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Big Brother will be watching Sherbrooke... See P. 4

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WEDNESDAY, MAY 3, 2006

Harper promises to ease tax burden on Canadians

By Eric Beauchesne

The Conservative government presented a budget Tuesday that promises to ease the tax burden on Canadians, especially working families with young children, even though it hikes the tax rate on the lowest income tax bracket.

The minority government's first budget reduces the goods and services tax to six per cent from seven, but raises the rate on the lowest tax bracket a half point to 15.5 per cent, rolling back half of last year's cut by the former Liberal

government. It also increases taxes on tobacco and alcohol to offset the cut in the GST on those products.

Tax hikes aside, the government claims all Canadians will still pay less in taxes as a result of a family oriented budget loaded with nearly \$20 billion in other tax relief over two years, including the reduction in the GST.

The budget, as expected, also confirms parents will as of July 1, start receiving \$100 a month for each child under six to help cover the costs of day-care services, but also ends funding for

the former government's child-care plan as of next March.

"The budget is balanced, our spending is focussed, and taxes will go down for all Canadians," Finance Minister James Flaherty said in his maiden budget speech. "There is more tax relief in this one budget than in the last four federal budgets combined."

The budget also delivers twice as much tax relief as new spending, he added.

"For every new tax dollar we spend, this government is returning two tax dollars to hard-working Canadians," Fla-

herly said, claiming there are 29 separate tax reductions, including those for individuals and businesses.

As a result of all the tax measures, the budget estimates that starting next year the savings will range from \$300 for a family earning \$15,000 to \$30,000 to \$640 for one earning \$45,000 to \$60,000.

"The average taxpayer is no worse off under this budget and many will net out ahead," said John Williamson, federal director of the Canadian Taxpayers Federation.

SEE BUDGET, PAGE 8

Once-in-a-lifetime Experience, They Hope



PERRY BEATON/SPECIAL

Why are dozens of Townshippers, ranging in age from six to 64, staying in a mock refugee camp at the U of S for 40 hours. See P. 2.



CANWEST NEWS

Prime Minister Stephen Harper's government unveiled its first budget on Tuesday.



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Mock refugee camp opens eyes of participants

Sherbrooke councillor supports sensitization efforts

By Brion Robinson
SHERBROOKE

In less than 15 hours, participants at the University of Sherbrooke's mock refugee camp had been attacked by bandits, forced to sleep in cold tents and denied ample amounts of food and water. This was just the beginning.

Participants, ranging in age from six to 64, are required to stay in the camp for 40 hours. The camp site includes a handful of army tents and is surrounded by coiled barbed wire. It is located in the woods behind the university's administration building.

Despite the rough living conditions, participants say the experience is worth it.

Enoïn Humanez said the experience has opened his eyes to the hardships refugees face in these camps.

"It's been difficult," said the 34-year-old. "Last night it was hard to sleep because it was so cold."

Humanez wore a buttoned-up tattered jacket and a hat. He stood around a metal barrel where a fire was burning. "The rations have been very small," he said, noting the only food available is rice and lentils.

Camp organizers say these conditions are necessary and serve a purpose. "We want to sensitize participants



PERRY BEATON/SPECIAL

Located in the woods behind the university's administration building, the mock refugee camp site includes a handful of army tents and is surrounded by barbed wire.

and citizens to the plight of refugees," said one of the camp's organizers, 22-year-old Rachel Bourque.

Bourque, who had a wool blanket draped over her shoulders, said these conditions are rough but they are not temporary for most refugees. She said some people are forced to live in camps for years.

In 2004 more than 40 million refugees were displaced throughout the world.

Bourque, who is a medical student at the university, said this experience will encourage students to get involved in international aid organizations. She said she wants to work for the international organization Doctors Without

Borders when she finishes school.

To ensure the mock camp experience resembled real refugee camps, organizers collaborated with refugees living in Sherbrooke. The city welcomes about 300 refugees every year.

University of Sherbrooke student Bruno Munganza lived in a refugee camp in Tanzania for a few months between 2001 and 2002 after fleeing civil war in the Democratic Republic of Congo.

The 37-year-old said food and medical care were a luxury in the camp. He was one of some 32,000 people who lived there.

Munganza said this activity should help sensitize people to what refugees go through before arriving in Canada.

City councillor and chairman of the city's intercultural relations committee Pierre Boisvert agreed.

"Many refugees who arrive here often come from traumatic living conditions," he said, noting they need the support of the community.

Boisvert also said this activity distinguishes itself from other multicultural activities such as international food and music festivals.

He said those activities open up residents to other cultures but not the hardships many of these newcomers face before they arrive.

"When they arrive they become our neighbours," he said. "We should know more about where they come from."

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BQ backs bike import tariffs

Staff

The Bloc Québécois will be looking in the fine print of the federal budget to see if the Conservative government will impose import tariffs on cheaper Chinese bicycles.

"The government of Stephen Harper must act," said Pierre Paquette, the BQ's spokesman for international trade. "We must not wait and force the industry to give up at the last minute."

At issue are bicycles imported from China at a price less than bikes made in Canada.

Waterloo's Raleigh plant is feeling the pinch from the cheap bikes as it sees them eating into its market share. Plants like Raleigh and Procycle in the Beauce say the imports will kill the domestic bike industry.

Last year, the Canadian bicycle industry won an International Trade Tri-

bunal ruling that said China was in fact bringing the bikes into Canada for less than they cost to make.

The IIT said Canada should impose tariffs on the bikes for the next five years to give the domestic industry time to adapt to the change. All that remained was for the order to be given by the finance minister.

Also leading the charge is Shefford's BQ MP Robert Vincent, who is the oppo-

sition party's industry critic.

"It is to be hoped that the Conservative government will act on this file, where a manufacturer from my riding, Raleigh Canada, of Waterloo, or Groupe Procycle of St-Georges-de-Beauce, will be affected," Vincent said.

"The next budget must contain safeguard measures on bicycle imports, which were once the target of antidumping measures."

Weather

Today: Cloudy with 60 per cent chance of showers. High 16. UV index 3 or moderate.

Thursday: Cloudy. High 20.

Friday: Cloudy with 60 per cent chance of showers. Low 10. High 15.

Saturday: Cloudy with 60 per cent chance of showers. Low 7. High 15.

Ben by Daniel Shelton



Libs warned not to 'open door you can never shut'

By Rita Legault
SHERBROOKE

Far from being an environmental wasteland, the land on and around the ski hill in Mount Orford park is ecologically rich and merits continued protection inside a public park.

That was the message from the SOS Orford Coalition delivered to reporters on Tuesday, the day before the Liberal government was scheduled to table a bill in the National Assembly to amputate the park and sell of the ski hill and golf course currently leased to private operators.

The coalition, which is vehemently opposed to the privatization of 649 hectares of park land, maintains that 76 per cent of the protected land the government is planning on selling off is relatively untouched and still in a natural state.

The ecological activists point out that while government officials, developers and those who support the sale have claimed the mountain is degraded because of the ski hill operations, only 20 per cent of the skiable area on Orford is clear cut, and only 15 per cent of the leased land is occupied by buildings, roads and parking lots.

"There is more than just a parking lot at the bottom of the ski hill. A majority of the land that would make way for condos is covered with mature forests," noted Jean-François Gagnon, Quebec director for the Canadian Parks and Wilderness Society.

Looking at his own wildlife inventories and reports tabled by provincial wildlife officials during recent public hearings on development inside the park, biologist and botanist Geoffrey Hall concluded the land the government intends to sell off is ecologically valuable and meets the conservation ob-



PERRY BEATON/SPECIAL

A coalition opposed to the privatization of parts of Mount Orford Park maintains that 76 per cent of the protected land to be sold off is still in a natural state.

jectives of a provincial park.

Hall said the forests and marshlands on the leased property are home to a half dozen rare and threatened plants, including a rare orchid that grows in small colonies on the hill side. Two species of salamanders on the provincial list of threatened species also reside there.

"These indicate an ecological richness and that the land has not been completely destroyed," Hill told *The Record*.

Hall also noted the land contains forests and wetlands with comparable ecological value to other land in the park, and that the 85 hectares that would make way for condos at the bottom of the hill include mature forest with red and sugar maples as well as hemlocks that are between 50 and 90 years old.

"Eighty per cent of what is going to be given away is still forested," said biologist Donald Thomas, the Dean of Science at the University of Sherbrooke who was among 15 biologists who sent a letter to Premier Jean Charest asking him to reconsider the plan.

Thomas said Mount Orford is unrivaled to the region due to its high elevation. He notes that while significant sectors of the Sutton Hills are now protected by a deal with Nature Conservancy of Canada, the unique ecosystem that Mount Orford represents is seriously threatened by the government's plan.

Thomas said what makes the mountain unique is its size and the fact that meridional (southern) forest at the base makes way to an exceptional northern boreal forest near its peak.

Thomas said that fragmenting the park is a bad idea.

"Thousands of one-hectare pieces of land are not the same as one piece of 1,000 hectares," he said, wondering why developers can't simply build condominiums outside the park. "There are other alternatives."

"In my personal opinion you just don't privatize public parks. It's an extremely dangerous step. If you privatize one park, the pressure on the rest of the park system will be enormous. You don't open a door you can never shut again."

Hall, who also spoke on behalf of l'Institut québécois de la biodiversité, said the province has to stop munching away at bits of ecosystems and that it must preserve the park in its entirety to ensure future developers won't to munch yet another chunk of park land.

"No doubt the park represents an exceptional ecosystem that must be protected," said SOS Parc Orford spokesperson Gisèle Benoit Lacasse.

While she admits parts of the mountain have been damaged by historical mistakes — such as allowing a clear cut on top of Mont Giroux — and that there is a severe erosion problem, she said managers of the park should better protect the mountain by applying environmental and adopting a stricter park management plan.

"The parks law and the park management plan offer all the protection that is needed if bureaucrats made the right choices," she said. "The fact that historical mistakes were made and that the law is not applies does not justify selling off the park."

"It's absurd for Mr. (Environment Minister Claude) Béchard to say he can entrust such an ecosystem to the private sector to protect it," she said.

Dispatcher caught with cop guns, pepper spray

By Maurice Crossfield

A civilian employee of the Bromont Police will face a number of charges after allegedly stealing firearms, pepper spray and bullet-proof vests from the headquarters where he worked.

Sunday morning the Bromont Police called the Sûreté du Québec to report their offices had been robbed. Missing from the police station were four 9 mm automatic handguns, some pepper spray and a bullet-proof vest.

A short investigation led police to Stéphane Maurice, 32. Maurice worked as a civilian dispatcher at the municipal police station.

"The four officers who had their firearms stolen finished their work week sometime last week, so we aren't yet sure when they were stolen," said SQ spokesman Const. Louis-Philippe Ruel.

The officers discovered the thefts when they reported for work Sunday.

Ruel also said the motive for the theft has not yet been established. For a personal collection? To sell? To use to commit another crime? Police aren't yet sure.

Tuesday Maurice appeared in court

in Granby where he was formally charged with theft in excess of \$5,000, improper storage of a firearm and possession of a prohibited weapon. He was released on various conditions and will

be back in court on July 6 for the next step in the case.

In the meantime, he has been relieved of his duties as a dispatcher with the Bromont Police, without pay.

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Downtown surveillance to continue in Sherbrooke

By Rita Legault
SHERBROOKE

Big Brother, or rather a student, will be watching this summer as the City of Sherbrooke plans to renew a project to monitor and videotape images from surveillance cameras downtown.

For the third summer in a row, a student will be assigned to keep an eye on the video monitors during peak crime periods on weekends and in the wee hours of the morning, and notify police if a crime or other situation that warrants an intervention occurs.

The monitors, which keep an eye on the bar district of Wellington St. as well as parking lots and other strategic areas, including the darkened parking lot under the city's library, are installed at the 9-1-1 emergency call centre at the police station. But operators, whose first priority is to answer emergency calls, can't always keep tabs on the surveillance monitors.

In the late 1980s, Sherbrooke installed cameras in the downtown core and recorded tapes that were kept on file for 30 days. But in 1992, complaints from civil libertarians to the Human Rights Commission forced Sherbrooke police to stop continuous recording.

