanent jobs.

"Despite the mineral sector's current vigor, we must remember that we are facing a certain number of challenges," said Béchar. "In particular, we must be able to adapt to the sector's cyclical nature and begin preparing now for a possible market slowdown. We must also seize current development opportunities and factor in foreseeable changes."

The government has identified five challenges to tackle in preparing for the future of the mineral sector and positioning Québec in a market where competition is global. They include discovering new deposits; strengthening sector competitiveness and maximizing spinoffs; attracting and training qualified labor; protecting the environment and ensure harmonious integration; as well as involving the regions.

Béchar remarks that future development will depend on new discoveries and technological innovations — the only way to rebuild reserves and maximize mineral exploration and mining activities. It will also hinge on environmental protection, harmonious land management, and the successful coexistence of various uses in order that all may thrive.

The Québec Mineral Strategy will directly support the development of many regions where the mineral sector plays a crucial role, said Béchar, noting it seeks to ensure greater growth in order to create jobs and wealth.

"Our government is convinced we can build on what is working in order to do even better, be more competitive, and diversify our production and activities while preparing for the future," he said.

The government plans to have a comprehensive mineral sector strategy completed by late 2007.

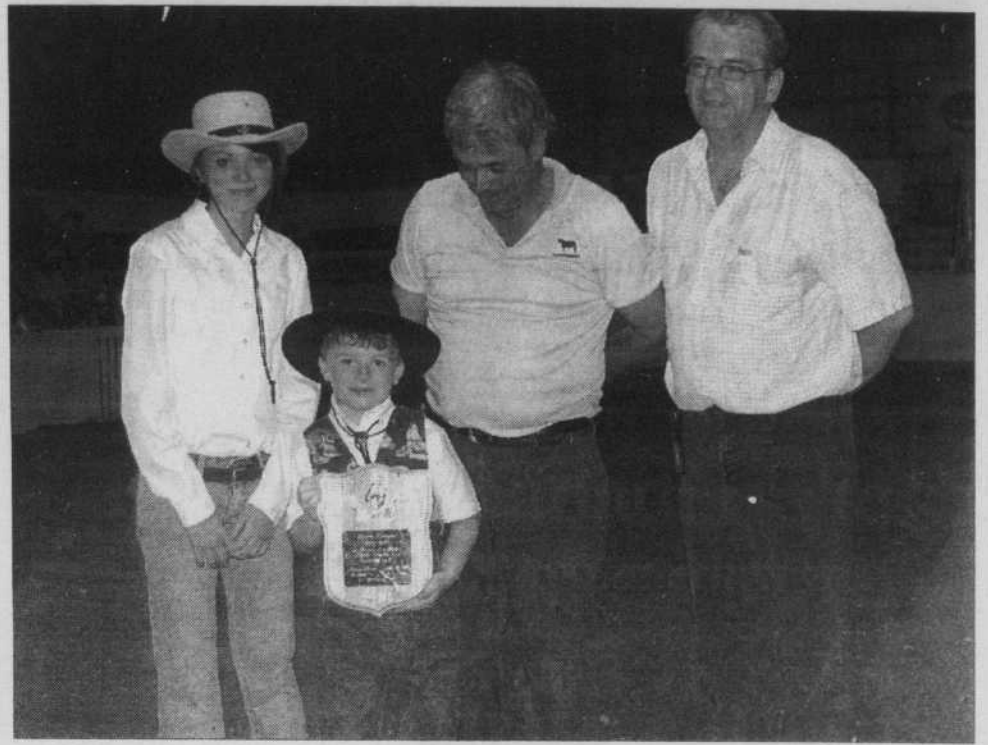
To develop its strategy the government plans to seek advice from regional representatives, mining associations, native nations, Inuit communities, and other groups concerned by various aspects of mining activities. Individuals, groups, and businesses are also invited to submit comments, proposals, and suggested courses of action.

To take part in this consultation, comments must be submitted by October 20. You can forward your comments by mail to Consultation on the Québec Mineral Strategy, Ministère des Ressources Naturelles et de la Faune, 5700, 4e Avenue Ouest, A 405, Québec, G1H 6R1; by fax at 418 643-8337; or by Internet at consultation-minerale.gouv.qc.ca.

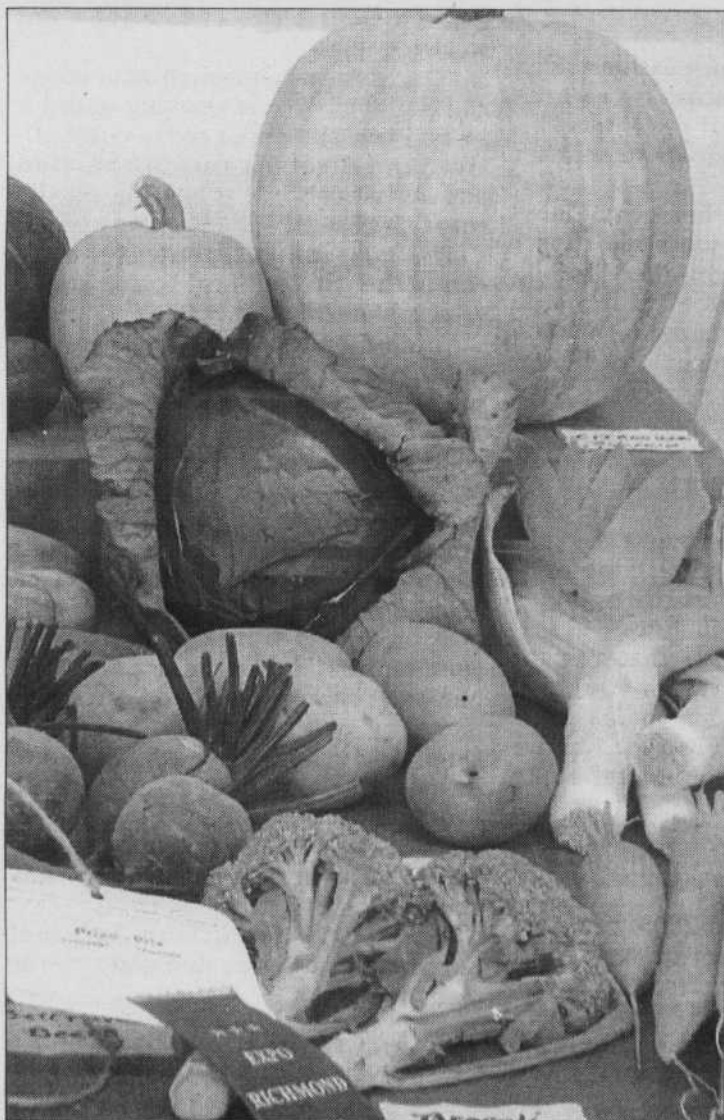
To fuel the discussion, Internet comments will be posted daily on the website.

# Richmond, so fair

Richmond Fair, held over the week-end, broke all attendance records, pulling in 12,000 visitors on Saturday alone. Correspondent Claudia Villemaire snapped some pictures.



Noemia Keenan-Crepeau and Devin Keenan accepted a plaque in honour of late dad Dennis Keenan, from the Richmond fair society's Gary Holliday and Doug Perkins. At left, the Parenteau family received a plaque in honour of Lucien Parenteau. Both men were long time volunteers.



# Lennoxville Link

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LENNOXVILLE AREA



ALSO SEE:  
The kids  
who never  
get to play  
... see Page 10

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TUESDAY, SEPTEMBER 11, 2007 Page 9

## Students arrested, fire fighters call in cops

### Best Frosh in 16 years

By Jen Young  
RECORD CORRESPONDENT

**B**ishop's University Frosh Week has come and gone. Despite 15 fines being levied, two arrests, two deliberately set fires, and last Saturday night's crowd-control problem that led to the calling in of police, most are saying that this year's Frosh Week was "outstanding".

According to Sherbrooke fire division chief Renaud Marchand, last Saturday night saw an out of control crowd of students that forced fire fighters to ask for back-up.

"On Saturday we were called to a mattress fire in Lennoxville," said the chief. "Then they were called back again. When they went back they were met by a crowd of students. I was told that there were around 200 students that the men could not control and had to call police. They were jumping on the trucks and there were broken bottles all over the ground."

Marchand said that last weekend saw more criminal activity than did the Labour Day weekend.

"There were no calls at all for fires in Lennoxville the week before, but this weekend the weather was nicer."

Sherbrooke police spokesman Martin Carrier said that most of the calls and infractions (including the two arrests) pertained to public drinking, but he still says "the difference was night and day" compared to years past.

