

Students start to trickle in, starting with the athletes

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THURSDAY, AUGUST 18, 2016

Medical dispatch center's questions an important part of patient care

By Rachel Newcombe
Special to The Record

The inner workings of a medical dispatch center are not something the average person thinks about when being asked questions about their medical emergency while waiting for an ambulance to arrive. The manager of the health services dispatch center for the Eastern Townships (CCSE), Luc Lapointe, said that the questions they asked their callers were important to providing proper care for the people in their jurisdiction.

Lapointe explained that when a person called 9-1-1, depending on what service they needed, they would be transferred to a communications center. In the case of a medical or health emergency, the caller would be transferred to the CCSE.

"We manage all the ambulances," Lapointe said, adding that throughout the Eastern Townships, there were 36 ambulances. "We manage 42,000 calls per year," he said. This number of calls means that they have to ask patients several questions to decide just how big an emergency the situation is.

This is something Bryan Counter, a CCSE employee, said many people do not understand about the dispatch service. "We dispatch the ambulance according to priority," he explained, adding that how soon the ambulance gets there depends on the situation. "There's still going to be an ambulance on the way," he said.

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Rendez-vous Howard travelling back in time



PERRY BEATON

Lisanne Gagnon, Sherbrooke city councillor Chantal L'Esperance, Anne Dansereau and Paulin Lacroix are some of the people performing at the Rendezvous Howard in early September

By Matthew McCully

The event schedule for the 15th edition of Rendez-vous Howard was announced yesterday during a press conference, citing 230 different artists and artisans that will participate

in this year's nod to the historic Sherbrooke site.

Throughout the weekend of Sept. 9, 10 and 11, all corners of Domaine Howard from the Blue House to the gardens, all located on Portland Boulevard, will be buzzing with music and family

friendly activities.

The history of Sherbrooke will be the focal point for the weekend, touching on many different periods, from workshops by Abenaki Chief Yvon Mercier, to a traditional English tea service, and of

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TODAY:
CLOUDY

HIGH OF 26
LOW OF 11



FRIDAY:
SUNNY

HIGH OF 27
LOW OF 14



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 28
LOW OF 17



SUNDAY:
MIX OF SUN
AND CLOUD

HIGH OF 29
LOW OF 16



MONDAY:
CLOUDY

HIGH OF 23
LOW OF 10

The serve not taken



ROSS MURRAY

"The Russians are not going gentle into that good night."

- Olympic broadcaster calling a Women's Beach Volleyball game between Russia and Brazil

Welcome back to Rio and the semi-final match of Famous Poets' Beach Volleyball. Coming up: the U.S. team of Robert Frost and Sylvia Plath versus T.S. Eliot and Dylan Thomas of Great Britain, what is sure to be an afternoon of all-around athleticism, artistry and alliteration.

We can see Frost and Plath warming up with some stretching and writing exercises, although Frost will likely have some mobility issues in all that tweed. Plath, meanwhile, rebuking the patriarchy while simultaneously helpless to embrace it, is wearing a sports bikini. And she's not looking too happy.

For Great Britain, Dylan Thomas is regaling the crowd with customary jocularity. I don't think that's Gatorade in his water bottle, folks. And team captain Eliot is looking positively disillusioned with modern man's lack of spirituality in the face of technology but also surprisingly buff.

The referee gives the signal to begin. But both teams appear to be just standing there, some kind of delay or confu-

sion. Robert Frost is calmly approaching the referee. And now he's asking, "Whose serve this is I do not know." The referee indicates that it is Great Britain to start, and we begin!

There's a strong serve by T.S. Eliot, who, as we know, trained with Team USA before switching sides. It's met by Plath who pops it up despondently to Frost. Frost sets it. A beautiful kill shot by Plath! Straight at Dylan Thomas who is caught napping. Literally caught napping.

Eliot is now attempting to shake awake his partner, who is looking like a patient etherized upon a table, except in this case, sand.

