

Community organizations vying for Aviva votes

By Gordon Lambie

The Aviva Community Fund launched its 2016 competition on Tuesday, opening the online voting for community projects across the country that will vie for prizes of as much as \$100,000.

"We want to build a 10,000 square foot therapeutic garden," explained Marie Bécotte, Director General of the Maison Aube Lumière.

The palliative care home's project, Bécotte explained, has been estimated at \$130,000. With the commitment of the students and staff at the Coaticook professional training centre (CRIFA) to do the actual installation, the Aviva grant of \$100,000 that the home is looking for would cover the costs completely.

Bécotte admitted that the idea was largely inspired by the Wales Home's therapeutic garden project which won an Aviva Grant in 2010, although she pointed out that the clientele would be a bit different.

"We are the first palliative care home that I am aware of that wants to install a therapeutic garden like this," the Director General said.

JIVI, meanwhile, is looking for financial support for an expansion project they have planned.

"Over the last five years we have seen a 142 per cent increase in telephone interventions," explained Clement Vallières, deputy director of the

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Empowered girls share thoughts with political leaders



MATTHEW MCCULLY

Bishop's student Gelsey Latonio spent the day on Parliament Hill recently with Marie-Claude Bibeau, Minister of International Development and La Francophonie and Member of Parliament for the Compton-Stanstead riding, as part of an initiative to give young girls a voice in decision-making.

By Matthew McCully

Bishop's student Gelsey Latonio recently had the opportunity to spend the day on Parliament Hill, side by side with Minister of International Development and La Francophonie and Compton-Stanstead MP Marie-Claude Bibeau.

Organized by Plan International Canada, the day on the hill was part of a global campaign to mark International day of the Girl, challenging po-

litical, social and economic leaders around the world to invite girls to share their views directly with decision makers.

"It was a full day," Latonio said, of her Ottawa visit on Oct.3. "I would have expected nothing less."

"I felt like I was part of the whole experience," she commented.

Latonio said the day began by sitting down with Bibeau and learning what her position entails.

She said Bibeau started with a blank

piece of paper, and by the end of the explanation, it was full with titles, illustrations and arrows pointing from one department to another.

"By the end of it, this is one woman with three full-time roles," Latonio said, surprised by the amount of work Bibeau accomplishes in a day.

Latonio was one of six other girls from across Canada shadowing cabinet ministers.

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AND CLOUDS

HIGH OF 18
LOW OF 9



THURSDAY:
SHOWERS

HIGH OF 18
LOW OF 0



FRIDAY:
SUNNY

HIGH OF 9
LOW OF -1



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 15
LOW OF -1



SUNDAY:
CLOUDY
PERIODS

HIGH OF 15
LOW OF 9

KEEPING IN TOUCH

Free October health and wellness events



When it comes to your health, information is important which is why Townshippers' Association is proud to be a part of several free health and wellness events this month.

Caregivers, it's easy to forget about your own health when you're busy caring for a loved one. Mental Health Estrie, in partnership with Townshippers', Bishop's University and Université de Sherbrooke, invite you to join us for 'Who cares for the caregivers?' a mental health and wellbeing session on October 21, 2016, 7pm at Lennoxville's Amedée Beaudoin Community Center (10 Samuel-Gratham).

Amanda Rocheleau, registered social worker and certified compassion fatigue therapist, will explore this topic and help family caregivers as well as professionals recognize signs of compassion fatigue and burnout. This session, which includes a question period, will also offer insight into better understanding your personal and professional needs with practical strategies and skills for self-care and prevention of burnout. Everyone is welcome, light refreshments will be served, and admission is free so bring a friend.

Richmond has a vital, English-speaking community whose roots run deep. The Richmond & Region Community Learning Center (CLC) is excited to be hosting their first ever 'Health and Wellness Fair' on October 22, 10am - 2pm (375 Armstrong, Richmond), which will provide a gateway to community and healthcare resources in the greater Richmond area.

Held in partnership with the CLSC Richmond (CIUSSS de l'Estrie - CHUS),

Townshippers', and Valfamille, this Fair will give community members a better knowledge of local community-based services that they can use and let them meet local representatives from organizations, businesses, and clubs that offer services in the recreation, community, volunteer and health sectors.

Throughout the day a series of short 15-minute presentations or workshops, in English, will provide information on special topics or actions that are making a difference in the community. The Department of Public Health of the CIUSSS de l'Estrie - CHUS will give the opening presentation about the health status of the Estrie's English-speakers.

Learn more about stress versus anxiety, panic attacks and management tools during 'Stress, Anxiety, and Panic Attacks Throughout the Life Cycle.' Townshippers' and the Memphrémagog CLC present this Community Health Education Program (CHEP) live videoconference on October 19, 10am - 12pm, at the CLC in Princess Elizabeth Elementary school (120 Bellevue, Magog). Guest speaker Dr. Camillo Zacchia, a Psychologist/Senior Advisor at the Douglas Institute who specializes in the treatment of anxiety disorders, depression and interpersonal problems, will provide information and answer questions.

Learn how to 'Take The Pressure Off' of high blood pressure on October 19, 10am - 12pm, at the Richmond Regional CLC. Following this CHEP DVD presenta-

tion, a resource person will be available to answer questions.

CHEP sessions are a CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

Food For Thought speaker change

Unfortunately, our featured speaker, Sergeant Patrice Grégoire, has an unanticipated conflict and is unable to present his session on senior aware fraud and abuse this Friday, October 14. Instead we are pleased to welcome Greg Bishop, Executive Director of the Masawippi Retirement Communities Project, who will provide an alternate program focused on the Grace Village Pavillion project in Huntingville, a vision for renewal which brings together two historic nursing homes, Grace Christian Home and the Connaught Home in a modern facility with optimized services. The \$7 lunch will continue to take place at noon, at St. Paul's United Church hall, 211 rue des Pins, Magog.

For more information on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in The Record and visit us on Twitter @Townshippers, Facebook and our website www.Townshippers.org. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717 or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421.



ANNETTE KRAH

To help Townshippers of all ages to prioritize their health, Townshippers' Association is proud to partner with local organizations, such as Mental Health Estrie and the Community Learning Center's in Richmond and Magog, to offer the community several free health and wellness events during the month of October.

Ben by Daniel Shelton



LOCAL NEWS

"It was magical" the general manager said. "People were so happy."

Lantern walk a success despite the rain

By Gordon Lambie

Kristelle Holliday, General Manager of the Theatre des Petits Lanternes theatre company in Sherbrooke, hailed the group's weekend "River of lights" event as a great success, despite the fact that the Saturday night parade through the streets started just a short time after the rain began to fall.

"It was a fantastic, beautiful weekend," Holliday said. "It started raining at the very moment that people were going to be leaving their houses to come and pick their lanterns up, so I think we lost a few people then, but that being said we still counted 700 people."

Those who did brave the rain on Saturday night walked the streets of downtown Sherbrooke with lanterns made in workshops at different public events over the last several months. Along the way they followed the lead of a local percussion group through a series of pop-up performances before arriving at a night market hosted at the Marché de la Gare.

"It was magical" the general manager said. "People were so happy."

The market, Holliday said, was a particular success

"We had some of the merchants say-

ing that they made the same amount of money in an hour and a half as they make on one of their very best days at the market," she explained. "That is awesome and exactly what we wanted to hear."

Though Holliday said that the organizers were annoyed by the timing of the rain, ultimately she said that the turnout and the overall atmosphere didn't seem to have suffered too badly.

"We chose to work outside," the general manager said. "We work with whatever is thrown at us and you can't be disappointed by this because it's part and parcel of that decision."

The outdoor theatrical production, "Il faut aller par là" drew 140 to its first show on Sunday evening, and Holliday said that even though that event was only open to those who had purchased tickets, the set up still drew a great deal of attention.