The Commission d'accès à l'information, the provincial privacy commission which sets the rules for videotaping in public areas in Quebec, later ruled that police can only videotape if they have reasonable motive to believe a crime is being committed.

The Commission upheld that ruling following a hearing on the issue in September 2003, deciding the unjustified use of video surveillance in public areas could violate the rights and freedoms of individuals and that the use of videotaping was only justified if the public's safety was seriously in danger.

During those hearings, the City of Sherbrooke argued that videotapes could have allowed police to save the life of Julie Boisvenu, who was sexually assaulted and murdered after being kidnapped in a downtown parking garage in June 2002.

Mayor Jean Perrault said Monday the program is a success and the city will continue pressuring the provincial privacy commission to allow continuous videotaping of surveillance monitors.

"We have a duty to use every tool we can to ensure the safety of our citizens," Perrault said, noting video cameras are good for intervention and prevention.

Perrault, who took a lot of flak last year when council made the opposite decision and was forced to backtrack, also congratulated police, the council public safety committee as well as citizens who sat on an

advisory committee regarding the cameras and videotaping.

That included Pierre-Hugues Boisvenu, who has become a strong crime prevention advocate since his daughter's kidnapping and murder, as well as members of Sherbrooke's rape crisis centre known as the Centre de lutte contre les agressions à caractère sexuels, or simply CALACS.

Councillor Serge Paquin, who heads the public safety committee, reported that during last summer's monitoring of the surveillance cameras between June 17 and Sept. 25, some 172 incidents were reported to the 9-1-1 dispatch centre. Of those, 88 led to police interventions and some two dozen of those ended in arrests, tickets or police reports.

Paquin said the tapes, which were kept for seven days, were sought out by police five times. On one case, the tape was no longer available because it had been erased.

The results for 2005 were more convincing than those from 2004. The public safety committee, which is composed of all the borough chairs, will propose to continue the project in 2006, Paquin said.

Paquin also released a study on downtown crime statistics between 2000 and 2004. He said the reports showed little variation from year to year, that crimes against property peak in March and April, that there were more crimes on Friday and Saturday and between midnight and 4 a.m.

Those are the times the surveillance cameras are monitored.

Paquin said six per cent of crimes in Sherbrooke occur in the downtown core, which wasn't surprising because it has the highest concentration of cars and nightclubs where alcohol is sold.

Paquin noted that 47 per cent of crimes against people and 35 per cent of crime against property in Sherbrooke were committed downtown. Sixty-five per cent of drug crimes that were caught were also committed in that sector.

In order of size, the main crimes committed downtown were: Theft under \$5,000, mischief, assault, breaking and entering, and drug possession.



FILE PHOTO

Pierre-Hugues Boisvenu, who has become a strong crime prevention advocate since his daughter's kidnapping and murder, was part of an advisory committee regarding videotaping and the use of cameras.

Teen threatened in Knowlton

Staff

A 27-year-old man was arrested in Knowlton Tuesday morning for threatening a teenage cyclist.

"For the moment it's more a story of intimidation than a story of assault," said Sûreté du Québec spokesman Const. Louis-Philippe Ruel.

Just before 10 a.m. the teen was riding his bike on Lakeside Street when a pickup truck pulled up alongside. After the incident, the teen alleged the man hit him with the truck, assaulted him and threatened to kill him with a firearm which he had in the truck.

Less than an hour later, the man was arrested at the Knowlton Pub. Ruel said an examination of the truck found no firearm, and no accident damage to the vehicle. The teen's bicycle was also unharmed.

The 17-year-old refused to go to the hospital and had no visible wounds.

Ruel said the incident stems from allegations the boy had been seen hanging around Knowlton's elementary school yards watching the children.

Ruel said it will be up to the Crown prosecutor to determine what charges, if any, will be laid against the man.

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Fair trade festival is on

By Sondip Chatterjee
SHERBROOKE

The Carrefour de Solidarité Internationale (CSI) announced the beginning of its two-week fair trade awareness campaign, La Quinzaine du Commerce Équitable, on Tuesday.

The campaign, which runs May 1-15 will promote fair trade and responsible consumerism in the Estrie region.

According to Marie-Josée Loiselle, director of CSI's fair trade program and organizer of the event, companies in the Estrie region are slowly introducing fair trade products. The shift in product offerings is a sure sign this annual awareness campaign and its national counterpart, National Fair Trade Weeks, are paying off.

"Grocery stores are starting to offer fair trade coffee lines and other products. Some coffee shops, particularly smaller ones, are also offering fair trade coffee," said Loiselle.

The number of fair trade products in Canadian stores have increased by 55 per cent since 2001, according to Trans-Fair Canada, an organization that certifies fair trade products.

But, Loiselle points out that the onus is on the consumer, not big businesses, to demand and purchase fair trade products.

"That's why most of the events over the next two weeks will focus on educating the general public," she told *The Record*.

One such event is the presentation of a short-film on fair trade tourism at the Cégep de Sherbrooke on Monday, May 8 between 11:30 a.m. and 1 p.m.

Following the film, there will be a report on the success of a cooperative of West African women in Mali, from whom the CSI purchases raw Shea butter. Shea Butter is an oil extracted from the Shea tree, from which soaps, moisturizers and cosmetics products are made.

Other events include information sessions on responsible consumption that will run the entire two weeks at the Éva Sénécal library in Sherbrooke, the municipal libraries of Magog and Lac-Mégantic and the libraries of Cégep de Sherbrooke and the University of Sherbrooke.

Information kiosks will also be set up at coffee shops around town. The first such event will be this Thursday from 3 to 8:30 p.m. at the Brûlerie de Café de Sherbrooke on 843 King street West, and hosted by the Friends of the Earth organization. There will be plenty of coffee and shea butter to go around.

Furthermore, the Lac-Mégantic library will hold a thematic exposition and discussion on fair trade May 9 at 7 p.m.

Nearing the end of the awareness campaign, the local junior soccer team, les Verts de Sherbrooke, will host a 28-team tournament at the Cégep de Sher-

brooke sports complex. The team uses fair trade soccer balls. The event will occur May 13 and runs all day.

The campaign will culminate toward World Fair Trade Day, the international day that promotes fair trade, which is May 13 this year.

Sherbrooke residents can also look forward to a number of fair trade coffee tastings. The coffee is from El Palto, a Peruvian fair trade cooperative from which the CSI purchases its coffee.

The first of the coffee tastings is occurring today at the Centre hospitalier universitaire de Sherbrooke's Fleuri-mont site (cafeteria) between 10:30 a.m. and 1 p.m. The CSI asks that you bring your own mug to reduce the use of disposable cups.

SHEA BUTTER MESSAGES

Feeling tense? TAFI et compagnie on Wellington street North will be giving Shea butter massages this Thursday between noon and 2 p.m., and Saturday May 13, between 11 a.m. and 2 p.m.

André Marsen, who runs TAFI, contends that while the massages are nice, it is informing people of more responsible choices that is paramount.

"We try to teach people how to make the right decisions when purchasing products," he said.

The event is organized by the CSI in conjunction with the Estrie branch of the Confédération des Syndicats Nationaux (CSN), the TAFI store on Wellington, the Verts de Sherbrooke soccer team, the Mariannahill mission-ary and 93.7 Rythme FM radio.

Jean Lacharité, president of CSN-Estrie, wants 30 per cent of all CSN members to purchase responsibly by 2008.

"We want to show solidarity with workers in the South," he said of South American labourers. "If we get enough consumers to demand fair trade products, big companies will have no choice but to offer them."

For further information on the events, go to the CSI Web site www.csisher.com, or call 819-566-8595, ext. 23.

CONVOCATION NOTICE Mental Health Estrie

The first Annual General Meeting of Mental Health Estrie will be held at 7 p.m. on Wednesday, May 17, 2006 at the Amédée Beaudoin Community Centre, 10 Depot, Lennoxville QC. The major items on the agenda will be

- Annual Reports
- Financial Statements
- Election of Board of Directors

For more information, call (819) 565-3777, fax (819) 565-4160 or e-mail mentalhealth.estrie@bellnet.ca

Barbara Drexel, Secretary

Gables School Gone



DAVID ANDERSON/SPECIAL

After years of standing empty and then years of being at the heart of legal controversy, the former Gables School in Foster is being torn down. The school and its 14-acre property were purchased by businessman Lloyd Sturtevant in 1999. For the next six years Sturtevant would battle the town of Brome Lake for a zoning change to turn the school into an auberge and marina. A few short months after winning the right to do so he sold the property. The school is now being demolished to make way for a project to build single family homes with lake access.

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Community Forum

Air India probe's key tasks: Closure for families and safety for all Canadians

More than 20 years after Air India flight 182 went down off the coast of Ireland, the federal government agreed on Monday to conduct a public inquiry into the bombing.

In announcing the inquiry, which will be headed by former Supreme Court of Canada justice John Major, Prime Minister Stephen Harper said, "It is our sincere hope that this action may bring a measure of closure to those who still grieve for their loved ones."

Needless to say, the victims' family members, who have been pushing for an inquiry for many years, agree. Only one man — Inderjit Singh Reyat — has been convicted in the bombing, and he received just five years in prison for manslaughter. So there has been precious little closure thus far for families of the bombing victims.

However, while potentially providing the much needed closure, it's important to note that the inquiry will not

place criminal blame. That is a job for the police and the courts, and the Royal Canadian Mounted Police is continuing to investigate the bombing.

Further, the inquiry, if it is to do more than provide closure, must look, not merely at what went wrong 20 years ago, but also must look forward. It must assess how things went wrong, whether they're still going wrong, and how we can make sure that the problems are fixed.

That, in fact, was the precise recommendation of former Ontario premier and current federal Liberal leadership contender Bob Rae, who was asked by the former Liberal government to look into the matter.

Rae suggested four broad areas of investigation.

First, the inquiry should consider whether the Canadian government properly assessed the threat of Sikh terrorism prior to 1985, and, if there were deficiencies in the assessment, whether they have been resolved.

Second, Rae recommended investigating whether problems in the relationship between the RCMP and the Canadian Security Intelligence Service detrimentally affected the Air India investigation, and if so, what measures need to be taken to resolve these problems.

On a related matter, Rae acknowl-

edged that there is always tension between gathering evidence for intelligence purposes and gathering it for use in a criminal trial. Hence, Rae recommended that the inquiry investigate how to develop a harmonious relationship between these two aspects.

Finally, Rae charged that there were grievous breaches of aviation security in the Air India case, and recommended that the inquiry consider what changes in legislation, regulation or practice are needed to ensure such breaches don't occur again.

At the urging of the victims' families, former deputy prime minister Anne McClellan agreed that the inquiry should also look at the financing of, and government support for, charitable organizations that fund terrorist groups.

These are all worthwhile areas to investigate, and, while the government has yet to release specific parameters of the inquiry, Harper did say that "it is our duty as Canadians to do everything in our power to prevent a similar tragedy from happening again." This suggests that the prime minister is well aware of the importance of a forward-looking inquiry.

Such an inquiry, in addition to bringing closure to victims' families, might make Canada safer for us all.

—CanWest News

TORIES AIM TO EASE TAX PAIN..



Getting tough with China

The Conservative government is evolving a very different policy with regard to China. Its Liberal predecessors pushed trade missions and expanded opportunities for Canadian business in Asia's new giant. Human-rights concerns were for private meetings.

The Harper Tories seem inclined to an opposite view. They are openly concerned about Chinese industrial espionage and they are speaking out about human rights, specifically the case of Huseyin Celil.

Celil is an activist who fled China in the mid-1990s because of the threat of detention and possible execution. Recently, he rather unwisely chose to go to Uzbekistan to visit with his wife's parents. While there he was arrested on a Chinese warrant and detained without consular access for several weeks, and now concerns are being raised about his possible forced return to China.

His case has been taken up by Con-

servative MP Jason Kenney, who is the parliamentary secretary to the prime minister.

Kenney has made a habit of sticking up for dissidents in China and he should be encouraged. That's because China has a poor human-rights record itself and because it has picked up the bad habit of courting some of the most unsavoury regimes in the world for its own economic and political purposes. The long list includes Zimbabwe, Iran and Uzbekistan.

For example, when Uzbek President Islam Karimov's security forces massacred hundreds, China offered "staunch" support and later signed a \$600-million deal to jointly develop Uzbek oil fields.