"One student jumped on the truck on Conley Street Saturday night," Carrier clarified. "That student was given a fine for breaking a town by-law. The fire was set in a container but this does not reflect the whole student return to school. (Frosh Week) went very, very well thanks to a close collaboration between everyone involved."

One of those heavily involved

and concerned parties was Bishop's Director of University Advancement David McBride, who was one of a handful of administrators walking the streets in the wee hours of the morning picking up trash and trying to talk down any hyper students.

"It's very unfortunate that this happened," McBride said of the incident. "But I can say that this was the quietest, safest Frosh I have seen in all my (16) years here at the university. It was an excellent, outstanding week. The collaboration between the students, the City of Sherbrooke, the fire department, and local businesses was incredible."

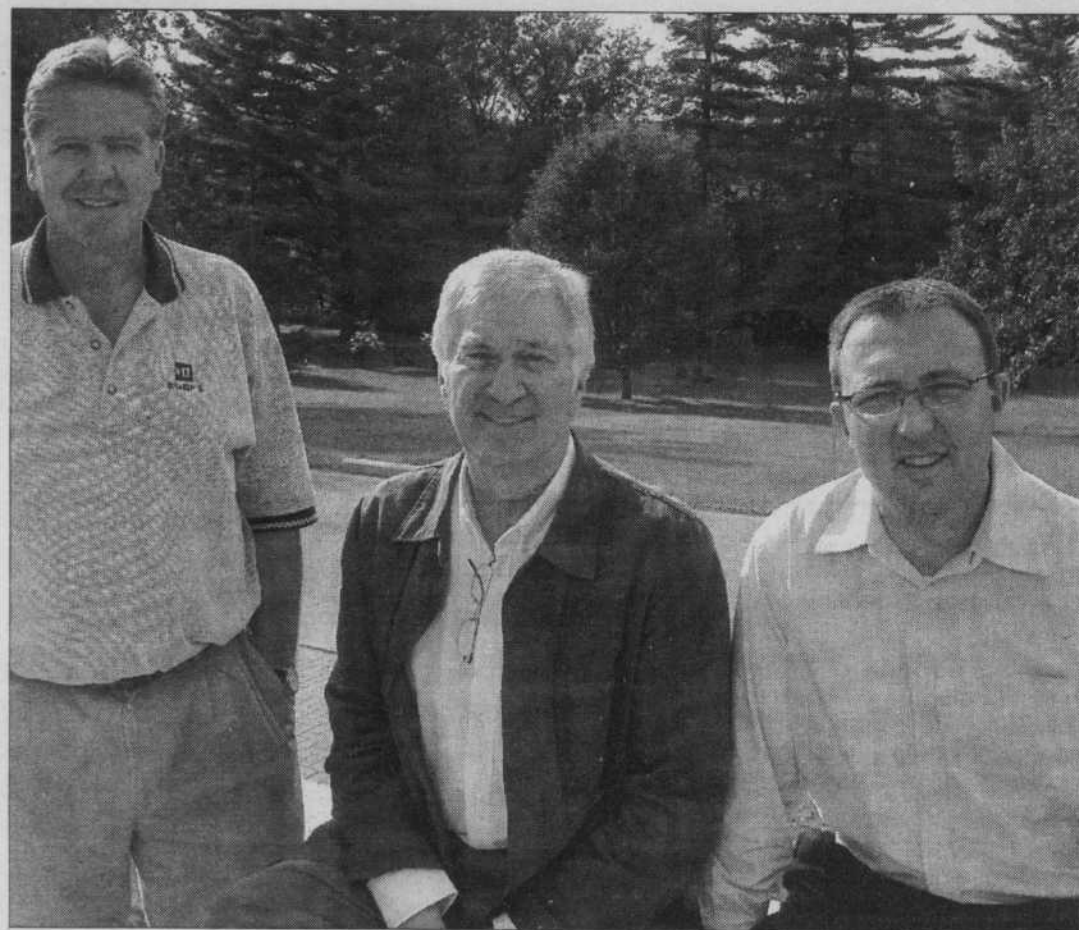
"The police deserve so much praise for both their visibility and their comportment. I remember when there used to be an animosity between students and police, but that is no longer the case. I saw students repeatedly walking up to police just to talk. Local businesses did such a good job of promoting the use of cans instead of bottles because believe me, picking up cans is a lot easier than picking up bottles; trust me."

To further help encourage students to clean up after themselves and not break bottles on town streets this year, the proceeds from all collected cans will go to a charitable organization aimed at raising funds for cystic fibrosis. For each can recycled, students receive points that will go towards their frosh team.

McBride went on to say that different concerned parties have done everything in their power to instill a safer frosh, including the university by making an extra effort to sensitize, inform and educate new students.

"We are trying to break the mentality that it is some kind of first year tradition to start fires," he says. "At the end of the day the most important thing to Bishop's is getting the students educated and keeping them safe."

He believes that this year was a step in the right direction.



PERRY BEATON

Bishop's folk: Dean of Student Affairs Bruce Stevenson, Principal Robert Poupart, David McBride.

## Marriage made in canine heaven

### One-stop shopping (and day care) for doggies

By Jen Young  
RECORD CORRESPONDENT

**A**s of last week two well-known Lennoxville businesses have been working under the same roof and owners of Blue Seal-The Animal Nutrition Centre and CiCi's Canine Coiffeur say this is only the beginning stage of offering pet owners bilingual services.

"We moved to this Sherbrooke address one year ago on June 24th," said Blue Seal owner Terry Winslow, who operates and manages the 1730 Wellington South business with his wife Kimberly Carson. "We held a grand opening last year and we are going to hold a re-grand opening this September 29th because we have added so many new services."

"We're not done expanding. There are more services planned for the future." One of the new services is the addition

of CiCi's Canine Coiffeur, owned and operated by Lennoxville's Sara Hawe. She had offered grooming from A to Z for the past 10 years from her Deacon Street Home.

The former Vancouver professional groomer says that the new digs are exactly what she and her family needed ("family" is how she considers her furry customers).

"We're done our first week and it's been really busy," Hawe said. "I'm getting used to much more activity. There's more traffic here and people can watch through the observation window, but I really believe that this is just the beginning."

"Terry and I each have 24 years experience dealing with animals and care and we both recognized a need for quality service. This is a growing business, but it doesn't feel like a job. It's much more of a family atmosphere."

The new glass room is only one addition. Then there's the new Doggie Daycare.

"This is aimed at pet owners who work during the day and don't want to leave

PLEASE SEE PETS ON PAGE 10

# Does your child play sports? Read this book

## Unfulfilled ambitions

"We're not good enough to play, are we?"

- Benched fifth-grader to coach, in *Just Let the Kids Play*

Early fall is when many children will become involved in sports teams at their school. The library has just received *Just Let the Kids Play* (2001) by Bob Bigelow, Tom Moroney and Linda Hall. Bigelow played NBA basketball and Moroney and Hall are both sports parents, so all three writers come armed with experience.

Both parents and children involved in team sports will recognize the truth of the authors' premise: "Adults are overly invested, overly zealous, overly stressed." The youth sports system we have put into place is essentially flawed, and it's the children who are suffering. Many end up quitting, and when asked why they often said it was because of the behaviour of the adults in charge.

Many adult coaches are in it to win. And parents sometimes have too much invested in their children's sports experience

— namely their own unfulfilled ambitions.

One of the main culprits of this problem is the notion of the elite team. Being on an elite team is an intoxicating experience but there is a big price to pay. Kids must be selected, which means some get cut. Stand outside a dressing room after cuts have been made: it

may be the one time in your life you'll see teenaged boys cry. Weaker players get benched on elite teams. Some drop out. Others

become so afraid to make a mistake that they stop taking risks—even though risk-taking is one of the main ways a player develops. Elite teams, say the authors, exist for one reason only: the adults' egos.

Their suggestion? Eliminate elite teams altogether before grade nine. Why? Because the goal of participating in any team sports should be player development, not winning. The kids should be having fun as they develop their skills. And what they should come away with, besides exercise, is a love



for the sport. Equal playing time on a team that anyone is allowed to play on will foster this.

A great example of the sense of this argument came during the World Cup soccer competition when the American team was beaten by the Iranians, the latter of

brawls amongst parents and coaches to appreciate just how out of control parents can become about their children in sports.

But it's not all bad news. The authors include 10 success stories at the end of the book to inspire parents that change is possible. Any parent involved with kids' sports should read this book.

### BOOK ENDS

- The next library meeting takes place on Wednesday, Sept. 12 at 7 p.m.

- The first meeting of the Books and Brown Bag Lunches reading club will be on Wednesday, Sept. 12, from noon to 1 p.m. at the library. Bring a book you have enjoyed, and your lunch, and join us.