"Cars kept stopping by as we were installing," Holliday said. "One of the busses stopped as well and the driver poked his head out to ask what's going on (...) We feel as if it's something which people responded to. We're really, really looking forward to hearing comments back because we always like working



COURTESY OF CLAUDIA ARANA

Those who braved the rain to walk in "the river of light" on Saturday night were witness to a number of mystical pop-up performances like this one in front of Sherbrooke's city hall.

with the comments to see what we should do in the future."

The Rivers of Lights program includes two more days of performance in November, when dancer Élise LeGrand will

perform a work along the walkways Magog River Gorge.

More information about the work of the Theatre des Petits Lanternes is available at <http://petiteslanternes.org/en>.

Aviva votes

CONT'D FROM PAGE 1

organization, "We are really bursting at the seams, and this is excellent news, because it means that more people are asking for help, but it means that we need to improve our services to be able to adequately respond to the need."

Vallières explained that the organization is vying for \$100,000 in order to help expand their existing resource centre and help provide additional support for grieving families.

"The 100,000 would make up a significant part, that's why we really want people to vote," the deputy director said. "We are looking for the support of the population,"

Vallières explained that the square footage of the expansion has already been planned out, but that the exact layout and design has yet to be determined.

Both Vallières and Bécotte expressed a great deal of excitement about the fact that the rules of the competition have been changed this year to allow a voter to use all of the 18 votes they have for the initial voting period in one shot. In the past, Bécotte explained, people needed to return to the website each day in the 18 day period to cast a new vote.

Other projects within the Townships include an initiative

to turn the Merry House in Magog into a history centre, a range of therapeutic activities for the Habitations Hestia project in Coaticook, and an undertaking called the GIOIA Project in Austin

More information about the origins and details of the community fund, as well as information about all of the projects being promoted across the country, is available at www.avivacommunityfund.org.

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School Page

Knowlton Academy

Knowlton Academy playground opening

It's official! Knowlton Academy's new playground is open and ready to welcome not only the students but any Knowlton resident who wants to enjoy some outdoor fun in a warm and welcoming environment. The newly updated space has something for everyone and epitomizes the true community spirit of Knowlton Academy.

Principal Renalee Gore was visibly moved as she addressed the crowd of students and invited guests at the ribbon cutting ceremony on September 30th. "Today's event is an opportunity to celebrate and officially thank all our partners and donors without whom we would not have been able to realize this project," said Ms. Gore.

And that list is a lengthy one. The project received financial support from the Town of Brome Lake, represented at the ceremony by Mayor Richard Burcombe, the Eastern Townships School Board, represented by Chairman Michael Murray and Commissioner Richard Gagne, the Quebec Government (MEES) represented by Christine Belanger of Pierre Paradis's office and a grant from the Brome Missisquoi Pacte Rural represented by Tanya Szymanski. Ms. Gore

also acknowledged the enormous contributions of local businesses and community and parent volunteers and the school staff for their support.

The project was lead by the creative mind of "playground visionary extraordinaire" Susan Muir. The new space is definitely multi-functional with many fun-filled activities such as a giant chess/ checkerboard set but it is also a place to enjoy a good book in a peaceful and beautiful setting- perhaps on the new Friendship bench.

One of the more impressive additions is the spectacular outdoor classroom- a lovely wood gazebo with benches and a blackboard- that is already being used regularly by staff and students. The classroom is emblazoned with the Knowlton Academy motto- Dream Big, Work Hard, Persevere, Have Someone Who Believes in You and You Will Be Successful. This motto is the guiding force at Knowlton Academy and it was certainly evident in every stage of the new playground project.

There is no doubt that the new playground is an impressive space but it's still not quite done yet. There are plans for additional landscaping including a

fairy table and stools by a new willow tree, more trees, shrubs and flower gardens and a brand new twisty slide. Truly

a space that will be enjoyed by students and community members for years.



COURTESY

Missisquoi North Youth centre receives Canada Post Community Foundation Grant



THE SCOOP

MABLE HASTINGS

Recently, the Missisquoi North Volunteer Centre (CAB) Youth Program received a grant in the amount of \$2160.00 from the Canada Post Community Foundation for a young leadership program in the Mansonville area.

Under the animation of the youth centre staff, the project focuses on the building of young leaders, increasing positive self-esteem, providing youth with the tools needed to work with others while strengthening their own personal development. As the youth acquire these valuable life skills, they will likely become more implicated and involved in their community.

The program will bring together small groups of youth to discuss issues that weigh heavily on their hearts and minds and will encourage dialogue, peer support and problem solving. Topics

will include: bullying and intimidation, celebrating differences, body image, healthy mind and spirit...

From January to June a pilot project was created with five girls aged seven to eleven participating. The results were clearly visible and in a fifteen minute interview with CBC radio that aired in July, the participants shared their positive experiences and spoke about how the program had empowered them. Using the skills attained, improvements were noted at the school level as well as socially.

The grant will enable the Youth Centre to create more of these intimate groups; providing a safe place to talk, share and grow. The funds from Canada Post will purchase the materials needed and the animators hope to have three groups for younger aged kids and at least 2 for teens. They also plan to implement portions of the program into their existing weekly Boys and Girls groups which will allow them to reach even more kids. The program will start immediately and the Youth Centre hopes to be building, boosting and encouraging young leaders of all ages.

The Canada Post Community Foundation for children's visions is to help ensure every child in Canada is happy, healthy and part of a community that supports and cares for them. Its mission is to have a positive effect on the lives of children in the communities Canada Post serves by supporting registered

charities, school programs or local initiatives that benefit children. It has granted more than \$4 million to over 300 community organizations across Canada. The support of the Canada Post Community Foundation is a wonderful gift to the Missisquoi North youth centre as it will surely help the youth in the leadership program to become further

engaged, confident and productive. To learn more about the Foundation, visit: canadapost.ca/community. For more information about the Leadership Program or to learn more about the Missisquoi North Volunteer Centre, visit: www.cabmn.org



MABLE HASTINGS

Post Mistress, Barbara Taylor poses with some of the youth from the Missisquoi North Youth Centre "Boys group," who will benefit from the \$2160.00 Canada Post Community Foundation grant in Mansonville.

Dr. Morton to speak at Canadian Club of the Yamaska Valley

By Meredith MacKeen

Canadian Club of the Yamaska Valley is honoured to welcome Desmond Morton, Professor emeritus, to its Nov. 7 meeting at the Auberge West Brome. Dr. Morton will explore the important participation of the Sherbrooke regiment at the battle of Normandy during World War 11. He is well qualified to address this unknown story.

Dr. Morton has written over 35 books, focusing on topics such as the Canadian military and Canadian political and industrial relations. He was born in Calgary and studied at College Royal de St. Jean, Royal Military College, Oxford University as a Rhodes scholar and London School of Economics.

From 1954 to 64, he was in the Canadian army, where he became a captain. Later he began a teaching career at University of Toronto and transferred to McGill University in Montreal. He has been an advisor to several politicians including Tommy Douglas and Brian Mulroney. In 2012, he was awarded the Order of Canada.

The Canadian Club of the Yamaska Valley fosters an interest in public affairs and cultivates an understanding of Canadian culture. It is non-sectarian, non-partisan, non-political and non-profit. New members are welcome to join for an annual fee of \$35 per person. Meetings are the first Monday of the month at 2 o'clock at Auberge West Brome. For more information 450-372-4562

Empowered girls

CONT'D FROM PAGE 1

In the afternoon, the girls were permitted to sit in for question period.

"It's usually very exclusive," Latonio said, adding that one of Latonio's peers even got to ask a question.

After her time with Bibeau, Latonio continued on to an event kicking off Women's History Month, where she sat on a panel discussing gender equality.

Bibeau didn't hesitate to spend the day sharing with and learning from Latonio, saying, "It's our responsibility to give opportunities like this to young women."

Bibeau added that keeping youth interested in politics in general is important.

"The first thing is to get involved in your community," Bibeau said, by volunteering and building a network of contacts.

"That is how you become a leader," she said.