Unperturbed by the prostrate poet, Plath serves. But it fails to clear the net! And now Plath, despairing, is also lying down. She's muttering something to herself. I can just hear it: "I took a deep breath and listened to the old bray of my heart. I am. I am. I am." A technique she learned while playing for the Cambridge Spike Mistresses, no doubt, but of little use here under these elite Olympic conditions.

Eliot has managed to get Thomas on his feet, telling him it's Britain's turn. Eliot's saying, "Let us go then, you and I. And pound their pudding."

Dylan Thomas is now looking around for Ezra Pound, shouting something about him owing him a pint. Eliot clarifies, turns Thomas toward the net. Thomas has the ball. Players are set, although Frost appears to be sketching something in the sand with his toes, two diverging roads, it would appear. Plath continues to weep silently.

It looks like Thomas is going to serve. But wait, no, he's speaking. Let's listen in:

*Not for the proud man apart
From the raging moon I play volleyball*

*On these spindrift beaches
Nor for the towering dead
With their nightingales and psalms
But for the sponsorship deals.
Obviously.*

And there's a blistering serve from Thomas, taking U.S. by surprise, and Thomas too, it would seem. He's down again.

How frail the human heart must be - a mirrored pool of thought, and yet Sylvia Plath comes up with a huge dig! Over to Frost, who relays it back to Plath. She sends it over. There's a block by Eliot! A clear case of writer's block!

2-1 Great Britain as Eliot prepares to serve. Wait. Is he...? Does T.S. Eliot dare to eat a peach? Mid-serve? He does! Astounding! I would think he should have been a pair of ragged claws scuttling across the floors of silent seas, but a peach! In these sandy conditions!

Now he's finished the peach. A glance into the stands, where the women come and go speaking of discount stores in Rio. And there's the serve.

Oh! It's hit Robert Frost square in the face! Frost is down. The poet's first outcry is a rueful laugh. There's definitely blood. Plath has picked up the ball. And now she's throwing it at her own face!

And that's it. Amid boos from the crowd, the referee is calling the game. With the players still on the field, the crew is turning off the spotlights. A besotted Dylan Thomas is furious. Just listen to him rage, rage against the dying of the light! I haven't seen anything like this since the Abstract-Expressionists' Synchronized Diving Championships of 2002!

That's it. It's all over. T.S. Eliot is the last off the field, hobbling away morosely. This is the way the match ends, not with a game but a limper.

Hotel Wellington showing cracks

Record Staff SHERBROOKE

A security perimeter has been erected around the iconic Hotel Wellington in downtown Sherbrooke following a citizen's report of cracks on the building's front columns that is threatening the building with collapse.

The issue is now in the hands of the

City of Sherbrooke Inspection and Urban Planning Department, which states that even though they installed a temporary security perimeter Tuesday, firefighters cannot rule out the dangerousness of the situation.

When Informed of the situation, the owner of the hotel, which was built in 1928, said he has contacted a contractor to renovate the facade.

CORRECTION

In the August 17 article, *Create Your Taste and touchscreen kiosks aim to elevate the MacD's experience*, The Record spelled the well-known brand name MacDonald's. The proper spelling is McDonald's.

Ben by Daniel Shelton



LOCAL NEWS

The Gaiters' first game is the Mayor's Cup on September 3, where they will be playing the University of Sherbrooke on the home field.

Students start to trickle in, starting with the athletes

By Rachel Newcombe
Special to The Record

This week marked the first wave of incoming Bishop's University and Champlain College students, and it was predominantly made up of student athletes. Both the Bishop's Gaiters and the Champlain Cougars football teams have been training since Monday, and according to their coaches, so far it is going well.

Champlain head coach Jean-Francois Joncas has been with the team 11 years, and said with a little hard work and some time, the team was shaping up to be a very good one. "We're pretty young," he said, estimating that three quarters of the team was made up of first and second year students.

"I believe we're talented," he said as the Cougars ran drills behind him on the field, preparing for their upcoming game in Quebec City just two weeks

away.