- The library is looking for volunteers to help with its display table at Townshipp's Day on Sunday, Sept. 23, from 9 a.m. to 4 p.m. Please contact the library if you are interested.

For information on all library events, call us at 819-562-4949 or visit our website, [www.lennoxvillelibrary.ca](http://www.lennoxvillelibrary.ca). You can also reach us by e-mail at [bibliolen@netrevolution.com](mailto:bibliolen@netrevolution.com).

- by Michelle Barker

whom had grown up playing on dirt fields with no coaches until their mid-teens. In a *Sports Illustrated* article, writer Ian Thomsen wrote that the Iranians "exhibited an ear for the game, whereas the U.S. players seemed to be reading from sheet music."

What do elite teams do to behaviour in the stands? Read the accounts of

## PETS:

CONT'D FROM PAGE 9

their pets alone," said Winslow, who still maintains his Agri-Analyse forage analysis business (meaning analysing hay for livestock) in another section of the three-storey building.

Winslow must maintain a certain puppy-to-caregiver ratio, as well as a precise rest, exercise and feeding schedule. Pet owners simply drop off their pooch in the morning (for \$17 a day or special weekly prices), with food if the pup hasn't yet had breakfast, and pick them up at the end of the day. Winslow believes that the daycare makes for much happier pets and owners at the end of a long day.

"The dogs are walked regularly and get outside at least four times a day," he said. "All the dogs that we register are of like minded characters. We don't accept dogs that are uncooperative. This helps with basic training."

If your pet has a couple more quirks than the Doggie Daycare's basic training can cure, the centre also started obedience courses (basic and advanced) last night. They're conducted by professional trainer Jean-Guy Lalonde, and consist of six classes over the winter session.

According to Winslow's spouse Carson, who is formerly from Ontario and an avid pet lover, the one stop shop's main mission is to provide bilingual services that are not only economical for regular pet owners, but also help residents be as health conscious as possible.

"People are becoming more and more aware and cautious of their own health and well-being," Carson said. "They are paying more attention to what they eat and how they live and they are



PERRY BEATON

Sara Hawe and Kimberly Carson.

also becoming much more attentive of those same things for their pets. Pets are people too and they need the same amount of attention to diet and exercise as we do."

Winslow, who is a former wildlife technician, says that the centre will eventually expand to better serve horse and wildlife lovers as well. He also says that he and Carson foresee the addition of veterinarian services in the future.

"We love animals and anyone who works here has to love animals," he said. "From a business point of view, there is room for expansion and a need for these types of services in one convenient stop."

The re-grand opening will be held throughout the day on Sept. 29 and will entail activities for the kids, live demonstrations, pony rides, music, refreshments, and centre professionals who'll be on scene to answer questions.

## Meet Your Neighbour



COURTESY

It was the relaxed, wholesome quality of life that Lennoxville offers to families that lured Sue Stuart back to the Townships from Montreal in 1997, but it was the valuable life lessons that the Guiding Unit can provide to young girls that keeps her dedicated to the 1st Lennoxville Guides. "I started when my eldest daughter started Brownies in 2004," said the district commissioner of 1st Lennoxville district of Girl Guides of Canada (pictured leading the line). "They were going to close the (Lennoxville) district because there was no commissioner so I stepped forward in 2005. I didn't want them to have to close." She says what keeps her going to meetings and organizing outings is the faces of the local youth when they are at events and learning skills they will remember for the rest of their lives. "I still remember my Guiding days and I still use some of the skills I learnt back then. They learn self confidence and life skills." Stuart says she is particularly fond of the camping adventures the troops embark on each season.



Pat MacAulay shows off the new space.

PERRY BEATON

## BU Book Store there for community

*It's brand spankin' new*

By Jen Young  
RECORD CORRESPONDENT

From its light fixtures to its floors, the Bishops' Book Store has undergone big renovations, but the one factor that remains the same is that the English book store is more than ever ready to accommodate the community.

"I think people may have been uncomfortable before because it was so small," said Pat MacAulay who has been pushing books and business for seven years. "But now it's wide open spaces. Everything is brand spankin' new, everything. There are places to sit and visitor parking beside the store so the community is free to come in, take their time, and browse."

MacAulay says hers is the only English bookstore left in the area (another shop in Lennoxville sells some new tomes but focusses on the second-hand) and she hopes to promote an increasing number of books, from How to learn Spanish to Computers for Dummies.

"We are equipped for book clubs, and still have our 30 per cent of best sellers list, and we are the only store with this number of books," she said. "We have a wide array of children's books and cookbooks. We have pretty much anything you could need."

MacAulay believes the renovations will now better serve the community outside of its campus home.

# The biggest Sunday gathering in awhile

## Kids and football

Sunday morning I was up bright and early, threw the boys a quick Frootloop or two and helped them get dressed up. Not in their church clothes, but in their football clothes since it was my 12-year-old's very first football game. My oldest son is an Alexander Galt Regional High Football veteran now, since he's been football crazed for the past three years, but Dylon was dragging his heels.

He decided to tell me at 7 a.m. that he needed a white shirt. With four boys white clothes are pretty slim around here.

They never last more than a week.

So, at the last minute the solution was to grab a white shirt with designs and turn it inside out.

I had to drive him over and drop him off and return to the school by 10 a.m. for the game. My eldest decided to go with him. This was the first time I have seen these two be so cooperative in quite some time. (As they get older they'd rather hand each other off a flagpole than hang out.) And I was worried about my new football star. This child has never been one to do sports; he's more of a loner.

I was really looking forward to this game to see if he was actually playing. When we returned to the high school the parking lot was full. I pulled a "park in the middle of the parked cars and start a new parking lot altogether" move. I felt a little guilty, but I had a shy, short for his age, inverted child about to play a sport that I never, ever imagined he would. (I honestly expected him to be a musician.)

Parents, friends, and siblings lined the football field and surrounded the Bantam Piper team as they readied themselves to play against a Sherbrooke squad.

I spotted him wearing his #17. If you

ever watched the movie SpaceBalls and remember the size of Dark Helmet's helmets you'll know how big the helmet and pads looked from where I was standing. I found myself watching him on the sideline more than I watched the game.

It did my heart good to see his teammates run off the field and belt him on his shoulder. For once, he was part of a team. He was being encouraged and having fun at it. It was his turn on the field, his coach yelled at him to put his mouthpiece in and reminded him of what he was supposed to do and the whistle blew. My little lineman did exactly what he was told and he followed that red player standing in front of him. He didn't let

him out of his sight.

The Bantam Pipers, under the watchful eye of Galt football pioneer Ian Breck, didn't win their first game, but I know my son gained something last Sunday that young boys just don't learn from mom: confidence and pride. The Galt football program has evolved into the biggest community gatherings I've attended in some time, and it's one that does my heart good.

JEN YOUNG IS THE CORRESPONDENT FOR THE LENNOXVILLE LINK.

### VIEWPOINT

JEN  
YOUNG

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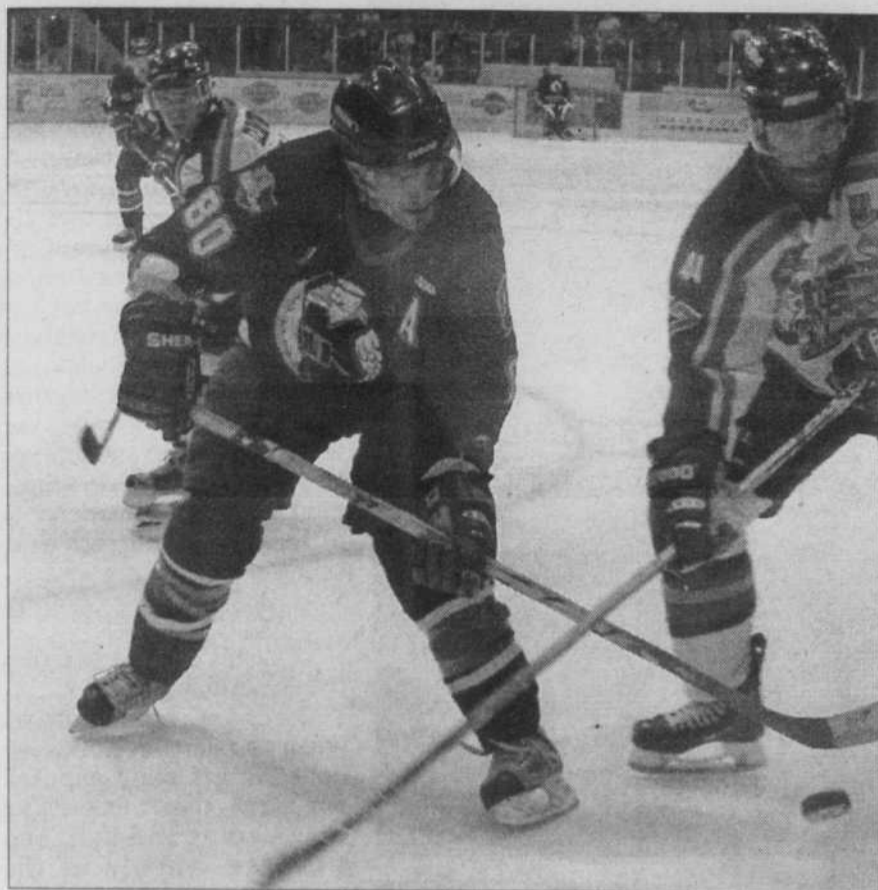
# THE RECORD Sports

**INSIDE**  
Boomers  
create a  
growing trend  
in  
sports injuries

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TUESDAY, SEPTEMBER 11, 2007 PAGE 13



PERRY BEATON/FILE

The Sherbrooke Saint-François meet the team that defeated them in the May finals for this month's season opener.