While politics has traditionally been an arena dominated by men, at 21-years-old, Latonio is growing up at a time when she can look to the Canadian minister of international development as a role model, and watch a woman run for the office of president of the United States.

When asked what her aspirations were at Latonio's age, Bibeau explained at that time she would have been working for the Canadian International Development Agency (CIDA).

"At her age, I thought I could be an ambassador. That was the top I could see," Bibeau said. "I'm a minister now, that's not bad either," she laughed.

There is still a lot of work to be done, according to Latonio.

The Record asked how Latonio felt about a U.S. presidential candidate making comments associated with rape culture.

Latonio replied that her future goal is to work in media. Not dignifying the comments with a re-

sponse, she pointed out that it is important for media to properly set the tone for how to address and diffuse issues of that type in society.

"It's discouraging, but it leaves the responsibility to girls like me to turn things around," Latonio said, undeterred.

In a global context, Bibeau said that women and girls are at the heart of new international development policies.

"They are agents of change, and development, and peace," she said.

Fully empowered with equal rights, Bibeau said that women could contribute upwards of \$12 trillion to the global economy.

Bibeau referred to international programs to provide health services to women, defend their rights, outlaw genital mutilation and provide economic opportunities.

During her travels, Bibeau was told the story of a woman who was provided with training in the agricultural sector.

The woman's new skill set allowed her to earn a living and keep her children in school. Because they were educated, they were given access to more opportunities, and her daughters were able to avoid being forced into an early marriage.

"When women are empowered, it has an impact on the whole family," Bibeau said.

The next step for Latonio is to continue discussions about gender equality.

"It's so good to expose them," Latonio said, adding that even young girls should hear the term gender equality and learn what it is, and why it is important.

Bibeau said she is currently working on building a youth council for the Compton-Stanstead riding. The idea would be to meet a few times per year, to stay connected with youth in the area and hear what their priorities are. Anyone interested can submit their candidacy through Bibeau's website, she said.

Firefighter blood donor clinic results

By Bruce Porter

The annual Sherbrooke Firefighter blood donor clinic held last Thursday and Friday attracted an impressive total of 482 donors. Organizers had set the objective at 550 over the two days, but very nice weather and the long holiday weekend may have played a part in the slightly-lower-than-expected numbers. The committee was also pleased that 55 first-time donors showed up for their initial 'gift of life'.



MATTHEW MCCULLY

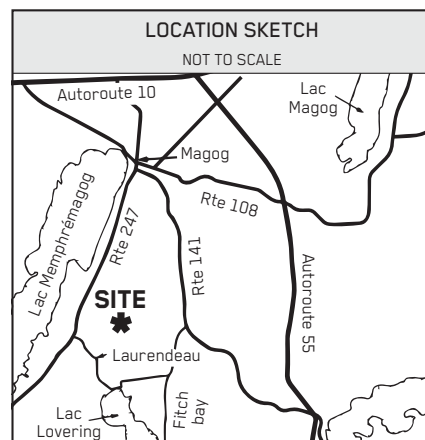
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This structure will be used by Videotron for its recently launched network, next generation LTE (Long Term Evolution), offering a faster and smoother performance experience than ever, while reaching a greater number of users.

A public information session concerning this project will be held on October 26th, 2016 at 19h00, at the boardroom of the city hall of Magog, situated on 7 main street East, Magog.



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EDITORIAL

Younger Quebecers have also grown up in a Quebec society entirely different from the Catholic isolation of their parents.

Fleurs de Lisée



MIKE McDEVITT

The Parti-Québécois elected a new leader Friday, but not a newcomer. Jean-François Lisée in fact, couldn't be more old school.

Lisée has been a major player in Parti-Québécois politics since the early nineties when he served as advisor to former Premiers Jacques Parizeau and Lucien Bouchard, playing a major role in the narrowly-defeated 1995 referendum strategy. He is also considered an 'ideas man' - with degrees in both Law and Communications - and has written several books and articles on Quebec politics, nationalism, and sovereignty. He also had a stint as a Quebec Cabinet minister in the short-lived Marois Interruption, playing a leading role in promoting the ill-fated Charter of Values that sparked the PQ's eventual trouncing by the great Couillard tsunami.

Lisée's greatest selling point in his successful leadership run was his commitment not to hold a referendum on sovereignty in his first mandate, essentially relieving us of this anxiety until 2022 at the earliest. It was not, however, the reason he was ultimately elected. The finger there, it seems, is the ideological split that runs between the party's most loyal supporters and the generation that it depends upon to fill its ranks.

Lisée's battle to gain his party's leadership was not an easy ride and he first had to overcome a huge lead enjoyed by Alexandre Cloutier, a 39-year old 'wunderkind' who had seriously challenged Pierre-Karl Péladeau in the race to replace MaTante Marois.

Cloutier represented a younger generation of PQ enthusiasts who has entirely different view of Quebec nationalism, preaches inclusiveness, and talks about improving relations with indigenous communities. Like Lisée, Cloutier is not an advocate of a mad rush to sovereignty

and, unlike third-place finisher Martine Ouellet, refused to commit to a first-term referendum, leaving that decision up to party leadership prior to the next general election. He also enjoyed the support of two former PQ leaders and a sizable chunk of the current PQ caucus.

By getting the referendum issue out of the way immediately, Lisée at once destroyed the party's biggest electoral weakness and outflanked Cloutier by removing the threat of an electoral albatross that the voters would not support and which its elected officials feared. On the other hand, he doubled down on the identity politics reminiscent of the Charter, by calling for a reduction in immigration to ease assimilation. Cloutier on the other hand, offered a more inclusive vision of society - one that reflected the more cosmopolitan attitudes of the younger generation.

In the end, Lisée triumphed on the second ballot of a three-day leadership election that was open to more than 70,000 party members with just over 50 per cent of votes cast. In doing so, he pointed the way to what we can expect from party recovering from the worst election humiliation in its history. With a referendum on the back burner, the party can start to rebuild a coalition that would allow it to at the very least compete meaningfully against the Liberals if not wrest power from them. The party can now begin to hammer together a meaningful platform and offer policy driven opposition to the Couillard machine and its embrace of permanent austerity. It can also try to derive a vision of a sovereign Quebec that will resonate with and motivate younger Quebecers, who are notoriously less likely to vote.

In the meantime, Lisée's resumption of the identity struggle does resonate with baby-boomer Quebecers whose nostalgia for old-fashioned 'le Québec pour Québécois' nationalism hasn't waned even as their children harbour a broader, global outlook. Young Quebecers have a knowledge of the oppression sometimes suffered by their parents and grandparents, but not the experience and have not grown up with the sting of feeling like second-class citizens. They learn English not because it is the immediate tool of their oppressor, but because it's their most useful tool for accessing a wider world. While boomers might have



grown up resenting that they had to speak English to get a job in a shop in Bromptonville, their children want to be able to get jobs in Hong Kong or Los Angeles.

Younger Quebecers have also grown up in a Quebec society entirely different from the Catholic isolation of their parents. Bill 101 ensured that Quebec's majority language youth would be exposed to a wide variety of immigrant classmates who have been assimilated to a large degree into francophone society. Latinos, Africans, Haitians, Serbs, Vietnamese, and Chinese communities have infiltrated most urban settlements and have had a deep impact on society at large, broadening our cultural horizons in terms of music, films, and even food. As a result, this demographic felt great unease with the aggressive xenophobia represented by the PQ's Charter. Lisée's moderate-sounding proposal to reduce immigration could be easier to swallow.

In catering primarily to older sovereignists, Lisée is counting on this group to keep the party alive as it attempts to rebrand. Since there is no longer the menace of a referendum any time soon, he is hoping that they can form a solid foundation upon which they can rebuild the labour-media-academic coalition that once made them such a powerful force in Quebec politics and society. They can attempt to woo back defectors to the CAQ and Québec-Solidaire and take on the Couillard Liberals with cohesive force.