The Chinese want the same treatment as those in the West who favour open markets. They should not be allowed to ignore the other rights that go along with free economies.

—CanWest News

THE RECORD

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Arriving in Victoria, Part I

The 326,000 residents of Victoria may have the best weather in Canada with their mild winter climate but one thing is certain, while we were there it was persistently damp, chilly and rainy.

To tell you the truth, we were starting to get envious of the much warmer weather that Eastern Canada was experiencing. Call it an uncanny twist of nature or simply a weird weather cycle, but there were days when it was 10 C colder out West.

Before I expand on our 10-day stopover in the capital city of British Columbia, also described as Canada's Best Blooming City, let me attempt to explain the particular context of our arrival.

I don't know about you, but whenever we're about to reach a new town, city or RV park I tend to arrive with a whole set of preconceived images based on information gleaned from books and travel literature.

Rarely do I hit a home run — most times I'm either disappointed or in for a pleasant surprise. I also find that arriving by boat allows for a much better scenic experience, not the least because of the panoramic coastal views.

With that in mind, on the morning of our much anticipated arrival, I was on the top deck of the 341-foot M.V. Coho (named after the silver salmon found in Puget Sound), bracing myself against the steady brisk wind and shivering.

Madeleine had preferred to remain seated inside the warm ferry passenger lounge along with most of the other travellers. As for our motorhome, it was squeezed among another 100 or so vehi-

cles on the lower deck.

For the modest amount of \$59.60 US plus a reservation fee of \$15 we were about to complete the scenic 95-minute — 22.59 nautical miles crossing which connects Port Angeles, Washington to the Inner Harbour in downtown Victoria.

If I was instinctively scanning the coast it was partially because two weeks earlier, the Queen of the North, a BC ferry, went down in 427 metres of water after crashing into rocks near Prince Rupert.

On the other hand, I had read that during the M.V. Coho's 45 years of service she had transported over 20 million passengers and 5 million vehicles without losing a sailing due to bad weather.

There was no lack of excitement. It was exactly four months and a week since we had embarked on our classic RV adventure and here we were, about to arrive at what the readers of Conde Nast Traveler Magazine have rated as the number one island destination in North America.

The prospect of being back in Canada and soaking up what the travel literature likes to describe as the beautiful and pristine wilderness of Vancouver Island made up for the extra time and complications everyone of our ferry crossings involved.

I have to admit that the winding coastal highway 101 through Oregon and Washington had begun to wear us down. Notwithstanding the many stretches with breathtaking scenes and



HENRY R. KEYSERLINGK

the advantage of sidetracking Portland and Seattle, much of the driving was on a two-lane highway that was either monotonous or uncomfortably steep and plagued with detours and rock slides.

As our ferry cruised smoothly into Victoria's Inner Harbour, I wish I could say I experienced the same feelings of awe and wonder as we did when we arrived at San Catalina Island and San Francisco or each time we see St. George, Bermuda from a distance.

Instead, I felt a mixture of disappointment and surprise. Whether it was because of the dark and gloomy weather or the presence of the many towering construction cranes and white oil reservoirs, I can't be sure.

Having spent so much time along the California Coast, perhaps I was expecting to see an incredible coastline, gorgeous gardens, lush vegetation and more white sandy beaches.

Ironically, what I found to be captivating was the scene from the opposite direction, namely Washington's snow capped Olympic Mountains.

As we were about to dock along the waterfront, I made sure like so many of my fellow passengers to take the usual pictures of the stately Parliament Building, The Empress Hotel, the Royal Museum Building and Fisherman's Wharf.

Seeing how we were instructed to return to our vehicles we missed the actual docking along the waterfront right by the B.C. Parliament Building.

After a few innocuous questions by

the young border agent who seemed more interested in the Arizona leg of our trip than by what we were bringing into Canada, it was just a matter of following the harbour, crossing Johnson Street Bridge and turning on Esquimalt and Heart Roads.

Because it was a holiday morning, within less than 10 minutes we arrived at our RV park. Seeing that it was the only full-service R.V. Park in downtown Victoria we had taken no chance and reserved a site, months earlier.

As soon as we parked in front of the park office it became clear that our 10-day park stopover would be in a location unlike any we had ever stayed in. No longer was I bothered by the lack of shuffleboard and tennis courts, or any of the usual organized campground activities.

Being as much a boat buff as an aviation and RV aficionado, it became clear that we would reside in what looked more like a maritime museum. Instead of being surrounded by trees, gravel and asphalt we found ourselves on a narrow peninsula alongside a packed marina with a spectacular view of Victoria's harbor and downtown core.

Within only three rows of RVs, plying the calm marina water were sail boats and pleasure yachts of all sizes and vintage along with a few dozen floating homes and at least six of Victoria's famous water taxis.

Within seconds, we realized there was a lot more to our location than views of Victoria and being surrounded by water and boats.

Next week: Part II

Mental health, Senior's Day... and more

A relaxing supper conference with entertainment will be presented by Brome-Missisquoi mental health organizations, in partnership with Townshippers' Association.

Keynote speaker Dr. André Delorme will speak on Taking Care of Your Mental Health. Brome-Missisquoi organizations that work in the field of mental health will present themselves during supper. A silent auction of art from Le Phare will follow. Music and vocals of Mara Tremblay, and Ralph Steiner and Laura Teasdale will end the evening.

The goal of the evening is to raise awareness of the importance of mental health and to give the population an opportunity to meet the people who work in local organizations.

That's Friday May 5, at 5 p.m. at the Day's Inn Auberge des Carrefours, 111 Jean-Jacques-Bertrand Blvd, Cowansville. Tickets are \$30. For information and reservations, call 450-266-1979.

GREEN DAY FOR SENIORS

Townshippers' Association is collabo-

rating with the CSSS Memphrémagog in organizing Seniors' Day in Magog on Wednesday, May 10.

This year's seniors' day will be the first waste-free event of its size ever held in the Magog area. Participants who buy their \$5 tickets prior to May 5 will receive a buffet lunch served on either recyclable or biodegradable/compostable plates, cups and cutlery.

Organizer Paul Martel of the CSSS Memphrémagog, has enlisted the help of École St-Jean Bosco to staff the recycling station. The Grade 5 class will sort all the waste and compost the food leftovers.

Dr. Joe Schwarcz, scientist, writer and radio-show host, will be speaking on Food: Friend or Foe? Dr. Schwarcz has made it his cause to raise awareness of the chemistry of everyday life. Over 20 information booths will be set up with all kinds of information pertinent to seniors.

Of course Townshippers' will be there! Kim, George and Evelina will compete for the privilege to answer

KEEPING IN TOUCH TOWNSHIPERS' ASSOCIATION

your questions! The doors at the Magog arena on St-Alphonse St. North will open at 9:30 a.m. and activities end at 3 p.m. The program is in English. Tickets are just \$5 (including lunch and activities) and must be purchased before Friday, May 5. Activities-only tickets will also be available at the door for \$3.

Tickets are available at Townshippers' Association's two offices (257 Queen, Lennoxville, and 203 Principale, Cowansville), Golden Age Clubs, AQDR, Volunteer centres and at the reception of the CSSS Memphrémagog (50 Saint-Patrice Street East). For more information, call Paul Martel at the CSSS Memphrémagog 819-843-2292, ext. 2320.

LAST CHANCE

This is your last chance to see Sunshine Theatre's Lend Me A Tenor, by Ken Ludwig, directed by Sunil Mahtani, at Arts Knowlton, 9 Mount Echo Rd., Knowlton. Performances take place this Thursday through Saturday at 8 p.m.,

with the final show on May 7 at 2 p.m.

Don't miss this hilarious comedy about an Italian tenor performing for an American opera company.

Tickets: \$15; \$10 students. Discount of 10 per cent available upon presentation of Townshippers' membership card. Tel: 450-539-3604.

KEEP YOUR EYES PEELED

Townshippers' Association will soon be announcing this year's recipients of the Outstanding Townshippers' Award. Here is your advance invitation to the gala banquet and the Association's AGM on the evening of May 26, at the Chéribourg Hotel in Orford. Hope to see you there!

HOW TO REACH US

For information about any of the above items, please contact Townshippers' Association at 257 Queen, Lennoxville (819-566-5717 or toll free 1-866-566-5717; ta@townshippers.qc.ca) or 203 Principale, Cowansville (450-263-4422 or toll free 1-866-263-4422), or visit www.townshippers.qc.ca.

BUDGET:

CONT'D FROM PAGE 1

"Families with young children, in particular will rocket ahead."

But he expressed disappointment with the increase in income taxes, which Canadian Labour Congress economist Andrew Jackson said will, in fact, reduce the average worker's weekly take home pay by about \$4.

The budget claimed the tax hike was in fact a tax cut, with a senior government official defending the claim by saying the Liberal tax cut which it reversed had not yet been formally legislated into law.

The Conservative government also abandoned a variety of Liberal spending promises, announced in last fall's budget update, including improvements in financial assistance for students, relief for families from soaring energy costs, assistance for persons with disabilities.

And it promised to find a further \$1 billion in savings this year and again next year, while committing the government to limit the growth in future spending.

It doesn't say where it will find those savings, which are the first two installments in what the government has said will be savings that will total \$22.5 billion over five years, which is expected to add to fears among some that the government is planning public service job cuts down the road.

However, the budget introduces some new measure to replace some of the Liberal measures it eliminated, including increases in student aid.

The new spending measures total \$8.2 billion over two years, including new expenditures on local infrastructure, and on policing, the military, and other measures to improve the security of Canadians, all of which were promised in the election campaign.

And total government spending this year will rise more than five per cent to \$223.6 billion, which is also about nine per cent more than was forecast by the Liberals in their fall budget update only six months ago.

The budget also projects that, despite all the tax cuts, the government will raise \$227.1 billion in taxes and other levies, 2.8 per cent more than last year, and nearly seven per cent more than was projected in last fall's budget update.

The budget, which estimates that last year's surplus was \$8 billion after a near \$4-billion year-end spending spree, indicates that this year's surplus will be \$3.6 billion, of which \$3 billion will go to debt reduction.

It promises to reduce the federal debt, now at just under \$500 billion, by \$3 billion a year, and bring the ratio of debt to GDP down to 25 per cent by 2014, a year earlier than promised by the Liberals.

While the budget, using private-sector forecasts, projects growth of 3.0 per cent this year, up from 2.9 last year, it sees growth slowing to only 2.7 per cent next year, well below the 3.1 per cent projected for 2007 last fall.

Business generally applauded the budget, with Canadian Chamber of Commerce president Nancy Hughes Anthony noting that the tax relief, especially for smaller firms, was a bit more than expected.

The corporate tax cuts promised by the former Liberal government, but which had been removed from last year's budget at the demand of the NDP, were also reinstated with the timing of some moved.

Anthony was especially pleased

with an unexpected \$1,000 Canada Employment Credit, which kicks in July 1 to help employees cover the cost of working, such as the purchase of computers or uniforms.

"This adds to the incentive to work," she said.

Jayson Myers, head economist of Manufacturers and Exporters Canada, agreed the budget was on balance good for business, with a variety of tax relief measures, and a commitment to international tax competitiveness, but expressed concern that it injects too much stimulus into an already hot economy.

That will encourage further interest rate increases by the Bank of Canada, which in turn will boost an already strong dollar, which has been squeezing the revenues of manufacturers, he said.

The loonie climbed above 90 cents US Tuesday for the first time in nearly 30 years.

Labour was less pleased.

The CLC's Jackson said the tax cuts reduce the ability of government to provide social programs, although he noted that they are directed at working families.

—CanWest News Service

BUDGET HIGHLIGHTS**Personal Income taxes**

- Reduce the GST from 7 per cent to 6 per cent at a cost of \$8.6 billion over two years.
- Create a new Canada Employment Credit worth up to \$1000. This will cost \$2.7 billion over two years.
- Reduce the lowest tax rate from 16 per cent to 15.5 per cent. This will cost \$3 billion dollars over two years.
- The basic personal exemption, the amount you can earn tax free, will increase slightly to \$8,839. This change will cost \$1.58 billion over two years.
- Changes to the rules to allow for the family transfer of fishing property at a cost of \$120 million over two years.

Education and Training.