## Saint-François are on the ice

### Lace up their skates

The rock'em-sock'em Saint-François de Sherbrooke hockey team is out on the ice Wednesdays for pre-season practices, as the squad works up to its Sept. 21 season opener.

And many of the players are meeting as team mates for the first time.

Not so with Mathieu Blanchard, though he was just formally signed over the summer.

"The guys look to be in shape and not too rusty," he announced in a release sent out to mark the inaugural skate (and inter-team match up), held the first Wednesday of the month at the home arena, Sherbrooke's Palais des sports.

"I was a bit late because of road construction," sheepishly admitted the 25-year-old goal-tender. "The team has pretty much changed its face" from last year, he added.

He takes over as the back up net minder, behind Jean-François Racine.

Blanchard played a handful of games for the Saint-François last season when goalies were injured. Now he's signed a contract.

Players will be back on the ice tomorrow night at the Palais des sports from 7 p.m. to 9 p.m.

Training camp begins Saturday, Sept. 15 from 11 a.m. to 1 p.m., and 5 p.m. to 7 p.m.

That will be followed by another practice Sunday, Sept. 16 from 11 a.m. to 1 p.m. And from Sept. 19 on, practices are Wednesday from 7 p.m. (Players in this league are part-time.)

The team is now in its fifth year, and lost out the league championship to rivals the Saint-Jean Summum Chiefs last year. The other guys beat the hometown faves in four straight games.

Both teams get right back into the rivalry this month: the Saint-François' opening game is in Sherbrooke on Friday, Sept. 21 at 8 p.m. against the... Summum Chiefs.

## Canadians take Super Series

### A failure nonetheless

By Iain MacIntyre  
CANWEST NEWS SERVICE

What have we become, O Canada? Where is our compassion and decency and regard for the human condition?

Canada's national junior team completed Sunday a merciless beating of poor Russia, hammering the former hockey superpower 6-1 at General Motors Place to go undefeated in the eight-game Super Series.

Team Canada finished the event 7-0-1 and outscored the Russians 39-13.

One small step for Canadian hockey. One giant step back for mankind.

We've even lost our instinctive ability to turn the other cheek, as a fracas erupted — more than a brouhaha, less than a donnybrook — late in the third period when disadvantaged defenceman Maxim Chudinov ran Canadian Claude Giroux after a whistle.

Have we no shame? What next? We denounce wheat and beer and wheat beer? Burn Anne Murray at the stake?

The damage to Canada's standing in the international community could have been worse. Fortunately, the exhibition contrived to cash-in on the fame of the Canada-Soviet Summit Series from 1972 was largely ignored. Including in Canada.

Even before the Russians showed up as the Washington Generals, the Super Series was doomed to fail by its deliberate connection to the Summit Series.

Nothing can live up to that anniversary. You could no more recreate the galvanization of our national identity amid the political tensions and hockey pioneering of 1972 than you could, well, recreate the year itself.

Back then, the Soviet Union was a mysterious, communist empire at cold war with the West. But profoundly more than the calendar and the name has changed since then.

Now, Russia is McDonald's and Mercedes and a hyper-capitalism that has spawned a ruthless survival-of-the-fittest economic attitude which, as it relates to hockey players, means scoring as many points as possible in order to leverage as much money as can be had from a professional career.

The side that is now about sacrificing individualism, about discipline and unity and maintaining a sporting idealism is Canada. The difference, from earlier eras, is that Canadian hockey at the top level seems at least as speedy and skillful as Russian hockey, yet has sustained the advantage in commitment and heart we have long bragged about.

But for fleeting moments in the series, the Russians looked overwhelmed and incapable or unwilling to compete. Sunday, the Russians accidentally locked themselves in their dressing room before the opening faceoff. Worse, they got out. Everyone, including the

Canadian team, expected more from them.

"I was surprised," Wisconsin Badger Kyle Turris, the dazzling centre whose two goals Sunday gave him a series-leading seven, conceded. "They were a very good team, but we got off to a great start in Russia, going 4-0. I don't think anybody expected that to begin with. I think we had a bit of a mental edge. In every department we had them worn down."

Canadian captain Milan Lucic of the Vancouver Giants, said: "Coming in, we thought it would be a tight series throughout the whole thing. We even thought it might come down to Game 8 just like it did in '72. I think the turning point for us was when we were down 2-0 in the first period of the first game. Our ability to make it 2-2 before the period ended was a real turning point for the series. After that we played with a lot of confidence."

If the Russians had any, it never showed.

Legendary player Slava Fetisov, now Russia's sports minister, called the junior team's defeats "shameful" and lamented the loss of identity in Russian hockey.

Canadian coach Brent Sutter, who could be headed also for a career in diplomacy, said Sunday: "When you compare between their country and our country, I don't want to get into that because I don't know what goes on (in their hockey programs) and how they go about it. I know how we do it is the right way."

"I think (this series) says we just have to continue on the progression we're doing. It says things are being done right."

Sutter's team, with flair to match its grit, is another example of an evolution in Canadian hockey that, albeit with a stumble at last year's Winter Olympics, has produced three straight world junior championships, three of the last five senior world championships, the 2004 World Cup and 2002 Olympics.

And even by these high standards, rarely has a Team Canada possessed as much dominating skill as did this one, led by players like Turris, Giroux of the Gatineau Olympiques, Sam Gagner of the London Knights, David Perron of the Lewiston Maineiacs and John Tavares of the Oshawa Generals.

It made for an impressive team, but couldn't change a dud event.

"Canada always had skill," defenceman Karl Alzner of the Calgary Hitmen said. "Maybe not as much as the Russians did back in '72, but when you combine that skill with grit, it's hard to beat."

"When we came into Canada (after sweeping the first four games in Russia), we knew the buzz wasn't very high and we heard on TV they were calling it the not-so-Super Series. It kind of gets you down, but we know people here still don't want to see us lose games. I feel bad for the fans, but we just wanted to win all the games we could."

# Overuse injuries the latest boomer plague

## Tendon and joint pain

By Jenny Lee  
CANWEST NEWS SERVICE

**T**he aging baby boomer's fervour for fitness and unfortunate accompanying talent for wearing down joints and creating overuse injuries have spurred a flurry of new research in sports medicine and physiotherapy.

Treatments for a host of common ailments, such as tendon pain, knee pain and osteoarthritis, look nothing like they did a few years ago, says physician Karim Khan, of the Vancouver Coastal Health Research Institute's Centre for Hip Health. What's more, a growing understanding about overuse injuries means you can actively work to prevent trouble long before it hits.

One key principle is muscle balance. As sport-specific muscles become strong, tight and overly dominant, the opposing muscles become weaker — not just in comparison, but literally weaker, eventually leading to aches, pains and injury, says physiotherapist Carol Kennedy, a partner at Vancouver's Treloar Physiotherapy Clinic.

If you want to keep active long into old age, it is critical to strengthen and stretch not only the muscles needed for your favourite sport, but the opposing muscle groups as well.

"Ten years ago, in sports medicine, we wouldn't get someone over 60," Khan says. "Now one-third of patients are over 65. I had an 81-year-old patient in the clinic last week. He had knee pain getting back down from a very high mountain ascent. He said above the tree line was so dangerous because there's nothing to hang on to."

Here's a quick look at some of the newest ideas in overuse prevention and injury treatment:

### HOCKEY

Ever notice how you bend forward when you're playing hockey? You've been sitting in the office, bending forward all day, and now you're at the rink doing exactly the same thing. Your hip muscles are shortened in front because of all that sitting and forward bending. The result is short muscles in front of the hip and weaker muscles at the back that, in time, will lead to poor core control followed by groin strain or low back pain.