On the other hand, time is ticking away and it is safe to say that by 2022, a goodly number of the PQ's elderly sup-

port will have shifted off this mortal coil. Future electoral - and referendum - success depends on their being replaced by younger, enthusiastic partisans willing to bring the province to the brink once again on an endless march to independence.

In order to accomplish this, Lisée is hoping to heighten the sense of urgency and a real conflict with Ottawa to achieve its ultimate goal. In this regard, immigration will once again be key. As the debate over the Charter revealed, many Quebecers - like people all over the world - are distressed by the rapid changes their society is experiencing. Here in Quebec, our lily-white Christian heritage is being challenged by a new kind of newcomer - one that has distinct traditions, worships a different God, and speaks in unfamiliar tongues. While most westerners have not responded with the hysteria displayed by our friend and neighbour to the south, the unease underlying it exists everywhere where custom and tradition is being challenged by new or foreign ideas. Even the most open-minded are uneasy about burkhas, and 'reasonable accommodation' has yet to be adequately defined.

We can only expect Lisée, the master strategist, to continue along the same lines that brought him to the leader's chair. That means he - and the party - will continue to fan nativist fears of immigration and 'accommodation' and use it as a wedge against multicultural Ottawa in the struggle for independence. At least this time it won't be the English who are designated 'les autres.'

THE RECORD

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PRINT SUBSCRIPTIONS

QUEBEC:	1 YEAR	GST	PST	TOTAL	
	135.60	6.78	13.53	\$155.91	
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

Sutton Remembers 1916

By Comrade Robert Gaudreau
Service Officer Branch #158

You may recall that last year your Legion publicized its plan to commemorate the sons of Sutton who were killed in action (KIA) on the centennial of each year of the duration of World War 1. The aim of this approach was to remind all that the great publicity made on the anniversary of the start of the war should not erase the fact that Suttonites was fighting in the mud of Flanders for years to come.

In 2015, with the help of our Legion historian Comrade Jocelyn Vachon, the memory of Gordon Cook (KIA 24 April 1915), Joseph Hall (KIA 24 April 1915) and George Whitford (KIA 20 October 1915) were honoured on the 11th of November ceremonies.

This year we will commemorate the loss of Sgt. John Dalton, a blacksmith by trade, age 24, serving with the 5th Canadian Mounted Rifles, KIA on 1 October 1916, in the attack of the Regina Trench at Courcellette, France. His remains are

buried at the Vimy Memorial.

Lt. Norman MacDonald, an electrical engineer, age 25, also serving with the 5th Canadian Mounted Rifles, KIA by a high explosive shell before the battle of Mount Sorrel in Belgium on 19 May 1916. His remains are buried at the Poperingh Cemetery in Belgium.

And finally, Pte. George Westover, age 26, labourer by trade, serving with the 1st Battalion, KIA by a mortar bomb near Mount Sorrel in Belgium on 9 July 1916. His remains are buried at the Ypres

Cemetery in Belgium.

Much has changed in Sutton since 1918 and many families whose ancestors served in WW1 have settled in the area since. Their memories should not be forgotten and their names should be brought to the attention of the undersigned to ensure they are included in the Armistice ceremonies in November.

Please consult Volume 20 of Heritage Sutton Sketchbook for an excellent and well researched article on the contribution of Sutton residents in WW1.

Sherbrooke men could be charged for illegal water park use

Record Staff
SHERBROOKE

Two young Sherbrooke men could face charges after high speed sliding at Bromont's La Torpille Waterpark, while the water park was closed. Simon Drouin and Martin Lacroix

filmed their antics in order to participate in the GoPro Line of the World Contest.

The 42-second video was shot on September 9 in the late afternoon after the season was over. They repeated the exercise a dozen times.

The video was removed from YouTube

on October 7, but not before it had racked up more than 550,000 views and been shared by numerous users. Several bike magazines also shared the video.

When contacted by Granby's Voix de l'Est the two Sherbrookers said they didn't do anything wrong, claiming that nothing was broken and that the slide

was accessible to anyone with a minimum of motivation.

In spite of this, both men are willing to accept the consequences of their actions. "If there is a fine, we will pay it, but you must understand that we didn't hurt anyone," they told the paper.

Sherbrooke man killed in highway crash

Record Staff
SHERBROOKE

A 42-year old Sherbrooke man was killed in a car accident late Monday of Highway 20 eastbound near Saint-Eugène and Saint-Nazaire-d'Acton. Police were called at around 11:40

p.m. to find that Patrick Beaulieu alone in his vehicle, after he had driven off the road to the left and struck a culvert, says Sûreté du Québec spokesperson Sgt. Hugo Fournier. The vehicle had rolled over on impact and landed on the westbound section of the highway.

Witnesses reported that Beaulieu had

suddenly left the road for a reason that has not been confirmed. Crash scene investigators were dispatched to the scene, which required the full closure of Jean Lesage Highway until to 5:30 the following morning

"The investigation will determine what may have caused this violent crash,

but for now speed and alcohol are not considered factors. We'll focus instead on theories of distraction and fatigue," said Fournier.

When at the hospital in Saint-Hyacinthe, Beaulieu had severe injuries to the head and he died soon after arrival.

Éva-Senéal library reopens with new hours

Record Staff
SHERBROOKE

The Éva-Senéal municipal library reopened this morning following major redevelopment work undertaken for the last month.


Furthermore, beginning today, members of the Éva-Senéal and Rock Forest libraries now offer new opening hours to better meet their needs:

Éva-Senéal Municipal Library

Saturday, Sunday: Monday, Wednesday, and Friday: 10 a.m. to 5 p.m.
Tuesday, Thursday: 10 a.m. to 8 p.m.

Rock Forest District Library

Sunday Monday: - closed
Tuesday, Saturday - 10 a.m. to 5 p.m.
Wednesday, Thursday Friday - 2 to 8 p.m.



Honor & REMEMBER

Join
THE RECORD

in saying thank you to our veterans

PHOTO OF YOUNG CANADIAN SOLDIER

Name: _____

Hometown: _____

Age when enlisted: _____


Regiment: _____

Served: _____

A few words about him: _____

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours. They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom. The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war. Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you. The Record will publish a special section November 10 on Townshippers' contribution to the war effort.

Send photos before November 4 to classad@sherbrookerecord.com



If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525



THE PET CONNECTION



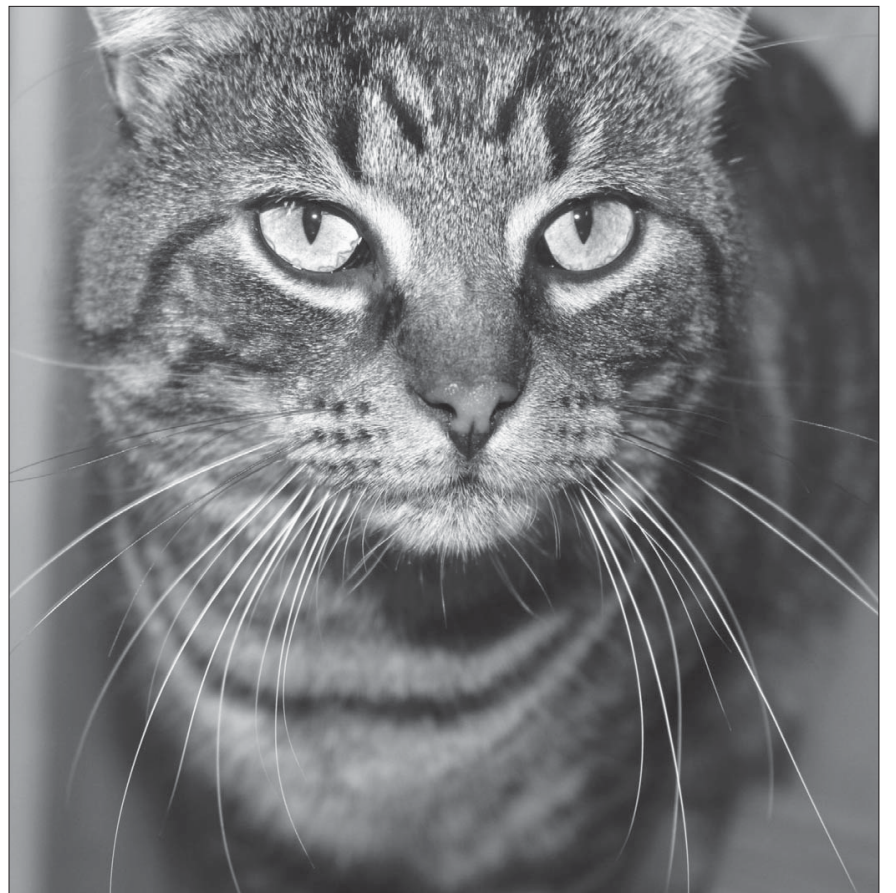

Jen Young



Mouse is 2 years old now. She came to us as a young pregnant stray that was very very ill. After much vet attention, we saw a miracle and we were able to save her, but we could not save her kittens unfortunately. But, Mouse is a sweetheart and has recovered 100% and is waiting for her second chance at life and love.