- Creation of the Apprenticeship Job Creation Tax Credit for employers to offset the cost of hiring apprentices. This will cost \$390 million over two years.
- Creation of the Apprenticeship Incentive Grant of \$1,000 per year to encourage people to enter the trades. This will cost about \$110 million over two years.
- A \$500 deduction for the cost of new tools over \$1,000. This will cost \$155 million over the next two years.
- Elimination of federal income tax on scholarships, bursaries and fellowships. This program will cost \$95 million over two years.
- Creation of the Textbook Tax Credit, which will cost \$260 million over two years.
- Expanding the number of stu-

dents who can use the Canada Student Loans Program.

- Investing in research and development at a cost of \$200 million over two years.

New Canadians

- Reduce the right or Permanent Residence Fee from \$975 per person to \$490. This will cost \$224 million over two years.
- Increase in immigration settlement funding to \$307 million over two years.
- Progress on foreign credential recognition will cost \$18 million over two years.

Jobs and the Economy

- Elimination of the federal capital tax at a cost of \$1.02 billion.
- Reducing taxes for small business, which will cost \$90 million over two years.
- Repealing the excise tax on jewelry will cost \$80 million over two years.
- Reducing excise duties for small vintners and brewers at a cost of \$35 million over two years.
- Eliminate the double taxation of large corporate dividends will cost \$685 million over two years.
- A mineral exploration tax credit will cost \$65 million over two years.
- Modify the minimum tax on financial institutions will cost \$45 million over two years.

Security and Policing

- \$204 million to the RCMP for hiring and expanding the training depot.

- \$20 million for youth crime prevention.

- \$15 million for the DNA databank.

- \$26 million for victims of crime.
- \$38 million for emergency response.

- \$95 million for passenger rail and urban transit security.

- \$133 million to the Canadian Air Transport Security Authority.

- For various programs to enhance border security, national emergency response, a no fly list and arming border guards will cost \$404 million over two years.

- Preparing for a pandemic, \$460 million over two years.

The Military

- \$1.125 billion for the Canadian Armed Forces. This will hire more troops, buy unspecified equipment, improved base infrastructure and Arctic sovereignty, and restore a regular army presence in British Columbia.

Environment

- A tax credit on the purchase of public transit passes to encourage the use of mass transit. This will cost \$370 million over two years.

Infrastructure

- Highways and border fund will cost \$585 million over two years.
- The Pacific Gateway Initiative at \$91 million over two years.
- \$181 million over two years for the Strategic Infrastructure Fund.
- \$532 million over two years to

renew the Municipal Rural Infrastructure Fund.

The Arts

- Eliminate capital gains on donations to charities will cost \$110 million over two years.
- The Canada Council of the Arts will receive \$50 million extra in the next two years.

Families

- Universal Child Care Benefit to children under six. This measure will cost \$3.7 billion in the next two years.
- \$250 million over two years to create new child-care spaces.
- Physical fitness tax credit for children under 16 will cost \$200 million over two years.
- An increase to the Child Disability Benefit will cost \$80 million over the next two years.
- \$104 million over two years for a national cancer strategy.
- Tax assistance to pensioners will cost \$895 million in the next two years.

Agriculture

- \$400 million over two years to combat the pine beetle infestation, mostly in B.C.
- Improving farm support programs will cost \$2 billion in the next two years.

The Provinces

- One-time extra funding of \$255 million for equalization.

—CanWest News

Even outdoorsy types can reduce their environmental impact

By Trent Edwards
CALGARY

In their quest to commune with nature, outdoor recreation enthusiasts are often unwittingly destroying it.

Each weekend, and during summer weeknights, hordes of Calgaryans drive to the mountains in search of pristine backcountry and clean air. Convoys of station wagons and SUVs headed for the mountains loaded with bikes, canoes, kayaks or skis.

Most of the people inside seek beauty and adventure in unspoiled wilderness.

Yet their exhaust fumes sully the crisp mountain air. Their waste slowly leaks into the water table on its way to contaminating our waterways.

They leave garbage along the trail that gives wildlife a taste for human food, leading them to future conflicts with hikers and campers.

Here are some ideas for making

every outdoor recreation trip a little cleaner and greener.

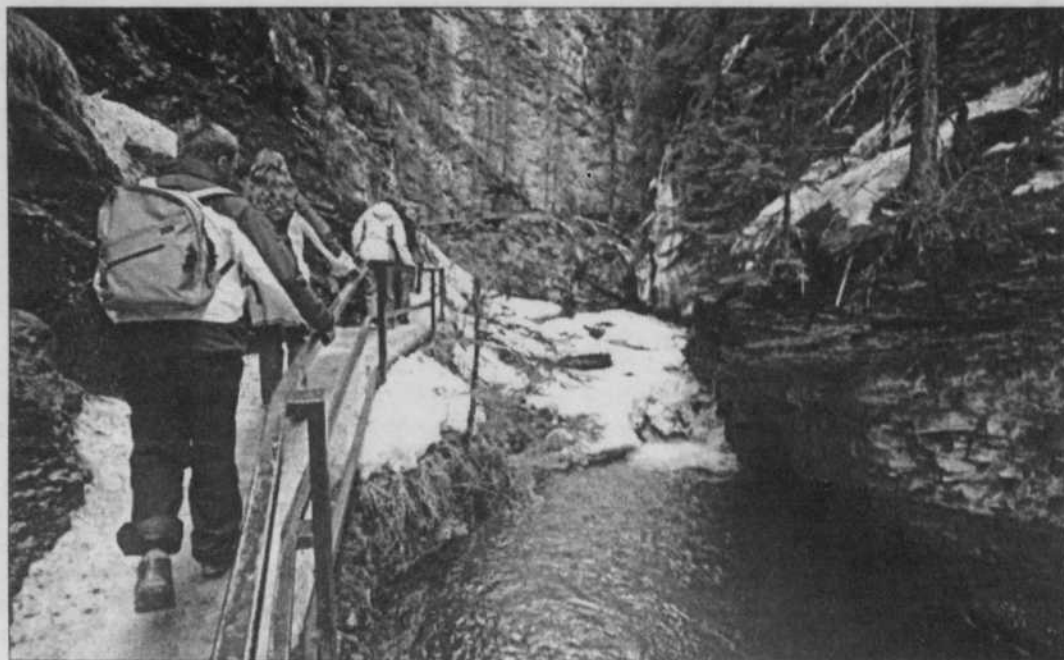
Getting There and Back

- Consider cycling to the trailhead in spring and summer.
- Check out local trails you can walk to from your home.
- Consider in-line skating to a park. Bring a pack with hiking shoes and a lunch inside. Once at the park, swap the skates for the shoes.
- Car pool to ski trips in winter and to destinations unfeasible as a cycling trip in other seasons.

LEAVE NO TRACE

Over the past decade, Leave No Trace, an American non-profit group that promotes environmentally sensitive recreation, has popularized a low-impact wilderness etiquette in the U.S. An offshoot of the group was launched in Calgary last month to do the same for Canada (call 238-9343, or visit www.leavenotrace.ca).

SEE GREEN, PAGE 10



CANWEST NEWS

Hikers sometimes harm the places they enjoy so much. Johnston Canyon in Banff National Park attracts tens of thousands of hikers every year. Signs warn hikers not to stray off the marked trails, for both their safety and the protection of the flora and fauna.

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Where does your cash go? Money tracker knows

By Shelley Fralic
VANCOUVER

It came from Starbucks, the change left after a couple of lattes and a double-shot espresso had their way with a \$50 bill.

It's nothing to look at, just a nondescript \$20 bill, but for the stamp, which on the loon side says: "Where did I come from? Where will I go? Find out online at www.cdn-money.com," and on the Queen side says: "track me at www.cdn-money.com."

So I did.

Turns out my tattered little \$20 bill, issued by the Bank of Canada in 1991, serial number AWY3037463, was first registered on the Canadian Money Tracker website in Saskatoon on May 11, 2004 at 7:56 a.m.

Or, as the Web site informed me, it had travelled 706 days, 6 hours, 56 minutes and 1,189 kilometres before I registered it anonymously on April 17 at 2:52 p.m.

Its debut hit was courtesy of site user "gouche92" who noted back then that

it came from an ATM in the Royal Bank's main branch in Saskatoon.

Okay, that's kind of cool. But there are many questions.

The Canadian Money Tracker's creator, Douglas Robertson, answered the big one, which was "why?"

He's 32, a software developer from Calgary, and started the site in 1999 because he always wanted to know what happened to our money — what pockets it's stuffed in, how many times a bill has been used in a casino, at a gas pump or spit out of an ATM.

"It was really the combination of a cool idea and the trial of the new Java Servlets technology," says Robertson.

The tracking concept is simple: the site's Web address is written on a bill after inputting its location details, then the bill is put back in circulation for someone else to pick up and re-enter.

While many who use the site view money tracking as a competition for the most hits or most-travelled bill, Robertson just likes to know where

money goes when it leaves the mint.

"I think it's neat that we use money throughout our daily lives, and unless I get a brand-new note from the bank, a \$5 note I receive as change has been in hundreds of other people's lives and will be in a 100 or more lives after I pass it on. The thought of that is just mind-boggling."

He says the site has tracked bills all over the country, from Tuktoyaktuk to Truro.

Marked money has shown up at McDonald's drive-thrus, in cabs, at Canada Customs and even as payment to a band in St. John's, Nfld.

The site, one of several on the web, claims to have registered over 1 million bills worth a total of about \$16.7 million.

And like pinball wizard lists, it identifies the top ten users, with "JaketheDrifter" atop the heap with over 70,000 inputs.

It's a statistics geek's nirvana, offering breakdowns on the most popular bills, most active postal codes, most

travelled bills, most hits in a day and so on.

There are forums and contests for the over 35,000 registered users, whose bragging rights are wrapped up in percentages and incomprehensible scoring systems.

My bill was stamped by Lawrence Goulet, a self-confessed "computer nerd" from Saskatoon who says he is over 50 and got hooked when he picked up a CMT bill in 2003.

He now marks several bills a day with his custom stamps, and estimates he's branded about 12,000 bills.

"I've always been kind of curious about where the money I handle goes," says Goulet. "The farthest one of my bills has travelled is 3,300 miles (5,300 kilometres) to Moncton, with a stop in Orillia."

And before you ask... yes, the Bank of Canada frowns on the practice and, yes, it may well be bad manners to deface the Queen, but, no, money tracking is not illegal.

—CanWest News Service

GREEN:

CONT'D FROM PAGE 9

The wilderness-saving principles are as simple as they are effective. They are meant to be guidelines for making ecologically sound decisions, not hard-

and-fast rules:

- Plan ahead and prepare: Call ahead to see if there are any environmental considerations for the area you plan to visit; carefully plan meals so there is no food waste; reduce trash by packing food in reusable containers; use a lightweight stove instead of campfires.

- Camp and travel on durable surfaces (see Trail erosion below).

- Dispose of waste properly: Pack out anything you pack in; bury human waste 10 to 20 centimetres deep and at least 70 metres from water, camp or trails (or pack it out if you're in an area where it won't decompose, such as a glacier or desert); wash yourself and dishes 70 metres away from water.

- Leave what you find: Take only photos; don't deface nature with carvings and blazes.

- Minimize campfire impacts: Use a stove to heat food and a headlamp for light.

- Respect wildlife: Keep a respectful distance; don't feed animals; store food and trash securely; keep your dog leashed.

- Be considerate of other visitors: Minimize noise; yield to other visitors as a show of goodwill; pitch your tent on durable surfaces out of sight from the trail.

TRAIL EROSION

Hikers rarely have much say in the design of trails, some of which are carved through environmentally sensitive areas with little consideration of trail erosion.

Yet a hiker can greatly reduce trail erosion by following the tips below from Leave No Trace: A Guide to the New Wilderness Etiquette (second edi-

tion, The Mountaineers Books, \$15.95) by Annette McGivney:

- First, find out about any hiking or trail restrictions that have been imposed by the local land manager. Restrictions are generally used in areas where off-trail trampling is a problem, or to protect plants and wildlife along the trail during sensitive times of the season.

During spring melt, for instance, wet trails expose roots and trails are especially vulnerable to erosion.