The solution? Work some forward lunges into your day to stretch out your hips, Kennedy says.

Now what about your gut?

New research shows that hockey players need to strengthen their abdominal and butt muscles (gluteus medius) for rotational strength, Kennedy says. These muscles may no longer be strong enough for you to play



IAN LINDSAY/VANCOUVER SUN

Dr. Mary Hallowell plays Lawn Tennis. Racquet sports require strong legs, as well as strong arms and shoulders.

at the level you were used to, and leaving them weak for too long will eventually affect your lower back.

### KNEE PAIN

Fixing knee pain is about timing, not strength, says Khan, co-author of Clinical Sports Medicine. Patellofemoral syndrome is pain due to poor tracking of the knee cap. Knee pain is one of the top reasons for visiting a sports medicine clinic and it's the most common muscle complaint in family practices, Khan says.

Yes, you need to strengthen the quad and thigh muscles, but the trick is to train the vastus medialis to kick in quickly.

"You have to make the inside quad muscles contract early to pull the knee cap inward, before the outside thigh muscles contract to pull it outward," Khan says.

### SOCCER

Sure, you want to run, shoot and scoot that ball around obstacles, but one of the most common soccer injuries is an anterior cruciate ligament tear and the best way to hold that at bay is to learn to jump and land properly, particularly if you're female, Kennedy says.

Female soccer players are five times more likely to injure their knees than males. While the reason for this startling statistic is not yet clear, what prevents injury is to practise landing with

your knees over your feet, with good use of your core, no wobbling and good absorption of the force throughout your whole leg, Kennedy says. Don't let those knees twist inward as you land.

You probably already have strong quadriceps on the front of your thighs, but do increase your hamstring strength to keep your leg muscles balanced, and remember to work your hip rotators because they help control your knee position and ultimately help prevent ACL tears and hip and knee pain.

### TENDONS

Gone are the days when a tendon problem was treated with anti-inflammatory medications and rest.

The new approach to treatment is nitro patches and exercise, Khan says. Tendon problems are now recognized not as an inflammatory condition, but a structural breakdown of the tendon, made up of strands of collagen.

The nitro patches are worn on the most tender spot for six months. Once the pain has settled down a bit, you need to start loading the tendon to stimulate it to repair. If you just rest, there is no stimulus for the tendon to repair itself, Khan says.

### MOUNTAIN BIKING

You know all about cuts, scrapes and head-over-handlebar tumbles. But are you a mountain biker with "tension" headaches or a vaguely sore neck?

Mountain biking can lead to neck

pain because the sport requires you to lean forward on the bike, with your head forward and chin poked out and up. And perhaps you've been at a desk all week with your head in the very same position.

Your headaches may actually originate from your neck, Kennedy says. Check your bike setup. Something as simple as raising your handlebars could help. New neck-specific core stability exercises developed over the past three or four years can help. Work on lengthening the muscles at the back of your neck, which have shortened because your head is always tipped back. Strengthen your core neck muscles, which are deep muscles at the front of the neck, with a gentle nodding exercise to offset that poked chin position, Kennedy says.

### OSTEOARTHRITIS

Got pain from osteoarthritis? Get out and exercise.

Osteoarthritis occurs when the cartilage between bones wears away, exposed bones rub together causing rough spots and pain and stiffness, usually in the hands, knees and hips.

It sounds crazy to put loads on a joint that's damaged, but think of it this way, Khan says: when strong, your muscles are able to act as shock absorbers. Let the muscles weaken, and those bones will rub all the more.

For every 10 per cent you are overweight, you double your risk of early osteoarthritis, Khan says. There's been a marked increase in osteoarthritis among baby boomers in the past 10 years, likely due to excess body weight and increased demand on aging bodies, Khan says.

### RACQUET SPORTS

Racquet sports often lead us to overuse the front of the shoulder and underuse the back. This eventually leads to shoulder impingement problems, or a painful pinching in your rotator cuff. Strengthen your shoulder blades and stretch the front of your shoulder, Kennedy suggests.

Racquet sports may feel like an upper body sport, but don't forget to train your lower extremities as well, Kennedy says. Make sure you've got strong quadriceps so you can use a bent knee rather than a forward lean to get low shots. That lean can hurt your back, pull hamstrings and create achilles strain.

### RUNNING

Most runners are well aware of what they need to do to balance their leg muscles, but don't forget the hips and lower core. The hip and lower core help control the whole leg as it absorbs force from the ground, Kennedy says.

## Behold how pleasant, how good it is ... When women celebrate together

How pleasant it is indeed to have the Women's Groups within the United Church celebrating their 45th anniversary of the transition to U.C.W. in 1962. It is the women's groups who are the energisers in each local church community and secure the future for that Sanctuary. In each community there is such a diversity of environment and challenges to be met... and it is the United Church Women and women's groups that meet and find solutions.

Celebrations are taking place in our local groups through worship and Songs of Praise and through celebrating our local history and the "50's and 60's culture" Rejoice and be glad! We have so much for which to celebrate in this wonderful place and time in which we live.

Your Executive: Yamaska Rep. Joyce Ossington; St. Francis (Richmond) Rep. and Sec., Sheryle Lin Wigle; Eastern Quebec Rep. and Treasurer, Ruth Beattie; Stanstead, Scotstown, Sherbrooke Rep. Pat Hurley will be meeting early in September to clarify and make secure our plans. There are also Resource Persons who have tasks for specific events and are called on as needed: Christina Blake, Leita Dustin and Marg Williams.

The main theme of our celebration is "We Are One". The first Fellowship Day is to be at the Sutton United Church on Wednesday, September 19. The arrival time is 9:30, Program 10:00 - 2:00. On Saturday, September 22, there is to be an "Old Fashioned Church Picnic" at Melbourne Ridge Church; arrival time 9:45 and Program again from 10:00 - 2:00. A Special Celebration Day on Sat-

urday, September 29 at Kinnear's Mills United Church will be in the afternoon from 1:30 - 3:30. And then down Magog way at the United Church, arriving at 9:30 with program from 10:00 - 2:00.

Each day will have its own character and flavour. At each gathering, as Co-ordinator, I will be introducing an important Program Plan regarding "Water for Life," an action plan needing the support of every individual.

On Wednesday, October 17, a General Business Meeting is to be held in Mansonville United Church, again to arrive at 9:30 with Program from 10:00 - 2:00. Resources will be made available on two Program Topics: Finding God in the Dark; Lights, Action, Faith = A format of combining the Lectionary for the Advent Season to Movies of the day A New Experience.

As well, there will be "Knitting for Peace", an old art in a not so new context, teaching friends and neighbours and sharing talents and skills.

There will be a continuing Action Plan on the topic, Water for Life, as we learn more about the broader scope of less water and monopolies being set up to control its access and management.

The Gatherings are for all United Church Women and Friends in each community to share and celebrate, to re-energize ourselves and each other as we look to "A New Now" - of reaching out and continuing on our journey together.

United Church Women's  
Co-ordinator,  
Ann Hains Clark

## Tuesday night "Whist" at the Oddfellows Hall, Knowlton

It was another night of "Military Whist" at the Hall in Knowlton on Tuesday night with 17 tables of card players ready to play.

Table #2 with Capt. George Wilson, Nellie Williams, Gerald Copeland, June Call, received the 1st prize for a score of 42 pts. Prize #2 went to table #12 to Capt. Myrtle Selby, Anne Foster, Helen Slachta, Shirley Lord for a score of 39 pts. Last but not least came table #14 with Capt. Yvette McElreavy, Doug Talbot, Frank Rogers, Edna Irwin, with a score of (ah no) 15 pfts. (It wasn't me this time Yvette) for the Booby prize.

Violet Rolfe won a prize for 4-10s,

Doris Wilson for 4-Jacks, and Katie Jones for 4-9's. Estalene Charby made a lovely birthday cake for Dorothy Premont's. She didn't tell us how old she was.

Door prizes went to Don Page, Shirley Beaulac, P. Battley, K. Lawrence, N. Page, Y. McElreavy, H. Slachta, Gizele, D. Charby, R. Lawrence, G. Copeland, M. Dudley, G. Cook, N. Allain, E. Johnson, Pat Benoit, R. Hamilton, D. Kirby, M. Selby, G. Bailey, M. Premont, R. Sherrer.

The grocery basket was won by Pat Benoit, Gilles Nadeau, Pat Harvey.

We all had a good lunch and a good time. See you next week.

Edna Badger

## Obituary

### GORDON ARTHUR ROGERS

Gordon Rogers died suddenly at his home on August 20, 2007.