Simon is about 5 years old now. He came to us after he was found frozen half to death. His ears will stay in the shape they are in due to the frost bite, but Simon has forgotten all about the horrible ordeal and is now waiting for a real chance at a family.



Vlad is a big tabby who was once stray and scared. Now, he continues to get bigger and healthier and happier and now all he needs is for a real family to give him what he never had before; a real home.

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.

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**Centraide
Estrie**

At Centraide, our mission is to fight poverty and social exclusion by acting on the factors that are most likely to bring about lasting and significant change in people's lives.

To ensure your donations change lives for life, Centraide supports a vast network of agencies that work in four areas of action: support youth success, take care of the essentials for families, break social isolation and build caring communities



24 agencies to...

SUPPORT YOUTH SUCCESS

In Estrie, too many families still lack the resources and support to provide their children with the right conditions to develop.

Too many children start kindergarten unprepared and accumulate multiple delays that may impact their entire school careers.

Too many teens leave school without a diploma and risk becoming adults with low-paid and insecure jobs and risk getting caught up in a cycle of poverty that their children will likely fall.



12 agencies to...

TAKE CARE OF ESSENTIALS

Housing is an essential need. However, in Estrie, many people live in inadequate housing or housing they can't afford.

No family should spend more than 30% of its household income on rent. But when you work for minimum wage, it's impossible not to exceed this ratio. And since rent and bills have to be paid first, other essential needs such as food and clothing get cut.



25 agencies to...

BREAK SOCIAL ISOLATION

Some population groups are more at risk of poverty and social exclusion than others and experience hardship because of family breakups, aging, functional limitations, mental health problems, difficult periods of change, or a recent immigration.



7 agencies to...

BUILD CARING COMMUNITIES

Neighbourhood residents, organizations and institutions are joining forces more and more to find solutions to the problems they encounter.

Through local round tables, they come together to work on issues related to poverty and social exclusion.

Local Sports

"It's probably one of the hardest things to do as a professional golfer, not get too far ahead of yourself," he said

Canadian golfer Mackenzie Hughes set to make debut as full fledged PGA member

By Adam Stanley
THE CANADIAN PRESS

Patience is paying off for Canadian golfer Mackenzie Hughes.

Things are falling into place for the 25-year old from Dundas, Ont., who will be making his debut as a full-fledged PGA Tour member this week at the Safeway Open in Napa, Calif. Next week he'll marry his long-time partner Jenna Shaw in a ceremony in his adopted home of Charlotte, N.C.

"To be where I am now is kind of surreal when I think about it," Hughes said over the phone en route to the West Coast. "Even though things were dragging along this summer, early on, everything's happened relatively quickly from last year to where I am now. I'm grateful, but by no means do I think I don't deserve it. More than anything, I'm just excited to get going."

Hughes has learned to temper that excitement while looking for his path to the PGA Tour. His approach paid dividends when he captured the Price Cutter Charity Championship on the Web.com

Tour in August and finished 17th on that Tour's money list. The top 25 finishers earn a spot on the PGA Tour for the following season.

Hughes' maiden victory came after he rolled in an 18-inch birdie put on the final hole to win by one shot.

"It's probably one of the hardest things to do as a professional golfer, not get too far ahead of yourself," he said. "There were tons of times when I got ahead of myself, about what the win would mean for me and my family, and then brought myself back."

The two-time Canadian Men's Amateur Champion (2011 and 2012) captured the Order of Merit title in 2013 on the Mackenzie Tour-PGA Tour Canada, which gave him full status on the Web.com circuit in 2014. But he struggled, admitting he was inexperienced for such a big stage.

In 2015 he returned to the PGA Tour Canada, where he finished 13th on the money list. He earned a spot on the Web.com Tour last winter in a qualifying tournament.

"When we launched the Mackenzie Tour as PGA Tour Canada in 2013, we

hoped to see many journeys like Mackenzie's unfold," said PGA Tour Canada Tour president Jeff Monday. "Seeing players benefit from their performances in Canada and then go on to prove themselves a the next level is certainly encouraging."

Hughes was part of Golf Canada's national team program as an amateur and remains involved today. Hughes' coach is Derek Ingram, who leads the national team and was at the helm of Canada's Olympic golf team in Rio de Janeiro.

"The recipe Mackenzie has been using the last few years to get on the PGA Tour is almost exactly the same recipe he needs going forward," Ingram said. "We are going to work on the same plan, be disciplined and professional in his approach, and just continue to be Mackenzie Hughes."

"We're going to focus on getting a little bit better, but not search for unicorns out there. He knows if he plays his game, he will have plenty of success."

Hughes connected with fellow Canadian PGA Tour golfers David Hearn and Nick Taylor prior to this week. Both advised Hughes on what they wished they

could have done differently in their first seasons on Tour.

"They had great advice for me. It's nice to know what some of those guys learned in their first year and just put it in my back pocket," said Hughes. "I'm not going to play with Rory McIlroy one day and change my swing to hit it like him. It's important to have that belief that what you did to get there (the PGA Tour) is good enough."

Where Hughes finished on the Web.com Tour's money list determined what PGA Tour events he will be able to get into during the six-tournament 'Fall Series' portion of the 2016-17 Tour schedule. He does not have enough status to pick-and-choose the rest of his schedule like veterans Hearn or fellow Olympian Graham DeLaet.

His wedding will keep him from next week's event in Kuala Lumpur, but he will return for the Sanderson Farms Championship — won by Taylor in 2014.

Taylor, Hearn, DeLaet, Adam Hadwin, and fellow Web.com Tour graduate Brad Fritsch are also in the field at this week's Safeway Open, which begins Thursday.

D'Amour and Whitfield claim Provigo, Robert Lafond athlete of the week honours

By Marty Rourke
Bishop's Univeristy

A pair of golfers earned Provigo, Robert Lafond Athlete of the Week honours after leading the Bishop's Gaiters at the 2016 RSEQ Championship last week. Patrick D'Amour and Zoe

Whitfield were announced on Tuesday after the Thanksgiving long weekend.

D'Amour, a third-year psychology student from Sainte-Lazare, Que. returned to lead the Gaiters to a fourth over finish at the RSEQ Championships. It was the best result for the Gaiters at an event since the Golf Quebec point system was

adopted in 2012.

Individually the team captain fired rounds of 77-76-78 for a total of 231 and a T-18th finish. The RSEQ Championship was held at the Ki-8-Eb Golf Club in Trois-Rivieres, Que. It was D'Amour's first event of the year after injuring his wrist at the end of the summer.

"Patrick came back and made sure to lead by example," said Gaiters head coach Marty Rourke. "Not just on the course but off as well he made sure everyone was ready to perform at their best. He quickly erased any doubts we had that his wrist would be an issue and really put up some great scores."

D'Amour tied teammate Connor Lyon for 18th in the event.