- In places that receive fair to heavy use, it's usually best to concentrate impact and stick to designated trails. Travelling cross-country may give more privacy or offer better views, but others will follow your tracks.

As more people take a side-trail, it seems to gain legitimacy as it widens and wears away surrounding plants. In some environments, it only takes a few people passing on the same route to trample sensitive plants to death and create a noticeable path.

- When hiking on existing trails, follow the designated main trail and not "volunteer" trails often created by people trying to avoid mud or trying to find a shortcut up switchbacks.

Wear gaiters around your shoes and walk through the mud rather than contributing to the widening of a trail by tiptoeing around the muck.

- Walk single file.

- After a heavy rain or during spring melt, avoid trails that are especially muddy.

- Where few trails exist, cross-country travel on durable surfaces can be minimum impact. Durable surfaces include gravel, sand, slickrock, snow and dry alpine meadows.

—CanWest News Service

Recycle a Book - Keep on Reading

What our project is all about:

At Princess Elizabeth Elementary School the grade 5/6 class has been organizing a project to help recycle books. All students from kindergarten to grade 6 are invited to bring in used books they no longer read and trade them for different books. This project helps to promote recycling books and continued reading.

This project is to help our class learn new skills such as marketing, sales, artistic design, organization and co-operation. It also will be a fundraiser for the end of year trip.

How you can help our project:

Some students do not have books to recycle. If you have any children's books, in English or French, the books can be donated to the Recycle a Book Project. All donations will help to allow all students a chance to pick out a book and keep on reading.

Books are being collected from May 1st to May 5th at **Princess Elizabeth Elementary School**. The school address is 420 rue Bellevue, Magog, QC.

If you have any questions you can leave a message for Ms. Amelia Bruce and her grade 5/6 class by phone at (819) 843-4847 or by email at pees@etsb.qc.ca

A psychiatrist finds symptoms of ADD just come with our busy existence

By Anne Marie Owens

A psychiatrist who specializes in treating Attention Deficit Disorder has looked at our accelerated modern-day existence and diagnosed a widespread societal malady that shares many of the same symptoms as the medical condition.

In a constant rush, tending to lose focus mid-task or mid-conversation, and unable to complete any of a number of projects always on the go, an ever-increasing number of people are exhibiting many of the symptoms of ADD without actually having the disorder, according to a new book.

Dr. Edward Hallowell says he's come to see ADD — the medical condition he has diagnosed and treated for a quarter century — "as a metaphor for modern life ..."

"In its energy, excitement and excess, in its novelty, speed, chaos and confusion, in its dust storm of data, in its creative spirit and freedom from convention, in its emphasis on adaptability and on the now ... today's world looks much like another world I know well: The world of Attention Deficit Disorder," he writes in his book *CrazyBusy*.

The legions of people who have come to him with a litany of technologically induced, time-crunched, divided-attention complaints may be showing many of the symptoms of ADD, but what they are really suffering from, he says, "is a severe case of modern life."

He debunks some of the myths of multi-tasking; pleads for a reduction in the habitual technological check-ins he calls "screensucking;" and highlights the evidence, all around, of a society operating at breakneck speed — from his own anxious reaction to using an agonizingly slow rotary phone, to the telling statistic that the most frequently repaired part of an elevator is the Close Door button, eternally jammed by an ever-changing roster of people in a hurry.

"We're like kids who've just gotten their driver's licence — they want to drive whether they've got anywhere to go or not," Dr. Hallowell, who is based in Massachusetts, said during an interview in Toronto recently while promoting his book.

"There's a certain turn-on to all this speed ... There is a bit of a status symbol today in being busy."

He says there's nothing inherently wrong with the speeded-up pace, the multiple demands, the ubiquitous technology, or any of the other individual factors behind this modern momentum. The problem is whether we are in control or not.

"You have to be intentional — do instead of being done to. If you don't, the zeitgeist is like a tornado and it will just push you up."

Unlike those who argue that tuning



CANWEST NEWS

In his latest book *CrazyBusy*, Dr. Edward M. Hallowell contends many adults suffer from Attention Deficit Disorder because of the overly busy lives they are leading.

out and withdrawing from the race may be the only cure, Dr. Hallowell opts for an approach that suggests we can have our BlackBerry and our peace of mind, too.

"It's great to have e-mail, it's great to have Google, it's great to BlackBerry ... There are tremendous positives in the 'crazybusy' world — if you can learn to manage it," he says.

For a cure, he looks to the world he knows best, using tips originally designed to help ADD-sufferers and adapting them to help an overstretched populace manage and prioritize.

The subtitle of his book is "Overstretched, Overbooked and About To Snap: Strategies for Coping in a World Gone ADD." Some of the solutions are self-evident — do what matters most, delegate, slow down. Others are not so intuitive.

Multi-tasking, for example, is fine only if all the tasks being done are at the same low level — feeding the dog while sorting through junk mail may be a relatively harmless way of knocking off two jobs quickly. But there is no efficiency gained, and potential harm to be done, if even one of the tasks is important — like talking to a friend, like trying to make a deal, he says.

"It is fine to believe that multi-tasking is a skill necessary in the modern world, but to believe it is an equivalent substitute for single-minded focus on one task is incorrect," Dr. Hallowell writes in his book.

As an antidote to the obsessive behaviour he calls "screensucking," he suggests setting a timer to create structured breaks from the computer screen, putting a limit on the BlackBerry (rather than transporting it everywhere, even bedside during lovemaking, as one of his clients complained.)

—CanWest News Service



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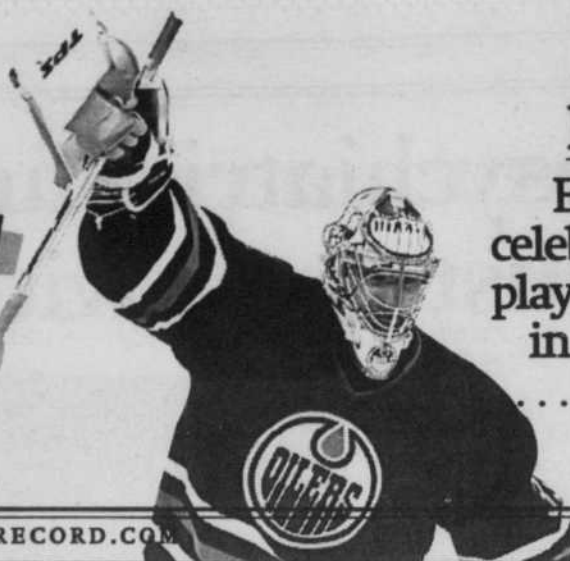
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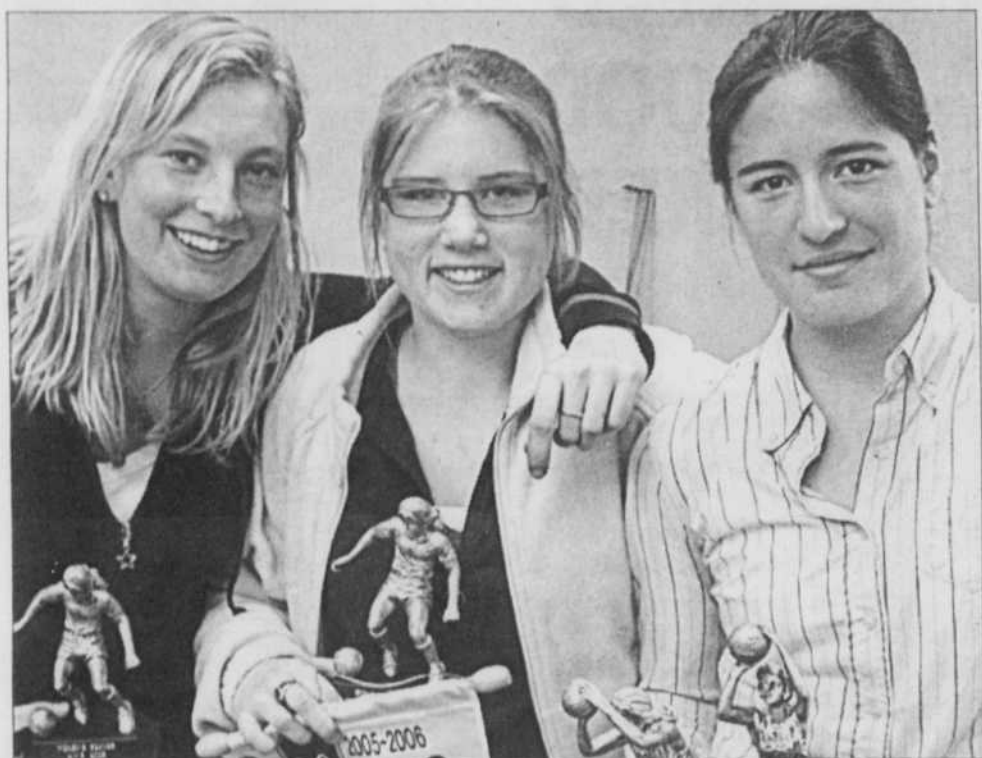
INSIDE
Edmonton
celebrates its first
playoff series win
in eight years
... see Page 13

PAGE 12 WEDNESDAY, MAY 3, 2006

NEWSROOM@SHERBROOKERECORD.COM



Lamontagne wins coveted Huckins Award



PERRY BEATON/SPECIAL

Brigitte Dion, Samantha Halfyard, and Andreanne Paquin all took home some hardware. Paquin plays basketball and Halfyard and Dion play soccer.

By Mike Hickey
SPECIAL TO THE RECORD

Hugo Lamontagne, captain of the Champlain College men's hockey team and the squad's inspirational leader, received the Bill Huckins Award Tuesday at the school's annual athletic awards ceremony.

The Huckins Award was established in May 1985 to honour the Champlain College athlete who best exemplifies persistence and effort in the face of adversity. The criteria for the award, named for a former Champlain football player who died from cancer, includes perseverance, tenaciousness, dedication to the team and college and maximum effort.

Lamontagne displayed those qualities when he returned to competitive hockey this season after a series of injuries. Many thought the Plessisville native would not be able to fully recover from a broken ankle he suffered in 2004, but he was back in uniform for the team's playoffs last April.

His off-season recovery hit a snag

during the summer when he broke a bone in his other foot while playing basketball. A quick healer, Lamontagne was back on the ice in time for the beginning of the 2005-06 campaign but the injury bug hit him again as he was sidelined with cracked ribs.

A lesser competitor may have had second thoughts about a third rehab in little more than a year, but Lamontagne returned to action in January and was a key contributor to the team's 19-game winning streak and Sherwood Division title.

On March 11 he was recognized by the Quebec Junior AAA Hockey League coaches when he was awarded the Jean-Guy Daigneault Trophy for outstanding leadership.

The Don Bilodeau Memorial Award, presented to the football player who best exemplifies commitment and dedication to his development as a football player, was awarded to linebacker Vincent Auger.

The recipient must be a good student, considered coachable, demonstrate dedication and off-season



PERRY BEATON/SPECIAL

Vincent Auger, Jesse Goodsell, Olivier St-Onge, Philip Sauer, and Pat Fequet pose with their awards.

development and must have spent at least two years in the football program.

The award is named after Don Bilodeau, a Champlain football player who tragically lost his life in the summer of 1988.

Cougar Pride Awards were presented to football players Hugo Bernier, Sébastien Tetreault, Charles Croisette and Philip Sauer, while Frederick Plessius received the Brian Morley Award given annually to the football player who has made the biggest impact during the past season.

Michael Lecomte was selected as the Rookie of the Year for the hockey team while all-star goaltender and league defensive player of the year Olivier St-Onge was named the squad's Most Valuable Player. Ayer's Cliff native and team captain Jesse Goodsell received the Mike Hartwell Award given for the most unselfish contribution to the Champlain College hockey program.

Pat Fequet, former standout athlete at Alexander Galt High School in Lennoxville, received the team award

for the men's basketball team.

Andreanne Paquin captured both the Rookie of the Year and Most Valuable Player Award for the women's basketball team while Lennoxville's Crystal Scott garnered the Team Award.

Brigitte Dion was named the Most Valuable Player of the women's soccer team while Samantha Halfyard was voted the Rookie of the Year and named the Most Improved Player. Claudie Bélanger received the Team Award.