Gordon was born at the Sherbrooke Hospital on March 23, 1945 to Arthur Rogers and his wife Hazel Bain. He and his brother Bain enjoyed happy times together on the farm in Birchton. As little boys they both attended school in Bulwer and later in Cookshire.

Gordon began driving truck for Harry Haddon and Charles Kingsley. After this he worked for Aimé Cote Ready Mix. From there, he went on to work for Kruger Paper Company in Bromptonville driving to the North East Kingdom, U.S.A. He retired when Kruger closed their trucking division. Gordon enjoyed telling about his trucking experiences.

In 1968 Gordon married Donna Taylor of Lennoxville. Of this union their son Steven was born.

After his divorce he met his beloved companion Carole Labreque and became a stepfather to Lucie and Chantal and later a proud grandpa to their children.

Gordon was a devoted son and father. He helped his parents on the farm and in recent years driving them from the Wales Home to appointments in Sherbrooke. He often helped his son Steven and babysat his dog. The day before he died he spent an enjoyable day in the woods with his son.

The funeral was held at Cass Funeral Home on Friday, August 24, 2007 with the Rev. Barbara Willard officiating. Family, numerous friends and colleagues who thought highly of him attended the service. Interment of his ashes was held at St. Michel's Cemetery, Sherbrooke in the presence of immediate family.

Gordon was predeceased by his companion Carole Labreque in 1999. He will be missed by his parents Arthur and Hazel, his son Steven (Jackie), his brother Bain (Darlene), nephew Robert (Tracey), Carole's daughters Lucie (Sylvain Auger) and Chantal (Luc Rosa) and their children Joannie and Gabriel Auger, Karole-Anne and Samuel Rosa.

### In Memoriam

**STOWE, Clifton** - In loving memory of a dear husband, father and grandfather who left us September 11, 2004.

*This month comes with sad regret  
It brings back a day we will never forget.*

GEORGETTE  
AND FAMILY

### Cards of Thanks

**ANNUAL ANTIQUE SHOW.** On behalf of the Royal Canadian Legion, Branch #41, of Danville, I would like to thank all the exhibitors who came to display their antique tools, equipment and cars at our 8th Annual Antique show. I would like to sincerely thank each and everyone who worked with me and also to the people who generously donated food for the Steak Supper together we made this Labour Day Week-End a big success.

Sincerely,  
JAMES BELL  
President

**GOODWIN** - Many thanks to all my friends who came to help me celebrate my surprise birthday party. Thanks also to Pat who organized this event and all who helped her. A pleasant day to remember for a long time.

FRANCES GOODWIN

**ROGERS** - The family of the late Gordon Rogers would sincerely like to thank all those who have supported us during these sad times. A very special thanks to the staff of the Wales Home for their compassion and special attention. Thanks to those who sent cards, donations, and the many people who attended the funeral and to Betty and Don for transportation. We appreciate the comforting service conducted by Rev. Barbara Willard and Cass Funeral Home for their professional services.

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STEVEN & JACKIE  
BAIN & DARLENE

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## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$22.79 taxes included) DEADLINE: 3 days before publication.

### WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.22 taxes included) WITH PHOTO: \$29.50 (\$33.62 taxes included)

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

### DEADLINES FOR DEATH NOTICES:

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

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

fax 819-569-1187 (please call to confirm transmission) or e-mail:

[production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

## TOWNSHIPS' CRIER

### RICHMOND

It's time for the new season of Military Whist. Check out the first game, St. Anne's Church Hall, 171 Principale South, Thursday, September 13 starting at 7:30 p.m. To reserve a table, please call Marge at 819-826-2760. Looking forward to seeing you there.

### WATERLOO

Advance notice. St. Paul's United Church, Waterloo will be holding a Beef/Pork Barbecue on Saturday, September 29 from 5 p.m. to 7 p.m. This event will replace our Annual Turkey Supper. Please come and support our new venture at St. Paul's. Admission charged.

### RICHMOND

Girl Guide Registration, Tuesday, September 11 at Richmond Regional High School from 6:30 p.m. to 8 p.m. Sparks 5-6 year olds, Brownies 7-8 year old, Guides 9-12 year olds, Pathfinders 12-15 year olds. Women leaders welcome.

### AYER'S CLIFF

Sunday Brunch at Beulah United

Church in Ayer's Cliff, on Sunday, September 16 from 10:30 a.m. to 1 p.m. Menu: Bacon, sausage, ham, scrambled eggs, homemade baked beans, pancakes, pure maple syrup, toast, fruit cocktail, juice, coffee and tea. All are welcome!

### LENNOXVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, September 11 at the Masonic Hall, 3002 College St., from 1:30 p.m. to 3 p.m.

### WATERVILLE

Lennoxville and District Community Aid will hold a Blood Pressure clinic on Tuesday, September 25 at the Town Hall, 170 Principale South, from 2 p.m. to 3:30 p.m.

### LENNOXVILLE

Men and Women's monthly meeting at ANAF Unit 318, 300 St. Francis Street, Sherbrooke on Wednesday, September 12, 2007 at 7:30 pm sharp.

### RICHMOND

A Brunch is being held on Sunday, September 16, 2007 from 9 a.m. to 12:00 p.m. at the Royal Canadian Legion, Br. #15, in Richmond. Everyone is welcome.

### HUNTINGVILLE

Well-known local musicians Mike Goudreau & Friends return to the Huntingville Universalist Church, 3975 Route 147 South in Huntingville, on Saturday,

September 29 at 7:30 p.m. for another lively evening of Jazz and Blues classics by Frank Sinatra, Nat King Cole, Ella Fitzgerald, Louis Armstrong and others. Tickets are available at Tri-Us (Lennoxville, 819-822-2632), The Pomegranate (North Hatley, 819-842-4397), Marché G.D. Houde (Ayer's Cliff, 819-838-4202), or by calling 819-842-3102).

### RICHMOND

Saturday, September 15, 10 a.m. to 1 p.m. Calling all Boomers! Townshippers' Association invites you to join a 2-hour kayak or canoe trip starting at the Kiosque nautique de la Rivière St. Francis

(Richmond-Trenholm circuit). Beginners welcome, or can bring your own canoe or kayak. Weather permitting. Picnic lunch included. Minimal fee. Info: Kim Bailey or Shannon Keenan, 819-566-5717 (1-866-566-5717).

### SHERBROOKE

Handicrafts Show and Sale at Salle St. Michel, 188 Marquette St., Sherbrooke, in the basement of Cathedrale Saint-Michel, on October 13 and 14 from 10 a.m. to 5 p.m. 130 exhibitors. Free entrance. Information: Murielle Berard 819-823-0920.

### SHERBROOKE

Beef Stew Supper on Saturday, September 15 at 6 p.m. at the Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke. Everyone welcome. Reservations required. Tickets at the bar. Info: 819-563-4944.

### BULWER

Bulwer Q.F.A. will meet on Thursday, September 13 at 8:30 p.m. at the Community Center. All welcome. Pot-luck lunch.

### EAST HEREFORD

Chicken Pie Supper on Friday, September 14 at 4:30 p.m. at All Saints Church, 1857 Route 141, East Hereford. Everyone welcome.

### DANVILLE

Danville Curling Club annual meeting will be held at the Club, 1449 Route 116, Danville on September 18, 2007 at 7 p.m.

### COOKSHIRE

Turkey dinner with all the fixings, including homemade desserts, on Sunday, September 16 in the basement of the Cookshire Catholic Church, 140 Principale East, Cookshire starting at 11 a.m. Admission charged. Everyone welcome.

### LENNOXVILLE

Uplands Children Art Workshops. Once again this year, Uplands will be offering free After School Art Workshops for children ages 8-12. Workshops will be run twice a week on Tuesday and Wednesday from 3:15 until 4:30 for a duration of 8 weeks starting the 25 of September. For information and registration, please call (819) 564-0409. Groups are bilingual.

### LENNOXVILLE

Uplands will present its annual Benefit Concert on Saturday, September 29 at 8 p.m. at Bandeén Hall of Bishop's University. The concert, featuring both the popular Uplands Musical Society and the increasingly well-known Canadian Harmonists (Quatuor à Médée), will include old favourites such as Loch Lomond and Shenandoah, Renaissance drinking songs, swing era songs echo-

ing the tones of Bill Bailey, and the usual quota of nonsense songs. Tickets for the benefit concert are available at Uplands and from Uplands Board members. For more information or to reserve, call (819) 564-0409.

### LENNOXVILLE

Canadian Federation of University Women (CFUW) Sherbrooke & District invite current and new members to the first meeting on Monday, September 17 at the Faculty Lounge, McGreer Bldg., Bishop's University. Membership and sign up for various interest groups will begin at 6:30. There will be a short business meeting and a presentation about the award-winning CFUWSD Grannies. This will be followed by a talk by Penney Place from Ottawa, who has been to Lesotho, Africa, to help out in the local schools. For further information, please contact 819-346-2357.