On the women's side Zoe Whitfield of Calgary, Alta. recorded her best tour-

namment of the year at the RSEQ Championships. She finished in 17th place after firing rounds of 87-98-93. Whitfield was the lone Lady Gaiter to compete in all three events this fall, leading them at each one.

The second-year business student finished her season in style. She birdied the par-3 ninth hole to complete her round and post her best overall score of the year.

"Zoe is an excellent role model for any aspiring golfer," added Rourke. "She works hard on her game and is extremely deserving of this honour. We look forward to having Zoe in purple and silver for at least two more years."

The Gaiters golf season has officially come to a close. They will now turn their focus to the 2017 campaign.



BISHOP'S UNIVERSITY

Patrick D'Amour



BISHOP'S UNIVERSITY

Zoe Whitfield

ETIAC Soccer schedule Oct. 12 to Oct. 16

Bantam Girls

Thursday Oct.13 Salesien at Galt 4:15
Thursday, Oct.13 MVR at RRHS 4:30

Bantam Boys

Thursday, Oct 13 Salesien at Galt 4:15
Friday, Oct 14 Galt at BCS 4:15

Junior Girls

Thursday, Oct.13 MVR at RRHS 4:30

Junior Boys

Wednesday, Oct 12 MVR at SC 4:15
Thursday, Oct 13 Salesien at Galt 4:15
Friday, Oct 14 SC at Salesien 4:15
Saturday, Oct 15 Salesien at BCS 12:00

Senior Girls

Wednesday, Oct.12 Galt at BCS 4:15

Senior Boys

Wednesday, Oct 12 MVR at SC 4:15
Wednesday, Oct 12 Galt at BCS 4:15

Death



**Keith Mason Mizener
(1929-2016)**

It is with heavy hearts that we announce the passing of Keith Mizener at the Brome-Missisquoi Perkins Hospital on October 10, 2016. Keith was predeceased by his loving wife, Janet Blackwood Mizener in 2005. Keith leaves to mourn his four daughters, Leslie (Brian Forbes), Laura (Paul Enright), Shelley, and Sarah (Bruce McMahon). As well, Keith's grandchildren,

Jessica (Ian Ferguson), Allison and Gregory Forbes, Rebecca (James Schwerdel), Kayla, James and Veronica Enright, Harley Mines and Cody McMahon and two great-granddaughters Raena Schwerdel and Marlie Ferguson will feel the loss of their grandfather and all he meant to them. Also, sister-in-law Evelyn Blackwood French, friend Shirley Clarke and many close relatives and dear friends mourn his passing.

Keith was a life-long resident of Knowlton where he was passionately involved in the local community. He was active in sports and coached both minor hockey and baseball and later coached all four daughters in softball. He was a dedicated member of the Lion's Club and very involved in the creation of Lions Park. The Brome County Historical Society and our rich local history were also important to him. Most recently Keith volunteered as a co-host of the radio program Let's Talk Jazz on CIDI. He always had time for others and will certainly be missed.

Visitation will take place at Désourdy Funeral Home, 318 Knowlton Road, Knowlton, Que. on Friday, October 14th from 2 to 4 p.m. and 7 to 9 p.m. Funeral service will be held October 15th at 11:00 a.m. at St. Paul's Anglican Church. Interment at Knowlton Protestant Cemetery following the service.

In lieu of flowers donations in his memory can be made to the BMP Hospital Foundation (www.bmpfoundation.ca), Brome County Historical Society (www.bromemuseum.com), the Knowlton Academy Educational Gardening Project (kagardens.ca).

DÉSOURDY FUNERAL HOME
318 Knowlton Rd., Knowlton QC
E-mail: info@desourdy.ca

PHONE: 450-263-1212
FAX: 450-263-9557
www.desourdy.ca

Death



**Shirley Elizabeth
(Aldrich)
McAULEY**

Passed away peacefully at the CSSS de

Memphremagog on Thursday, October 6, 2016, surrounded by her loving family. Wife of the late Bruce McAuley. She leaves behind her children Cheryl Verlinden (late John Verlinden), Barbara McAuley (Alan Smith); her grandchildren Kim Bonin (Chris Buzzell), late Christina Verlinden, Angie Bonin (Bruce Buzzel), Philip Verlinden; two great-grandchildren Zack Smith and Paris Bonin; sisters-in-law Ruth McAuley and Nellie Keeler; as well as many nieces, nephews and friends.

As per her wishes, there will be no visitation. A celebration of her life will be held at St. Paul's United Church in Magog on Saturday, October 15, 2016. The family will receive condolences beginning at 10 a.m. and the service will start at 11 a.m. Interment at Pine Hill Cemetery. Luncheon to follow at the Church.

The family wishes to thank the 6th floor staff at the Magog Hospital for the care received by Shirley.

In lieu of flowers, please consider a donation to the St. Paul's United Church Building Fund.

Death

**Valerie Grace DUSTIN
(nee Piercy)
1935-2016**

Passed away peacefully in Knowlton, with her son and daughter at her side, Valerie Grace Dustin (nee Piercy) on October 10, 2016, in her 82nd year. Predeceased by her husband Royce (2012), she is survived by her loving children, Brad Dustin (Beverly) and Penny Rodrigues (Paul). Grammie is adored by 4 grandsons, Christopher, Tyler, Blair and Devin, and her great grandson Joshua.

To all the special people at the Manoir Lac Brome who attended to her care with kindness, a heartfelt gratitude and thank you.

Funeral service will be held at the Church of Ascension in West Brome on October 14th at 2 p.m., Rev. Tim Smart officiating, and a celebration of her life will follow at the Auberge West Brome. Donations in her memory to the Heart and Stroke Foundation or another charity of your choice would be appreciated.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
104 Buzzell St., Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

In Memoriam

HEARN, Remona (Laberee) - In loving memory of my sister, Remona, who passed away October 12, 2009.

As time passes, treasured memories

Become even more precious.

Never more than a thought away,

Remembered with love every day.

**MARILYN
AND FAMILY**

Notice of Interment

KIRBY, Winnona - An interment service for Winnona Wheeler Kirby will take place on Saturday, October 15, 2016 at 11 a.m. in the Johnville Cemetery. Her family will be pleased to have friends and relatives join them for a pot-luck lunch at the Bulwer Community Centre following the service.

Datebook

WEDNESDAY, OCTOBER 12, 2016

Today is the 286th day of 2016 and the 21st day of autumn.

TODAY'S HISTORY: In 1492, explorer Christopher Columbus' expedition made landfall in the Bahamas.

In 1892, the Pledge of Allegiance was recited by students in public schools for the first time, in celebration of the 400th anniversary of Columbus' voyage.

In 1945, the Allied Control Council in Germany decreed that the Nazi political party be dissolved.

In 2000, a suicide bomb attack on the USS Cole in Yemen killed 17 sailors and wounded 39.

In 2007, former Vice President Al Gore was awarded the Nobel Peace Prize for his efforts to increase public knowledge about climate change.

TODAY'S BIRTHDAYS: Dick Gregory (1932-), comedian/author; Tony Kubek (1935-), broadcaster/baseball player; Luciano Pavarotti (1935-2007), opera singer; Chris Wallace (1947-), TV journalist; Hugh Jack-

man (1968-), actor; Kirk Cameron (1970-), actor; Marion Jones (1975-), track and field athlete; Bode Miller (1977-), Olympic skier; Josh Hutcherson (1992-), actor.

TODAY'S FACT: The United Nations Population Fund estimated that the world's population reached 7 billion at the end of October 2011, but according to U.S. Census Bureau demographers, that number was not reached until four months later.

TODAY'S SPORTS: In 2003, Michael Schumacher won his sixth Formula One Drivers' championship, breaking a record held for 48 years by Juan Manuel Fangio.