Alexander Garard was selected as the Most Valuable Player for the men's soccer team while Shawn Champigny took home the Team Award.

Athletic director Sylvain Laflamme expressed satisfaction with the 2005-06 season and said the school's success was due in part to the dedication of the various coaching staffs.

"I was pleased with the season; all the teams were competitive," Laflamme said prior to the awards ceremony. "I want to thank the coaches whose dedication, expertise and commitment is invaluable to the program."

JUNIOR BASEBALL

Athletiques BRP open baseball season Sunday

Sherbrooke builds on last year's successes

By Mike Hickey
SPECIAL TO THE RECORD

The Quebec Junior Elite Baseball League opens the 2006 season this weekend and the Sherbrooke Athlétiques BRP can hardly wait for the first pitch.

Members of the team, the club's management committee, sponsors and media assembled Tuesday for a press conference to discuss the upcoming season.

Hope springs eternal for baseball teams and the Athlétiques BRP enter the new campaign with typical optimism, optimism rooted in last year's turnaround season.

Sherbrooke advanced to the playoffs for the first time in six years in 2005, played improved baseball under manager Steve Ager, resolved some financial problems and was rewarded by being named the league's organization of the year last fall.

Building on those successes, the team is moving into this season with plans to improve the on-field product and its off-field activities.

Mike Goulet has joined the team as general manager, Denis Morin has produced a strong business plan in his role as administrative vice-president and Sylvie Robitaille has been named director of communications.

The organization even coaxed former little league manager par excellence Bob Halsall out of retirement to serve as director of transportation, a portfolio that is still being defined as opening day nears.

The team plans to make mascot Gus-



PERRY BEATON/SPECIAL

The Sherbrooke Athlétique hope to come out with bats swinging when they start their elite junior season this weekend.

tave more visible throughout the community and has several promotional activities planned that will raise the visibility of the club and at the same time assist in the development of minor baseball in the Sherbrooke area.

The promotions begin this Sunday when the Athlétiques BRP open the 2006 season when they host the Laval Associés at Amédée Roy Stadium. The team expects over 500 fans for the opener that will be preceded by presentations of players and

their parents.

First pitch is scheduled for 2 p.m.

The following Saturday manager Ager will conduct a coaches' clinic for area baseball coaches in collaboration with Baseball Sherbrooke. The team will also host two fundraising events this month, a floor hockey tournament on May 20 and a brunch at the Buffet des Continents on May 28.

The team has also embarked on a season ticket drive and club official Don

Warnholtz believes the deal is excellent for baseball fans.

"We just started selling season tickets and the interest has been very good," Warnholtz said. "It is a good deal because you can use the tickets for any game. Two people can go to 25 games or you can have a family of five go to five games."

On the field, Ager is looking to improve upon last year's season that saw the Athlétiques BRP advance to the playoffs before losing a tough series to the eventual league champions, the Trois-Rivières Aigles.

The team began indoor practices at the Séminaire de Sherbrooke in February and recently started outdoor practices.

"Things have been going well," Ager said after the press conference concluded. "We have been able to have several intrasquad games as well as two games with junior B teams and an exhibition game against the Ducs (Longueuil). I like what I have seen, we have talent and depth."

The Athlétiques BRP downed the Longueuil Ducs in a contest that was not as close as the final score would indicate. Sherbrooke led 7-0 before a late Longueuil rally closed the gap.

"We beat a pretty good team on the weekend and I think we are trying to build on the momentum from last year," said Lennoxville native Mark Warnholtz, now the veteran of the pitching staff. "This organization was down for awhile, we weren't winning and we had financial problems but things have turned around. We made the playoffs last year and played well against the team that won the league."

The Record will preview the upcoming junior baseball season in Friday's edition.

After that third period, anything possible for Oilers

By Dan Barnes

It's not about the money. Not today and tonight and tomorrow. Not with the Oilers playing in May, something they haven't done since 1998. Not with them sitting pretty in the promised piece of playoff land that had eluded them for eight years.

Not with the players sweating it out for playoff shares, tiny fractions of their million-dollar salaries that were paid in full by mid-April. Not with an entire city enthralled at the prospect of goodness knows what's next.

Because if they can win as furious a

third period as you're ever likely to see and beat Detroit in six games, anything is possible.

It's about everything except the money.

"As much as anything, it's about the soul of the city. It's about spirit," said an incredulous Cal Nichols, chair of the Oilers ownership group. "We've worked for eight years to have an equal chance to win and now we've done it. Once we got to the playoffs, I thought we could beat anybody. Tonight we proved we could."

But it's always about the money. It has to be about the money. Oiler manage-

ment and ownership are compelled to look well past this incredible series victory and past whatever is next up this year and the next year and the one after that, too. Shortsighted organizations fail. Companies with long-term vision thrive. This series win is worth more than \$5 million to them this year alone, not to mention what it will do for them next year when it comes time to sell sponsorships and buy free agent players and pay their own guys.

Like playoff hero Ales Hemsky, for instance, who might well end up going to arbitration.

"Financially this takes us over the top,"

said a beaming Nichols.

Over the top. That pretty much describes the mood of the city now. Not everybody could see this day coming as clearly as Nichols and his fellow owners and his team.

I picked Detroit in six games. But the Oilers kept on believing everything they were saying. That they were a much better team, far better-equipped to play in the playoffs because of new people like Chris Pronger, Dwayne Roloson, Sergei Samsonov, Michael Peca and Jaroslav Spacek.

SEE MONEY, PAGE 14

It was true.

MLB BASEBALL

The Inside Pitch

By Ryan Mark

RECORD CORRESPONDENT

Being a Red Sox fan, nothing has made me doubt their chances at winning another World Series title than watching who they put out in the field night after night. Alex Cora? Willie Harris? Dustin Mohr?

If you are asking yourself, "Who are these guys?" then I have made my point. If you know who they are then you know what I mean. For a team that has the second highest payroll in all of baseball, you'd think they could go and buy someone a little better.

The Sox are slumping and the lack of depth on the team is the reason why. Manny Ramirez and David Ortiz are doing what they do, driving in runs and scaring pitchers, but they can't do it all themselves.

Speaking of pitching, Curt Schilling and Josh Beckett have cooled off, Tim Wakefield has been unreliable and Matt Clement has pitched poorly so far.

The fifth spot in the rotation has been filled by Lenny Dinardo, another one of those "who is that?" guys. The Red Sox desperately need to step up their game because the Yankees are in town and these games will be felt at the end of the season.

Raise your hand if you thought the Cincinnati Reds would have the best record in baseball at the end of April.

Starting pitcher Bronson Arroyo has five wins, Aaron Harang has four and each can thank the highest scoring offense in the National League for that.

Adam Dunn leads the team with nine home runs and although he still strikes out at an alarming rate, others have stepped up to drive in runs when he cannot. Austin Kearns has been really good, Edwin Encarnacion is driving in runs like crazy and newcomer Brandon Phillips has revived his career in Cincinnati.

Can the Reds keep it up? The answer is no and here is why... The pitching is suspect and will be exposed eventually. Besides Arroyo and Harang, the pitching staff is awful and no team in baseball has given up more home runs.

Almost everyone, including me, picked the Reds to finish near the bottom of the division but even with the great start, I am confident they will prove me right at the end of the season.

Let's hear it for New York Yankee first baseman Jason Giambi. One of baseball's good guys. Giambi is off to a fast start this season and leads the American League with 27 RBIs.

Although he could have kept quiet like many others, Giambi chose to come forward in 2003 and admit he used steroids, which earned him much respect from the fans and fellow players around the league.

Unrelated to steroids, he missed most of the 2004 season with an intestinal parasite and a benign tumor. Although he struggled to start the year, 2005 saw Giambi make his way back to the MVP type player he once was.

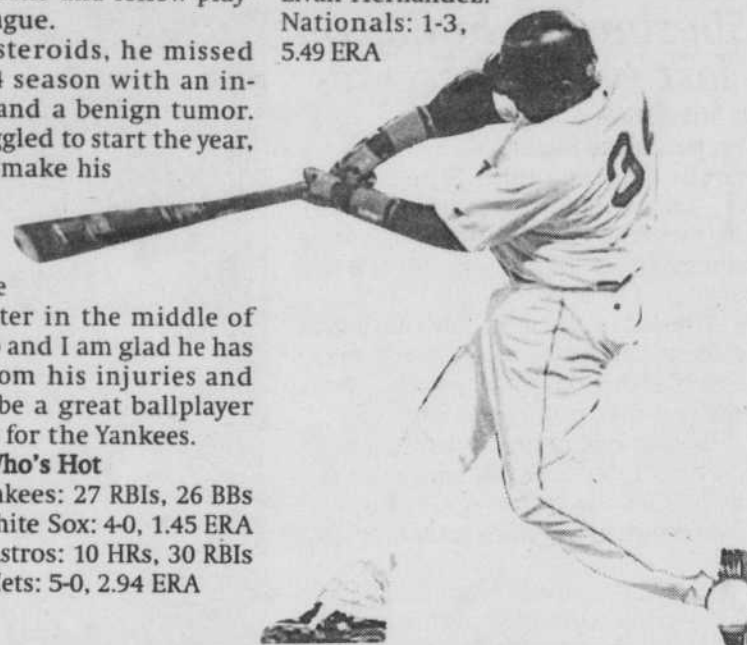
This season he has been a monster in the middle of the Yankee lineup and I am glad he has bounced back from his injuries and past mistakes to be a great ballplayer again. Even if it is for the Yankees.

Who's Hot

Jason Giambi: Yankees: 27 RBIs, 26 BBs
Jose Contreras: White Sox: 4-0, 1.45 ERA
Lance Berkman: Astros: 10 HRs, 30 RBIs
Pedro Martinez: Mets: 5-0, 2.94 ERA

Who's Not

Adrian Beltre: Mariners: .211 AVG, 1 HR
Josh Towers: Blue Jays: 0-5, 10.45 ERA
Marcus Giles: Braves: .195 AVG, 4 RBIs
Livan Hernandez:
Nationals: 1-3,
5.49 ERA



MONEY:

CONT'D FROM PAGE 13

It was true.

And that was about the money too, because without a new Collective Bargaining Agreement and the \$39 million US salary cap in place, Pronger and Peca are not wearing Oiler uniforms now.

Without those changes, the Oilers might be lamenting another short first-round loss because the Detroit Red Wings would have been the kind of team the Oilers couldn't beat in the past. They were talented, confident, deep, even arrogant. The Oilers were the upstarts, the underdogs, just as they always were against Dallas and that didn't end well.

But this series was different from the moment the Oilers gave up 57 shots and lost Game 1 in overtime in Detroit. They weren't crushed by the loss. They weren't afraid of the past, they were determined to make it irrelevant. When they got up 2-1 in games and failed to step on Detroit's throats in Game 4, they didn't panic. They went back to Detroit and won Game 5 in convincing fashion. But it is never easy.

And even with a 3-2 series lead and the opportunity to close them out at home Monday, the Oilers struggled to find the killer instinct. But they didn't lose faith. Down 2-0 after 40 minutes to the best team in hockey, they still believed, and the between periods speech-

es were all about faith.

"We were going to win the game. We said it," said Steve Staios. "I don't know if we all believed it, but we have come back in games before, especially at home."

Sure, but the Red Wings had outscored them 6-1 in the third period before Monday. And their only goal was Jarret Stoll's empty-netter in Game 2. The road was long and uphill all the way. So they needed a lift.

"Gator was talking, Prongs was talking, I was talking, Peca was talking," said Ryan Smyth. "Just don't quit. No quitters, man. We needed to get everybody motivated. We're one shot away, let's do it. Let's get the fans involved."

The fans have been involved intimately with this team, this version of it, for many years. They suffered through the playoff drought of 1993-96. They celebrated with the team's unlikely first-round Game 7 wins in Dallas and Denver in 1997 and 1998. And they wanted so desperately to celebrate their team's first series win at home since 1992, just so they could be sure this was different. The team was equally desperate to provide it.

So they went out and won a third period and a series and the respect of a hockey world that had largely dismissed their chances.

"I have never been a part of a third period like that in my life," said Stoll.

Just wait, kid, the ride may only have started.