### ULVERTON

Ham and Bean Supper to be held in Ulverton at the Community Centre on Wednesday, September 12, 2007 from 4 p.m. to 7:30 p.m. Ham, Beans, Homemade rolls, delicious salads and lots of different pies. All you can eat!! Everyone welcome.

### BULWER

First 500 Card Party of the fall season on Thursday, September 13 in the Bulwer Community Center at 2 p.m. Includes light lunch and the usual prizes. All welcome!

### EUSTIS

You are invited to an Old Time Hymn Sing at Christ Church Hall, Eustis on Wednesday, September 12 at 7 p.m. Held by Wolcott Mennonite Church, Wolcott, Vermont. Information: call 802-888-5277 or 819-837-2510.

### EUSTIS

Everyone is welcome to come to a Thanksgiving Service in Eustis Parish Hall on September 16 at 9 a.m.

**POSTPONED**

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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.

## Happy 25th Anniversary



Congratulations and best wishes to Penny and Mark Sylvester on their 25th Wedding Anniversary.

*Love from your family*

Best wishes may be sent to:

177 Lachance Rd.  
Sawyerville, Quebec  
JOB 3A0

## Military Whist at the Oddfellow's Hall, Knowlton

There were 16 tables of "Whist" playing at the hall on Tuesday night. Everyone was in good spirits after the "Fair Weekend".

Table 11 were the lucky ones with a score of 43 pts. for Capt. Marcel Premont, Estalene Charby, Doug Charby, Dorothy Premont.

Table #15 came second with a score of 40 pts. for Capt. Yvette McElreavy (really Yvette).

Doug Talbot Natalie Bilodeau, Sid de Solla, and then we have Table 4 with a score of 15 pts. for Doris Wilson, Gladys Cook, Albert Wilson, Shirley Beaulac, and the Booby prize.

June Call received a prize for having 4-5's.

The basket of groceries was won by Pat Harvey. Door prizes went to Ruth Cornish, Norm Allain, Marcel Premont, Audrey Dean, Shirley Beaulac, Doreen Gibbs, Doug Talbot, Elvia Johnson, Dorothy Premont, Peggy Page, Georgette St. Pierre, Arthur Hall, Nellie Williams, J.P. St. Pierre, Yvette McElreavy, Gerald Coupland, Pat Harvey, Lillian Burnham.

The refreshments were great and we all went home happy.

See you next week.

*Edna Badger*

CELEBRITY CIPHER

by Luis Campos

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

Today's clue: C equals F

"DLP XSG'A AZNA XLPESIZ XSPAYLPNJD." - SGGYZ VYJJSEV "XLPESIZ YN UZYG I SCESYV UPA ILYGI LG SGDFLT." - VSG ESAFZE

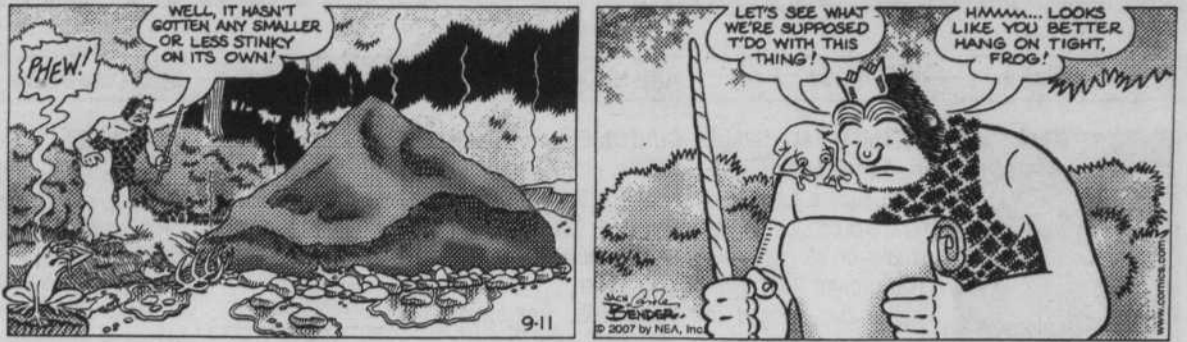
PREVIOUS SOLUTION - "When you're in a slump, it's almost as if you look out at the field and it's one big glove." - Baseball's Vance Law

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ALLEY OOP



ARLO & JANIS



THE BORN LOSER



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145 Miscellaneous Services

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

190 Cars For Sale



2000 VW PASSAT GLX, 73,000 km., V6 2.8L, 4 motion (all wheel drive), auto. tiptronic, black sedan, grey leather, 16" mags, winter wheels and tires, tinted windows, fully equipped, sunroof, 190 h.p. Excellent condition. \$11,500. negotiable. Call 819-566-0446.

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# Your Birthday

Tuesday, Sept. 11, 2007

In the year ahead, victory will be dependent upon making a good selection of cohorts who can help with a new venture or endeavor. You could be extremely successful with the right people.

**VIRGO** (Aug. 23-Sept. 22) — To placate the demands of another, you might change your course once too often for your own good. Don't be intimidated by someone who only has his or her selfish desires in mind.

**LIBRA** (Sept. 23-Oct. 23) — If you view everything emotionally instead of rationally, chances are you'll be the source of your own undoing. Before you take action on anything, be sure there is lots of logic behind it.

**SCORPIO** (Oct. 24-Nov. 22) — Avoid activities or endeavors that are clearly out of your reach. It is good to be optimistic as long as there is reason for it. But if it's merely wishful thinking, you'll lose.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Don't be temperamental if you want others to remain cooperative with aims and purposes that are important to you. The support you require will be withdrawn if you're moody.

**CAPRICORN** (Dec. 22-Jan. 19) — Establish a program and stick to it if you have any hope of achieving your aims. If your efforts are too scattered, nothing worthwhile will be accomplished, and you'll have a wasted day.

**AQUARIUS** (Jan. 20-Feb. 19) — You

could easily find yourself put on the spot, regarding something that is not of your own making because you'll get drawn into a friend's complicated affairs. Dumb!

**PISCES** (Feb. 20-March 20) — It's more important than usual to think extra carefully before making a major decision if it is of concern to someone other than yourself. Poor judgment could compound things.

**ARIES** (March 21-April 19) — Don't make any changes without first consulting those you're working for; even if it is a good idea, it could go against something they are striving to achieve.

**TAURUS** (April 20-May 20) — Again, it is important that you subdue your extravagant impulses if you are desirous of keeping your budget intact. Over-spending for something you don't need should be curtailed.

**GEMINI** (May 21-June 20) — Domestic problems that require attention should not be swept under the rug again. Delays to address the situation will further complicate the issues and make matters worse. Act now.

**CANCER** (June 21-July 22) — You could have a tendency to overpower others with demands of fulfilling your desires and opinions. You may get your way, but you'll acquire much resentment as well.

**LEO** (July 23-Aug. 22) — Trade on past experiences and don't lend something you cherish to a friend who is historically irresponsible and careless with the possessions of others. This person hasn't changed.

Tuesday, Sept. 11, 2007

# Four no-trump should show a two-suiter

By Phillip Alder

An opponent opens with four of a suit. What does it mean if you overcall four no-trump?

Over four clubs or four diamonds, four no-trump is treated either as Blackwood or as natural. You are so unlikely to have a Blackwood hand that treating the overcall as natural is more sensible. With a big balanced hand, though, you could double, so you will normally have a good, long minor suit and stoppers elsewhere.

Over a four-heart opening, four no-trump shows at least 5-5 in the minors.

Over a four-spade opening, four no-trump shows at least 5-5 in any two unbid suits. Just hope that you find your best fit at the correct level.

In this deal, after West opens four hearts, North overcalls four no-trump to describe his good minor two-suiter. South, with an excellent fit for both suits, jumps to six clubs. North is tempted to bid seven, but passes. It often pays not to be too aggressive against pre-empts because the suit breaks tend to be bad. But let's assume North did raise to seven clubs. How should South plan the

|                    |      |                |      |
|--------------------|------|----------------|------|
|                    |      | North 09-11-07 |      |
|                    |      | ♠ A 5 2        |      |
|                    |      | ♥ —            |      |
|                    |      | ♦ Q J 10 9 8   |      |
|                    |      | ♣ A K J 9 8    |      |
| West               |      | East           |      |
| ♠ 10 7             |      | ♠ K Q J 6 4    |      |
| ♥ A K Q J 10 8 5 2 |      | ♥ 6 3          |      |
| ♦ 6 3 2            |      | ♦ 7 4          |      |
| ♣ —                |      | ♣ 6 4 3 2      |      |
|                    |      | South          |      |
|                    |      | ♠ 9 8 3        |      |
|                    |      | ♥ 9 7 4        |      |
|                    |      | ♦ A K 5        |      |
|                    |      | ♣ Q 10 7 5     |      |
| Dealer: West       |      |                |      |
| Vulnerable: Both   |      |                |      |
| South              | West | North          | East |
| 6 ♣                | 4 ♥  | 4 NT           | Pass |
|                    | Pass | Pass           | Pass |
| Opening lead: ♥ A  |      |                |      |

play after West leads the heart ace? (Yes, a spade or diamond lead would defeat seven clubs, but that isn't the point!)