TODAY'S QUOTE: "If they took all the drugs, nicotine, alcohol and caffeine off the market for six days, they'd have to bring out the tanks to control you." — Dick Gregory

TODAY'S NUMBER: 42 — the Answer to the Ultimate Question of Life, the Universe and Everything, according to Douglas Adams' comedy science fiction novel "The Hitchhiker's Guide to the Galaxy," published on this day in 1979.

TODAY'S MOON: Between first quarter moon (Oct. 8) and full moon (Oct. 15).



**DO JUST ONE THING
By Danny Seo**

Does shampoo or conditioner expire or go bad? Personal care products do expire, and using bad hair care products can damage your scalp and create more harm than good. The rule of thumb is any unopened bottles can last for around three years, and any bottle that's been used has a shelf life of 1 1/2 years. If you buy hair-care products on sale or in bulk or hoard small bottles from hotel rooms, keep this timeline in mind.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 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: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) **WITH PHOTO:** \$36.00 (\$41.40 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: clasad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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20 years 10,000 wishes

1-800-267-WISH
www.childrenswish.ca
The Children's Wish Foundation of Canada

Taxiing through life

WEDNESDAY, OCTOBER 12, 2016

Annie's Mailbox

Dear Annie: My wife is terrified of flying. Always has been. Back when we were deciding on a honeymoon destination, I convinced her we should try Hawaii – and she spent the flight so on edge that it must have taken years off her life. I felt terrible. It was the last time she went on a plane. That was 15 years ago.

Her phobia hasn't interfered too much with our lives up until now. We live within driving distance of all her extended family members.

The issue has to do with my parents, who live out of state. They used to come visit us once a year, and I'd usually fly out to see them once a year on my own or with one of our kids. But they're getting older, and traveling is becoming more difficult for them. I would really like my wife to visit them with me at least once a year. She loves my parents, but she's so petrified of flying that she doesn't even consider it an option.

Do you have any tips to help calm the nerves of an anxious flier? Or should I give up trying to convince

her? – Grounded

Dear Grounded: It's time to ground your wife's nerves. Try to talk to her about what it is she is so afraid of. Is it the actual flying or that she might have a panic attack on the plane? Inquiring about her fears will help her feel supported and more connected to you.

After she opens up, she might consider trying hypnotherapy, which some formerly anxious fliers swear by. Cognitive behavioral therapy, which asks people to examine their thoughts and the evidence (or lack thereof) that they have for their thoughts, is another option. If you still can't get her to agree to planes, there are always trains and automobiles. Although a road trip requires more time off work, who knows? Maybe the traveling time would be a great bonding experience for you and your wife.

Dear Annie: I get so many return address labels in the mail that I could wallpaper my whole house with

them! I did not ask for them, and I don't need them. They are such a waste. Could you please print the contact info for the office that people can call to get their names off these lists? You will be doing a lot of us a great service. – Spammed

Dear Spammed: The Direct Marketing Association is a trade organization comprising thousands of businesses that send direct mail. In the interest of placating the public, DMA built a website, DMAchoice.org, that lets you adjust settings to receive less or different promotional mail.

In addition, register with CatalogChoice (<https://www.catalogchoice.org>), whose stated mission is "to stop junk mail for good." Another such non-profit is 41pounds.org, named for the amount of junk mail the average American receives each year. There is no central database with which you can register to stop receiving all junk mail forever, but by dovetailing these free services, you can cancel a good amount of unwanted mail, reclaiming your inbox and sanity.

Send your questions for Annie Lane to dearannie@creators.com.

Monday, October 10, 2016 Sudoku

SUDOKU

Difficulty: 2 (of 5)

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

10-10-16 ©2016 JFS/KF Dist. BY UNIVERSAL UCLICK FOR UFS

PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Cruise on Lake Mephremagog

The day was warm and sunny
As we cruised on Magog Lake
The sky was blue and cloudless
And the waves were quiet on the lake.

As we cruised along the lake
And watched the motor boats too
The seadoos and the sail boats
Made such a lovely view!

We ate our dinner on the boat
With music and good food
It was my Grandson's 25th birthday
And we were all in a good mood.

The boat moved along so gently
The food was oh so good!
Time was passing quickly
Just like we knew it would!

Passing by little groups of islands
As we cruised along the lake
And the seagulls rode along
On the ripples of the lake

The mountain range in the distance
Seemed to have a tint of blue
And shadowed on the water
As we went gliding through

The cottages along the shoreline
Were lovely just to see
How nice everyone's property was kept
As we cruised along with ease

So with the blue sky up above
And the boats upon the lake
Made such a lovely day
As we cruised on Magog Lake!

Composed by Verna Mahannah Patterson
Brigham QC

Once in a while

Once in a while, man's passionate kiss
Will help her forget all else she may miss:
As he keeps the flame of love burning hot,
She'll not worry about what she ain't got!

There should not be a secret to showing her
your love;
Just do not ignore her like some do with God
above.
Incidentally, it would be nice for Him to hear
thanks for good days
From all hearts that love Him in so many
ways!

G.L. Brown

A Poem Continued

A poem can be long and sweet,
Or put forth thoughts quite neat
In old English or modern Tweet
It can tell the bad what acts they ought
Or help the dull find what they always
sought.
Or remind the unhappy of what they have
got!

A poem is the heart speaking out loud
Sometimes ailing, but in good times quite
proud
Or it can look high and see God on a cloud;
A poem is a voice in a world full of tension
It doesn't if one works hard, or has a pension
It just describes and waits for a reaction!

G.L. Brown

Email your social news to classad@sherbrookerecord.com

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.

“OB ROXG, O ENZB'D XKBBP NBA O
XGRD LB ZDNTG LJ OB DVG FLWOGZ,
O HLKRA AL EVNDGWGJ O ENBDGA DL.
O ENZ XJGG.” — TGBG EORAGJ

Previous Solution: “Your duty to grow as a human being and keeping your humility is much more important than your music career.” — Juan Gabriel

TODAY'S CLUE: 0 s1enbH

REALITY CHECK

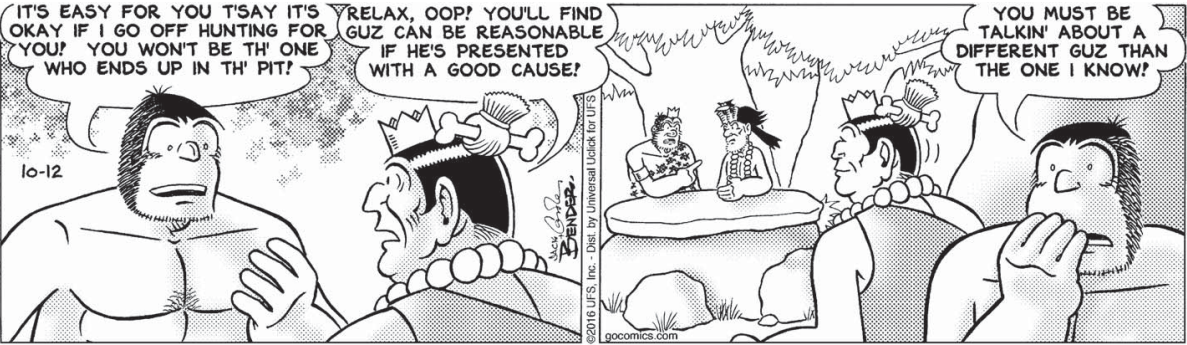


HERMAN



“As it’s your first jump, we’ll see if we can find you a better parachute.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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- 100 Job Opportunities

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PART-TIME COOK needed in Lennoxville. Starting salary \$12.50 per hour, increases with experience. Wednesday, Friday and Saturday nights, approx. 15 to 20 hours per week. Call 819-437-4822.

SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont in private home. Keep records of daily activities, provide personal care; plan, prepare and serve meals; housekeeping and maintain. Room and board, vacation 1 day/month, first year 4% wages. English speaking. Completion of secondary school, first aid and CPR training. Min. one year experience as full time care giving home support, and related occupation. Temp employment contract of 2-4 years, 40 hrs/week, \$12.50 per hour. Please send cv to sdionp3@gmail.com

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Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at **billing@sherbrookerecord.com**

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CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

294 Events

CLASSIFIEDS ONLINE!
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290 Articles For Sale



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MS Multiple Sclerosis Society of Canada

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SUDOKU

Difficulty: 4 (of 5)

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

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10-12-16

PREVIOUS SOLUTION

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

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

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Lennoxville & District Women's Centre
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THE RECORD
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Your Birthday

WEDNESDAY, OCTOBER 12, 2016

Don't feel obliged to mimic what everyone else is doing. You are best off realistically looking at each and every situation you face this year and making decisions that suit you. It's nice to keep the peace, but accommodating everyone will deplete your confidence and emotional reserves.

LIBRA (Sept. 23-Oct. 23) — You'll find answers from unexpected people and in surprising places. An open mind and a good imagination will help you discover new possibilities. Optimism will help you excel.

SCORPIO (Oct. 24-Nov. 22) — Good things are heading your way. New information will lead to positive personal change. Romance is on the rise, and an important relationship will bring you satisfaction and happiness.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't be tempted to use emotional manipulation. You'll do much better if you let everyone do his or her own thing. Don't give in to or apply pressure.

CAPRICORN (Dec. 22-Jan. 19) — Hone your skills and dig into alternate ways to use your attributes to get ahead. Personal improvements will turn out well. Avoid arguments. Romance is featured.

AQUARIUS (Jan. 20-Feb. 19) — Don't be fooled by someone who claims to be giving you a good deal. Do your research lest you sign up for a scam. False advertising will lead to disappointment.

PISCES (Feb. 20-March 20) — Using

emotional tactics to get your way will play in your favor. A romantic encounter looks promising and will lead to a closer bond between you and a loved one.

ARIES (March 21-April 19) — You'll thrive on getting things done. Learn through experience, and partner with people who appreciate your skills and can contribute to your cause. Don't get mad, get moving.

TAURUS (April 20-May 20) — Step up and offer help. Take a unique approach to whatever you do in order to encourage others to look at new possibilities. Getting along with people will be half the battle.

GEMINI (May 21-June 20) — Show restraint if someone puts pressure on you or tempts you. Be forthright about what you are and are not willing to do. Be prepared to walk away.

CANCER (June 21-July 22) — Express the way you feel and what you are willing to do. Offer incentives and be willing to share equally with your collaborators. Self-help and improvements will be liberating.

LEO (July 23-Aug. 22) — Taking a trip or making a professional change will lift your spirits. Trying something new and engaging in interesting talks with people from different walks of life will broaden your perspective.

VIRGO (Aug. 23-Sept. 22) — Invest in yourself, your skills and your ability to make money. Staying current with technology and your current workplace situation will help you get a promotion.

WEDNESDAY, OCTOBER 12, 2016

The natural play fails — naturally

By Phillip Alder

Mark Twain claimed, "A human being has a natural desire to have more of a good thing than he needs."

That occurs at the bridge table when a player, usually the declarer, decides, for example, that he needs a suit to split favorably or a finesse to work, when in fact he can make his contract despite a bad break or a losing finesse.

What should South do in six hearts after West leads the spade nine?

When North raised hearts, South decided that slam could be anything from hopeless to laydown, and seeing no way to find out for sure, he went for the jackpot.

South starts with 11 top tricks: seven hearts, one diamond, two clubs and a club ruff on the board. So, naturally, he thought that he needed the diamond finesse. However, East's bid had reduced the chance that that finesse would succeed. All of a sudden, he saw the winning line, which just assumed that West had led top of nothing.

Instead of making the natural play of covering the spade nine with dummy's jack, South played a low spade and ruffed in his hand. He drew trumps and eliminated the clubs (king, ace, ruff). Then he led the spade queen from the board, and when East covered with his ace, declarer discarded a diamond.

		North	10-12-16
		♠ Q J 6 3	
		♥ 7 5 4 2	
		♦ A Q 3	
		♣ K 8	
West		East	
♠ 9 8 7		♠ A K 10 5 4 2	
♥ 6 3		♥ —	
♦ J 9 8 6		♦ K 10 2	
♣ Q 7 3 2		♣ J 9 6 4	
		South	
		♠ —	
		♥ A K Q J 10 9 8	
		♦ 7 5 4	
		♣ A 10 5	
Dealer: North Vulnerable: East-West			
South	West	North	East
		1♦	1♠
2♥	Pass	3♥	Pass
6♥	Pass	Pass	Pass
Opening lead: ♠ 9			

What could East have done now?

If he led a club (conceding a ruff-and-sluff) or a diamond (into the ace-queen), South would have claimed. When he tried exiting with a low spade, declarer pitched another diamond from his hand and won with dummy's jack. Slam bid and made, naturally.

CROSSWORD

Across

- 1 Opposite of bold
- 6 Add a line to the wall chart
- 10 Rack holder
- 14 Modify
- 15 Mysterious letter
- 16 Inedible pineapple part
- 17 Do some browsing
- 19 Razor handle?
- 20 Dueling sport
- 21 When Caesar is warned to "Beware the Ides of March"
- 22 Derisive look
- 23 Public education leadership groups
- 26 "The Merchant of Venice" heroine
- 29 Bavaria-based automaker
- 30 White figure in Snapchat's logo
- 31 Deafening sound
- 34 Include
- 36 Santa __ winds

- 37 Where to find the ends of 17-, 23-, 50- and 62-Across
- 40 Took control of
- 42 Like almost all prime numbers
- 44 [see other side]
- 45 Hal who produced Laurel and Hardy films
- 47 Transition point
- 49 Leave base illegally
- 50 Spago restaurateur
- 55 Up in the air
- 56 Remove from power
- 57 Swatch options
- 61 Shop class tool
- 62 Breaded seafood option on kids' menus
- 64 Even once
- 65 This, to Picasso
- 66 Poet Ginsberg
- 67 Bold lipstick choices

- 25 Stock holder
- 26 Vardon Trophy org.
- 27 "This is horrible!"
- 28 Sign that may cause U-turns
- 31 Amp (up)
- 32 Lead source
- 33 Hang on a line
- 35 Artistic style of Chicago's Merchandise Mart
- 38 Lola's nightclub
- 39 McDonald's founder Ray
- 41 FedEx rival
- 43 Golfers rarely making pars
- 46 New York golf course that is a fre-

- quent host of major tournaments
- 48 Army NCO
- 49 Courage
- 50 Be on the fence
- 51 Cooking oil source
- 52 Cacophony
- 53 Great energy
- 54 "Hogwash!"
- 58 Sch. with the mascot Joe Bruin
- 59 __ by: barely manages
- 60 Figs. with two hyphens
- 62 Tina who is the youngest Mark Twain Prize winner
- 63 Price indicator

E	B	B	S		T	R	O	D		C	O	S	T	A					
B	A	L	K		A	E	R	O		A	S	P	E	N					
S	H	I	A		L	E	A	N		R	E	L	E	T					
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N	I	S	E	I						L	O	F	A	T					
					B	E	A	D		D	E	R	I	V	E	S			
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S	T	R	E	P						M	I	D	I		R	O	N	A	
A	T	A	R	I						A	R	E	A		D	O	U	R	
S	A	L	O	N						L	E	N	S		S	F	P	D	

- Down**
- 1 Shock into submission
 - 2 "My turn!"
 - 3 "A __ formality"
 - 4 Takes over, like bed-bugs
 - 5 Banned bug killer
 - 6 __-Roman wrestling
 - 7 Total, as a bill
 - 8 Newsman Roger
 - 9 Very recently painted
 - 10 Song before some face-offs
 - 11 Legislation affecting polling places
 - 12 Flubbed a play
 - 13 Closes in on
 - 18 "How funny!"
 - 22 Paltry amount
 - 24 __ Field: home of Mr. Met

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
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50	51						52	53	54						
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61							62					63			
64							65					66			
67							68					69			

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