—CanWest News Service

Tops At Tae Kwon Do



COURTESY VAGUE BLEUE TAE KWON DO SCHOOL

On April 22, 11 students from Lennoxville and Coaticook Vague Bleue Tae Kwon Do School attended the 2006 Can-Am Cup in Ottawa. The students collected a total of eight gold, eight silver and 10 bronze medals, for a total of 26 medals. Left to right standing: Jessica Carrier (bronze: Sparring, silver: Patterns, bronze: Couple patterns); Lisa Bellows (bronze: Sparring, silver: Patterns); Laurana Wood (gold: Patterns, bronze: Sparring, gold: Couple patterns); Louise Woodward (gold: Patterns, silver: Sparring); Tanisha Gallichon (silver: Patterns, bronze: Sparring, gold: Couple patterns); Pier-Anne Gaulin (gold: Patterns, silver: Sparring, bronze: Couple patterns); Christopher Rae (gold: Patterns and sparring). Left to right sitting: Rebecca W. De Seve (gold: Sparring, silver: Patterns); Simon Paillard (bronze: Sparring and patterns); Mathieu Lahaie (silver: Sparring, bronze: Patterns); Kristen Wood (bronze: Sparring, silver: Patterns); Dietrich W. De Seve (silver: Sparring, bronze: Patterns).

In Memoriams

NUGENT - In loving memory of our dear parents and grandparents, Mr. and Mrs. Albert Nugent. Mother who passed away May 30, 1973 and Dad who passed away May 1, 1976.

*Loving memories never die
As years roll on and days pass by,
In our hearts a memory is kept
Of the ones we loved and will never forget.*

Lovingly remembered by
THEIR FAMILY
GRANDCHILDREN and
GREAT-GRANDCHILDREN

PACKARD, Vernon Eugene - May 3, 2005.
*A year has passed since
We said our final goodbye,
We think of you daily,
And remember you in our quiet solitude.*

Sadly missed, forever remembered.
THE FAMILY

**Legion Branch 77
Ladies Card Party**

On Monday evening, April 10, 2006 the Ladies' Auxiliary, Branch 77, Waterloo held a card party at the Legion Hall. "500" was played at eight tables. Men's winners were: Stanley Copeland, George Wilson and Wilmur Davidson. Women's winners were Doreen Gibbs, Yvette McElravy and Nellie Wilson. The winner at the games table was Nellie Darling. Gerald Copeland won a box of groceries. Other drawings were won by Nellie Wilson, Stanley Copeland, Ruth Lefebvre, Rita Hamilton, George Wilson, Nellie Wilson, Gerald Copeland, Adelaide Jones, Bobby Cochrane, Doreen Gibbs, Doug Talbot, May Banks, Lucille Aitken, Wilmur Davidson, Cliff Cochrane, Jean Riti, Eugene Jones, Bruce McPherson, Francine Capavant, Louise Lowry, Stanley Copeland, Connie Peacock, Myrtle Wilkinson, Yolande Gélinas and Muriel Whitehead.

A delicious lunch was served. Legion Auxiliary President Lucille Aitken thanked everyone who had helped to make it an enjoyable and successful evening, those who provided groceries and prizes; donated food and cleaned up later... members and non-members. Our sincere thanks to you all.

*Submitted by
Grace Rainville*

Birth



McVITTIE-CRAMERSTETTER: Katryna wants to brag about her baby sister, Melyssa Taylor, born June 10, 2005. Katryna and Melyssa are daughters of Dana McVittie and Mario Cramerstetter of Ile Perrot. Proud grandparents are Bob and Ann McVittie of North Hatley and Remigio and Fiorella Cramerstetter of Ile Perrot.

Deaths



BEATTIE, Lucielle - At the Foyer Valin in St. Méthode on Sunday, April 30, 2006 at the age of 70. Left to mourn are her children Danny and Marlene Livingston, her grandchildren Daniel and Shandy Livingston and Richard Gonzo, as well as her brothers and sisters, sisters-in-law, nieces, nephews, cousins and many friends. Visitation at J.A. Savoie Funeral Home, 1086 Notre Dame N., Thetford Mines, on Friday, May 5 from 2 to 4 p.m. and from 7 to 10 p.m. On Saturday, visitation from 9 to 10:30 a.m. Funeral Mass in St. Pierre de Broughton Church at 11 a.m. on May 6. Interment in parish cemetery.

Deaths

MARSH, Lawrence Douglas (June 25, 1920 - May 1, 2006). After a brief illness, at the BMP Hospital, Lawrence Douglas Marsh passed away peacefully with family by his side. Dearly beloved husband of the late Ethel Rebecca Campbell Marsh; dear father of Nancy Marsh Dixon, L. Brian Marsh (Nicole), Wendy McDougall (Norm McLeod) and the late Kevin Douglas Marsh; cherished grandfather of Ryan D.T. Dixon, Tina M. McDougall, Craig L. Marsh and D. Charles McDougall and much-loved by many nieces, nephews and their families. Visitation and funeral service to be held at the Bessette Funeral Home, 5034 Foster Street, Waterloo (1-888-730-6666) on Thursday, May 4 from 2 to 4 p.m. and 7 to 9 p.m. and two hours before the funeral service to be held Friday, May 5 at 11 a.m. Interment at the Duboyce Cemetery, West Bolton. In lieu of flowers, the family requests donations in his memory be made to the B.M.P. Hospital, the Canadian Cancer Society or the Heart and Stroke Foundation.

MITSON, Graydon George (1934-2006) - Passed away on April 30th 2006 at the Montreal Neurological Hospital after a brief illness at the age of 71 years. He leaves to mourn his wife of 45 years Dorothy Button, son George, daughter Crystal (Gradyn), stepson Glendon (Debbie), a sister Idabelle (Peter). Very special Papa to Nicholas and Nathan. At Mr. Mitson's request Cremation, followed by a Graveside Service at a later date. In lieu of flowers, Donations to the Heart & Stroke Foundation or B.M.P. Hospital Foundation or Quebec Diabetes in his memory. Forms available at the Funeral Home. Funeral arrangements entrusted to the Denis Meunier Funeral Home & Chapel, 402 River St., Cowansville, Qc. Tel. (450) 266-6061; Fax.: (450) 266-6057; E-Mail: funerariumdm@qc.aira.com Robert Farnam, Director.

Cemetery Meetings

BISHOPTON

The annual meeting of Lakeside Cemetery Co. will be held on Wednesday, May 10, 2006 at 1:30 p.m. held at 101 Main St. in Bishopton, QC. All are welcome.

BISHOPTON

Lakeside Cemetery Co. in Bishopton will be accepting tenders for the position of Cemetery Caretaker. This is for a term of two years. Contracts may be picked up by calling the number below. The sealed tenders must be received by the Secretary Treasurer no later than 6 p.m. on May 9, 2006. Thank you, Marie James, Secretary Treasurer, (819) 884-2216 or 884-5923.

SAWYERVILLE

The annual meeting of the Maple Leaf Cemetery Inc. will be held on Wednesday, May 10, 2006 at 7 p.m. The meeting will take place at the home of Trudy and Alvin Doherty, 153 Cookshire St., Sawyerville. Anyone wishing to attend the meeting is welcome.

GROVES, Keith (1956-2006) - Suddenly at his residence in Vancouver, BC, on February 16, 2006, 49th years of age. Keith Groves was the beloved son of the late Edna and Charles Groves, he leaves to mourn his sisters: Patricia, Valerie (André) and brothers: Robert (Brenda), Clive (Christiane) and Kenneth (Lori); nieces and nephews. Graveside prayers will be held at the Bedford Protestant Cemetery, Bedford, QC on May 6, 2006 at 1 p.m. Funeral arrangements by Dion Funeral Home, 215 River St., Bedford, JOJ 1A0, tel.: (450) 248-2911, condolences can be sent via josephdionfilstee@bellnet.ca

MANSONVILLE

We met at Soleil Rouge on Tuesday, April 11 for dinner, with a good attendance.

Upon our return to the town hall we played our usual games. Marian Gauvin was the winner of the half and half game. Door prizes went to the following, M. Gauvin, Lana Lane, Edmond Ducharme, Rita Marcoux and Juliette Laliberté.

"500" winners were Edmond

Ducharme and Greg Gauvin.

Game winners were Jackie Jersey, Rita Mossa, Dorothy Woodard, Juliette Lalibert, Marian Gauvin and Lila McCoy.

Louise Oljver celebrated her birthday on April 13 and Irene Carrier had one on the 16. I talked to Louise on the 12 and she was in very good spirits, sent her best to her many friends here. Several people sent cards to both ladies.

Rita Mossa

Golden Age Club news

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH & DEATH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)
Discounts: 2 insertions - 15% off, 3 insertions - 30% 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 (\$23.01 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$19.50 (\$22.43 taxes included) **WITH PHOTO:** \$29.50 (\$33.94 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. 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) 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.

Resonating letter

Dear Annie: I want to respond to "Done," the never-married, 42-year-old academic woman who thinks love has passed her by.

For five years after my divorce, I felt the same way. I decided this was a great time to do all the things I was too scared or never had the time to do. So I took a graduate course, jumped out of a plane, acted in community theater, traveled to

Europe alone, ran my first 5K, and went solo camping and rock climbing. I talked to God and read articles to help me deal with personal issues (Oprah's magazine was a godsend). I learned I was my own good company.

Two months later, I finally had the confidence to try online dating. Guess what? I met the most wonderful man. It

Annie's Mailbox took me until I was 42 to learn how to feel worthy enough to be loved by a good person.

"Done" has a lot of work to do to heal herself, but there is beauty down the road. I wish her the best and I'll pray for her. — Virginia Beach, Va.

Dear Virginia Beach: That letter really resonated with our readers. They wanted "Done" to know that they have been in her shoes and they are thinking of her. Here is a small sampling of our mail:

From Louisville, Ky.: The best way to feel lovable is to love others. There are struggling children who need mentors, terminally ill patients who need a hand to hold, and lonely elderly folks with stories to share. If "Done" looks to the needs of others, she'll have less time to dwell on her own.

Kelowna, Canada: I wonder if "Done" is taking medication for what she describes as "low-level depression." Anti-depressants have changed a lot over the years, and the first one a person tries may not be the best. I am now using a combination of two anti-depressants and have never felt better.

Chicago Doctor: There is a medical condition called "dysthymic disorder," which affects mostly unmarried women younger than 64 and is characterized by a depressed mood that lasts most of the day and is present for at least two years. If she doesn't receive proper treatment, including psychotherapy and medication, she won't feel any better, regardless of how much counseling she gets.

Midwest: I'm a 44-year-old divorced female engineer. I have few close friends and date rarely. But I take great satisfaction from my career and have lots of hobbies and activities. I have a positive

attitude not because I try to, but because I'm content with myself and that spills over into every part of my life. People who think poorly of themselves will attract others who are unhappy. And if she's desperate for love, it will be a giant red flag.

Semora, N.C.: I am an 82-year-old male former academic who has never been happier. The world does not owe you happiness, but it opens to you the means to happiness when you adjust your outlook. Be grateful for life, health, education, a profession, a world of opportunity. Take up some form of regular exercise. Move to where you can be in tune with nature's rhythms. Learn new life skills. Practice an art or craft and make something beautiful. Give back to the planet and the community. Giving can make you rich.

Ohio: She should volunteer at a children's hospital or nursing home. And in so doing, she may find someone who shares her interests and with whom she can be a real friend.

Southern Illinois: That letter touched me deeply. Within the past year, I lost my boyfriend of 10 months and a job that had seemed promising. I would urge "Done" to get involved in positive activities such as community or worship services. Taking up a sport or hobby or joining a club would be good, too. And don't overlook support groups. Life often hands us a raw deal, but we are responsible for creating our own happiness. If we don't like the direction in which our lives are traveling, we have to turn the steering wheel. Don't give up.

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

The Catholic Women's League



The regular meeting of The Catholic Women's League was held on April 19 at St. Joseph's

Pavilion with 14 members in attendance.

The president, Monica Galvin, welcomed the members and the League prayer and other prayers were said for the sick and deceased.

The minutes of the March meeting were read and adopted after a change of meeting date.

Treasurer, Anne Blue gave the financial report. It was decided to send a donation to Development and Peace from the little jar and Share Lent collection.