South has six side-suit tricks, so must score seven trump tricks. He ruffs the heart on the board, cashes the club ace to get the bad news, plays a diamond to his hand, ruffs a heart, plays another diamond to hand, ruffs his last heart high, overtakes dummy's remaining club in his hand, draws trumps while discarding dummy's two low spades, cashes dummy's spade ace, and runs the diamonds — a wonderful dummy reversal.

# CROSSWORD

ACROSS

- 1 Author Levin
- 4 Most extensive
- 10 Swindle
- 14 Old horse
- 15 Teamster
- 16 Skin opening
- 17 Reds' home base
- 19 Give off
- 20 Stage a coup
- 21 Forensics letters
- 22 Sporting events
- 23 Ended in a particular way
- 25 Capital of Azerbaijan
- 26 Like red meat?
- 27 Natural aptitudes
- 30 Sentence segment
- 33 Squiggly swimmer

- 34 Uprising
- 35 \_\_ Claire, WI
- 36 Yokel
- 39 Mineral springs
- 40 Landon and others
- 42 Bagged brew
- 43 Expulsion
- 45 Churns
- 47 Cronyn of "Cocoon"
- 48 Oracle
- 49 Topper flourishes
- 53 Decompose
- 55 \_\_ so fast!
- 56 Unbelievable buy
- 57 PC operator
- 58 House red
- 60 Author of "Death in Venice"
- 61 Portuguese port

- 13 Shea Stadium pros
- 18 Shanks of legs
- 22 Guy's sweetheart
- 24 Check grabber
- 25 Sky-dive over Skye
- 27 Pipe joint
- 28 Booze it up
- 29 "A \_\_ Is Born"
- 30 Legumes
- 31 Fit as a fiddle
- 32 Tinged with red
- 33 ISS partner
- 37 Count me in!
- 38 Pantomime

- 41 Thomas \_\_ Eliot
- 44 Old Pac. pact
- 46 You there!
- 47 Bigots
- 49 Pay homage to
- 50 Sam of "Jurassic Park"
- 51 Capital of Bangladesh
- 52 Iditarod vehicles
- 53 Landfill
- 54 Genesis twin
- 55 Palm thatch
- 58 Golly!
- 59 "L" regulators

Monday's Puzzle Solved

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

DOWN

- 1 Sustain
- 2 Rear
- 3 " \_\_ Dei"
- 4 Injury from an abrupt jerk
- 5 Golfer Woosnam
- 6 "Crocodile \_\_"
- 7 African antelope
- 8 Stiff hair
- 9 Corn or pod opener?
- 10 Orator
- 11 Red politically
- 12 Luyendyk of Indy fame

|    |    |    |    |    |    |    |   |    |    |    |    |    |
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By Stanley B. Whitten  
Highwood, IL

9/11/07

# I'm at my wits' end

**Dear Annie:** I am an only child, and my parents are deceased. The only relatives left on my mother's side are an uncle and cousin by marriage, both over 80, who live out of state. My father's family is also gone except for one 80-year-old cousin with whom I have little contact, and some second cousins closer to my age (64), who live far away. My late husband was an only child. His parents are dead. He had two children before we married, but I am not in touch with them.

## Annie's Mailbox

Are there support groups for people who are so totally alone in the world? The grief and depression of having no family is overwhelming. Please don't suggest senior groups. I've found them to be a collection of white-haired folks nearer to my parents' age who like to listen to music from before my time. I don't want to hear "I've Been Working on the Railroad." I like AC/DC and ZZ Top.

I volunteer two days a week, but that doesn't provide a "family" for me to come home to. My church has nothing, either. Can you find anything for me? — Dying of Loneliness in Oregon

**Dear Oregon:** You can reach out to those family members you still have and make an effort to get closer. Or you can make new friends who will become your family. You are wrong that senior organizations aren't for you. Take another look at AARP (aarp.org or 1-888-687-2277). Boomers are members now, and they are singing your songs. Also, check out the Red Hat Society (redhatsociety.com). In addition to your volunteer work, consider joining a book club, community choir or theater production. Work for a political candidate. Put up a notice at your church and see if others are interested in starting a support group for those without nearby family. You will have to make an effort to get involved, but once you get started, you'll feel better.

**Dear Annie:** I just received the wonderful news that my sister is pregnant, and I couldn't be happier for her. The downside is the baby is due in April, which is when I am scheduled to get married in the Caribbean. Some of the guests have already booked their travel plans, but my sister is the matron of honor, and I can't imagine her not being there. I want to reschedule the wedding and offer to compensate the guests who have to change their plans, but my fiance doesn't agree. What should I do? — Caught in the Middle

**Dear Caught:** Pregnancies are unpredictable, but if you want to reschedule to make sure your sister can participate, go right ahead. You shouldn't spend your wedding day sad because such an important person couldn't attend. You are not obligated to reimburse guests for their expenses, although such a conciliatory gesture will help ensure their presence when you reschedule.

**Dear Annie:** I read the letter from "Frigid Mom," who is married and has two children and says she's lost her sex drive. I have a suggestion for her: exercise. She should particularly use weights (2-5 pounds are sufficient). I had the same problem with depression and a very low sex drive. I started exercising, and the sex drive went up, up, up. Before, I wanted nothing to do with it, and now there are times where I can't get enough. It also has helped my depression. Exercise and healthy eating are some of the best ways to help bring you to a normal state of mind and body without using pills. — Feeling Better Now

**Dear Feeling Better:** There is no question that exercise raises endorphins and can help relieve symptoms of depression, and a healthier body makes everything work better. Thanks for the reminder.

**Dear Readers:** Today is the sixth anniversary of the 9/11 attacks. Please take a moment to remember the victims, and the families and friends who mourn them.

**Dear Annie:** I've been married over 25 years and have three terrific children. Three years ago, my wife found out she has cancer. She went through all the treatments, and although the doctors say her original cancer is gone, she still needs to come in for more tests to see if cancer has since developed elsewhere. She won't go.

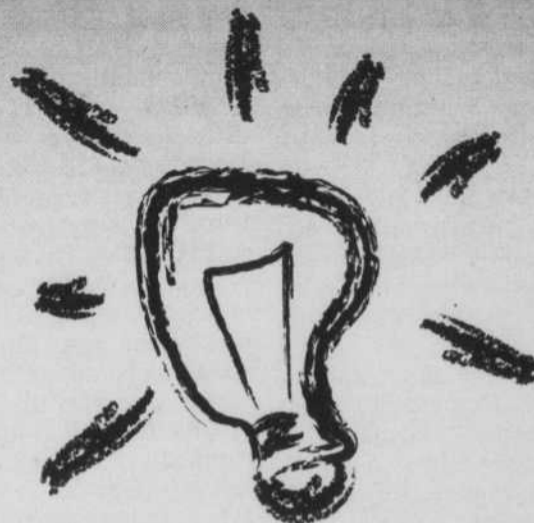
She seems better mentally and physically, but I'm at my wits' end. There is no sex drive from her whatsoever, and if I mention it or try to initiate sex, she's cooperative, but there is no emotion or sensuality. It's like a chore to her. I'm a well-known citizen in my town, but it's getting harder to stay married. I'm afraid it will look bad to leave her, and I'm not sure my children will understand. I've met other women and enjoyed the attention. I know I can find someone to satisfy me emotionally and physically.

Our house is clean, there is food on the table, bills are paid, but I'm not happy. There is no time for counseling, plus we're long past talking about her lack of libido. How can I walk away on good terms? — Dilemma in the Midwest

**Dear Dilemma:** Your wife of 25 years develops cancer, is probably going through menopause, and although you are intimate, she isn't as gung-ho about it as you'd like. You decide to leave because you can't make time for counseling. You're right — it will look bad, and your children will never forgive you. If you really wanted to save your marriage, you'd make time for counseling, but it's obvious you are only looking for a way out that will not wreck your stellar reputation. So you need to give the impression that you're making an effort. Go for counseling. Allow your wife the opportunity to work on this. Marriage is not all about you.

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

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