In the absence of Spiritual Development Chairperson, Beverly Gingues, the President asked those present to pray for the children who will be receiving their First Communion on May 7. Also to remember to pray for vocations on that day. Members present chose names of fellow-members as Prayer Partners for a year.

Under Christian Family Life, Priscilla Noonan read The Catholic Women's League Position Paper on Euthanasia

and Assisted Suicide as revised in February 2006.

Some motions on proposed changes to the Constitution & Bylaws were voted on.

Members were reminded that the 2006 Provincial Convention will be held at The Best Western Hotel in Dorval on May 26-28. It is hoped that a number of members will attend.

Recipes have been received from some members and when more are available, we will look into producing a small book of favorite recipes to share.

The President reminded those present about the St. Patrick Mission Circle Supper on April 22 and asked for help and contributions. She also reminded them of the Mass and breakfast on April 26, feast of our Patroness, Our Lady of Good Counsel.

The next meeting will be May 17 at 1:30 at St. Patrick's Church when we will honor Mary during the month devoted to her.

A closing prayer was said and the meeting was adjourned.

A social time followed with refreshments being provided by Monica Galvin and Stella Mayhew.

—Priscilla Noonan

Milby Women's Institute 75th Anniversary

On April 22, 2006 members of the Quebec Women's Institute gathered at the "Hut" on Saint Francis Street in Lennoxville to mark the 75th anniversary of the Milby Women's Institute which was founded in 1931.

Fifty one members from Compton, Megantic, Richmond, Stanstead and Sherbrooke Counties joined Milby Ladies for the dinner followed by entertainment.

Guests were greeted at the door by President Winnona Kirby. Marjorie Sutor and her mother Mildred Cairns distributed name tags for everyone and corsages for members and guests at the head table.

Winnona Kirby welcomed everyone and asked the head table to introduce themselves and state their office.

The head table consisted of Provincial President Linda Hoy, Provincial Treasurer Doris Stevens, County President Donna Davis, and County Secretary Margaret Hall. Ruby Booth and Marina Evans, two members of Milby W.I. were unable to attend.

Following this, grace was said. Evelyn Sutor then proposed a toast to Her Majesty Queen Elizabeth II. Meryl Nutbrown proposed a toast to the Provincial President Linda Hoy and County President Donna Davis.

The Ladies Auxiliary served a delicious punch and a tasty turkey dinner with all the trimmings. The anniversary cake which was made and decorated by Marjorie Sutor was served with ice cream and chocolate sauce. The anniversary cake was centered by two gold candles and two flower arrangements made by Joyce Mackey of Vaudry's Flower Shop. Each place was marked by a place name, a program, and a memento.

Marjorie Sutor introduced her mother Mildred Cairns remarking that she had just celebrated her 93rd birthday on April 19. Mildred presented an interesting account of the 75 years of the Milby Women's Institute. She has been a member for the past 61 years.

Linda Hoy presented a certificate of appreciation to Milby Women's Insti-

tute, for 75 years of working for Home and Country. This was accepted by Winnona Kirby. Several cards expressing congratulations and best wishes were received. Also, a plant from the Lennoxville Branch and a floral arrangement from the Hatley Branch was received.

Door prizes (several plants and arrangements) were won by Donna Davis, Marjorie Lancaster, Dorothy Marlin, Sue Schmitt, Helen Lowry, and Gwen Parker.

Evelyn Sutor introduced the musical group "The Late Bloomers" featuring Eileen Drew, Sheila and Elmer Andrews, Wyatt Savage, and Russell Nutbrown. They

provided both music and humor and some enjoyed a dance or two. Later in the afternoon Evelyn thanked the musicians and the Ladies Auxiliary for the delicious meal. This brought the 75th Anniversary to a close.

Meryl Nutbrown



Pictured from left to right: Marjorie Sutor, Meryl Nutbrown, Evelyn Sutor, Mildred Cairns, Winnona Kirby, Gloria Matheson, Jean Naylor.

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 X

"SAFLF EY RW ABOOERFYY FCFVOS ER SAF LFBTEUBSEWR SABS NF ABXF BVVWGOTEYAFJ YWGFSERP." - AFRLD MWLJ

PREVIOUS SOLUTION - "Truth is no road to fortune." - J. Rousseau "Rather than love, than money, than fame, give me truth." - Henry D. Thoreau

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KIT N' CARLYLE



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HERMAN



5-3

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"Where are you? I thought you were going to put a new lock on this door?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



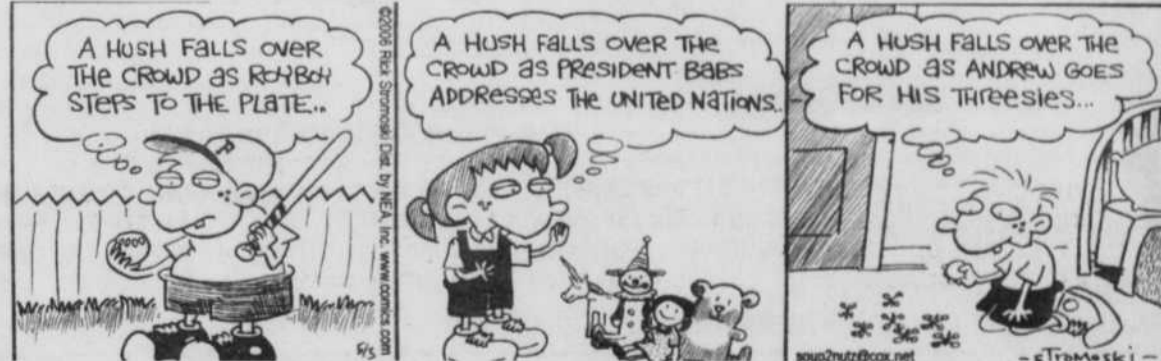
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THE WHITE HOUSE, a senior citizens home located in Stanstead, is now accepting employment applications for **Caregiver** for nights. Please mail resume to White House, 451 Dufferin, Stanstead, QC, JOB 3E0 or call (819) 876-2013.

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Your Birthday

Wednesday, May 3, 2006

TAURUS (April 20-May 20) — You have far greater resolve to draw upon than you may realize. Should challenging situations arise, draw upon the strength that's always within you. You're equal to the test.

GEMINI (May 21-June 20) — Doubting the validity of your ideas or ventures will be your downfall. Instead, put your full force behind them; believing in yourself will make big things come your way.

CANCER (June 21-July 22) — No matter what, do not lower your sights where your material goals are concerned. You're now in a good cycle to increase your holdings, but you must first believe in yourself.

LEO (July 23-Aug. 22) — Knowledge that you've gained from past experiences can always be helpful, and, if you are so inclined you can use it in a profitable manner. Use your smarts to make more money.

VIRGO (Aug. 23-Sept. 22) — Although you might not realize it, you have a diligent supporter busy working on your behalf behind the scenes. S/he is able to do things for you that you're unable to do for yourself.

LIBRA (Sept. 23-Oct. 23) — People who meet you for the first time will be favorably impressed. They'll be aware of your finer qualities, even if you are not, and

will be eager to get to know you better.

SCORPIO (Oct. 24-Nov. 22) — Breaks that were previously denied you concerning your career might start popping loose. Be alert, however, because, once they start, opportunities may come in rapid succession.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't waste time on small matters or issues of little consequence. If you let yourself think in grandiose terms, substantial strides can be made at this time in furthering your personal interests.

CAPRICORN (Dec. 22-Jan. 19) — You're well equipped to manage the affairs or resources of others, so don't sell yourself short in any fashion. When you look out for their welfare, they, in turn, will look out for yours.

AQUARIUS (Jan. 20-Feb. 19) — If you have a matter of great importance to discuss with another at this time, don't use the telephone, e-mail or post office. The results will be far better if you meet him/her face-to-face.

PISCES (Feb. 20-March 20) — There might be a tendency on your part to sell your skills short when performing work or services for another. Your client will be willing to pay you a fair price for value received.

ARIES (March 21-April 19) — When the weaker types begin to falter, don't let them pull you down. People with whom you're involved will be looking for leadership, and you should assume that role.

Wednesday, May 3, 2006

North 05-03-06 ♠ K Q 5 2 ♥ Q ♦ 10 8 7 ♣ A Q J 7 6			
West ♠ 9 4 ♥ K 10 6 5 2 ♦ A J 3 ♣ 9 5 2	East ♠ 8 3 ♥ A 9 8 4 ♦ 9 5 4 2 ♣ K 4 3		
South ♠ A J 10 7 6 ♥ J 7 3 ♦ K Q 6 ♣ 10 8			
Dealer: North Vulnerable: East-West			
South 1 ♠ 4 ♠	West Pass Pass	North 1 ♣ 3 ♠	East Pass Pass
Opening lead: ♥ 5			

should East and West card to defeat four spades? What do you think of the auction?

North's three-spade rebid looks a tad aggressive, but he has only six losers: one spade, one heart, three diamonds and one club. This is one fewer than a normal minimum opening bid. And with such a good club suit, North knows that his partner needs little to have an excellent play for game.

If North settles for two spades, though, South should continue with three spades, inviting game. North should accept with alacrity.

After winning the first trick with his heart ace, East should realize that a diamond shift is mandatory. But as regular readers will know, there is one vital "rule": leading low promises at least one honor in that suit; leading high denies an honor. Here, East should shift to the diamond nine — the five might be hard for West to read. Then, when South puts up his diamond king, West must duck, keeping his ace-jack over declarer's queen-six.

Declarer will draw trumps and take the club finesse, but East wins with his king and returns the diamond two, giving the defenders four tricks: one heart, two diamonds and one club.

If, at trick two, East switches to the diamond two, West should take South's king with his ace and return the diamond jack, confident his partner has the diamond queen, the only missing honor.

Another example of the correct card

By Phillip Alder

An unknown person claimed: "One of the weaknesses of our age is our apparent inability to distinguish our need from our greed." That has some relevance to the defense on this deal. How

CROSSWORD

ACROSS

- 1 Motion measure
- 6 Necklace fastener
- 10 Ostentatious display
- 14 Fashionably nostalgic
- 15 Actor Morales
- 16 Sixth Hebrew month
- 17 Street talk
- 18 Occupy completely
- 19 Mezzo-soprano Stevens
- 20 High daydreams?
- 23 Shoebox letters
- 24 Geek's pal
- 25 Quarterback Marino
- 28 Signaled the butler
- 31 Corporate shark
- 35 News org.

- 36 Tinkers to __ to Chance
- 38 Ward of "The Fugitive"
- 39 High homes?
- 43 Relative diagram
- 44 Nixon's Agnew
- 45 Half a fly?
- 46 Wading birds
- 49 Paris summers
- 50 That girl
- 51 Agatha's contemporary
- 53 Appropriate
- 55 High hopes
- 62 Colorful fish
- 63 Clamorous
- 64 Ensnared
- 66 __ Alto, CA
- 67 Bologna eight

- 26 Not together
- 27 First generation Japanese-American
- 29 Scottish headland
- 30 Complain
- 32 "__ in Venice"
- 33 Beethoven dedicatee
- 34 More scarce
- 37 Brief bad mood
- 40 Fundraising broadcast
- 41 Pick up the tab
- 42 Medical facility

- 47 Test out
- 48 Ski race
- 52 Overact
- 54 Braves catcher of the '60s
- 55 Gentle pace
- 56 Iridescent gem
- 57 FDR's pooch
- 58 Ram
- 59 Marriage vows
- 60 W. def. grp.
- 61 Create yarn
- 65 What'd I tell ya?

Tuesday's Puzzle Solved

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

DOWN

- 1 Yrbk. section
- 2 Ill-gotten gains
- 3 List ender
- 4 "Cheers" bartender
- 5 Amateurish verse
- 6 Try out for weight
- 7 With defects and all
- 8 Beauty spot?
- 9 Swipe
- 10 Utopia
- 11 Host of Valhalla
- 12 Fem.'s opp.
- 13 Quarry
- 21 __ ho!
- 22 Monk's title
- 25 Enclosed channels

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
	20					21					22				
					23				24						
25	26	27			28		29	30		31			32	33	34
35					36				37				38		
39				40						41	42				
43								44						45	
46						47	48		49					50	
						51			52		53		54		
55	56	57						58	59				60	61	
62						63					64				65
66						67					68				
69						70					71				

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