Bishop's Gaiters head coach Kevin Mackey is equally optimistic about the team he has this year, which includes many returning players along with approximately 32 incoming freshman. "There's a nice mix," he said.

Mackey said they were excited by the defensive line and the quarterback position, but added that the whole team was taking shape and he was happy with the progress so far. "There's a lot of work that needs to be done," he admitted, but said that overall the team was doing well and learning a lot from the training camp.

The Gaiters' first game is the Mayor's Cup on September 3, where they will be playing the University of Sherbrooke on the home field. Mackey said he thought the team was a little anxious about the important game, but ultimately looking forward to it.



RACHEL NEWCOMBE

The Champlain Cougars practicing Wednesday afternoon. They have been training since Monday in preparation for their game in Quebec City in two weeks, followed by a home game the week after.

Magog rejects Videotron tower at Lake Lovering

Record Staff

The City of Magog has rejected a project application for a 60-metre telecommunication tower in the Lake Lovering area by Vidéotron.

The company proposed two locations for installing the tower on Ch. Laurendeau, specifically at the civic addresses

209 and 309.

In order for the project to proceed, the Municipality would have had to accept an amendment to zoning regulations since towers of that nature are not allowed at this location. At the regular Monday night meeting, council stated unanimously that they were not interested.

Councillor Yvon Lamontagne explained that the request would contravene several standards, notably a 30-metre height restriction and added that the proposed sites are visible from the public highway and a tower would negatively affect the quality of the landscape. "In addition, cellular core services are already operating in the sector," he

concluded.

In addition to this refusal, the City has reiterated his support for the Memphremagog MR, which wants the federal government to declare a moratorium on the installation of new towers. The aim is to curb these projects, especially in areas already served until such time as a precise policy is established.

Medical dispatch center's

CONT'D FROM PAGE 1

Counter, who has been working at the CCSE for a little over a year, was one of three call-takers on duty Wednesday morning. He explained that it was their job to ask the questions while a dispatcher contacted and sent the necessary information to the ambulance. Lapointe added that people were often under the impression that one person handles everything from taking the call to dispatching the ambulance, which is not the case. There are several people working to help a single caller's situation. "It's not only one person," he explained.

This is one of the larger misconceptions about the dispatch center, and according to both Lapointe and Counter, the callers often do not fully understand the need to answer the questions. Counter said that occasionally callers think they are speaking to the paramedics themselves, or that the paramedics will be there almost immediately. "When they call, they want an ambulance right away," he said. With only 36 ambulances for a wide area, and according to Counter, around a 100 to 120 calls a day, this is not possible. Counter explained that this is where emergency prioritization came into place, and why questions posed to the caller needed to be answered.

There are different questions depending on the caller's description of what is wrong, but Counter said that what they try to establish right away is whether the patient is alert, and whether they were having any difficulty breathing. He pointed out the different kinds of questions that they asked, which covered every medical concern from allergic reactions and animal bites to heart attacks.

All of the questions help the call-takers and dispatchers figure out how badly someone needs an ambulance, and thereby permits them to give everyone

who calls the care that they need. However, because of the rural towns that make up the majority of the Eastern Townships, in some cases an ambulance will be several minutes away. In an emergency situation, it is sometimes necessary to give what Lapointe referred to as medical training over the phone. They will talk the callers through medical procedures like CPR or child-birth until the ambulance arrives.

From taking the calls to the medical coaching, the CCSE does everything by the book. "They're following a strict protocol," Lapointe said of the CCSE employees. He said that for the last 10 years they have been using the Medical Priority Dispatch System, and indicated that it was a system that was used around the world. It is a universal standard for medical dispatch centers, and Lapointe said the Eastern Township's center has had accreditation since 2013, stating that they follow protocol exceptionally well and provide good quality service. "The standard is very high. We're very proud of that," he said.

Of course, just because the CCSE follows protocol does not mean that the callers will. Both Lapointe and Counter said that often when it came to people not answering, or being unable to answer the questions, it was due to the situation itself. "There's the panic effect," Counter said, explaining that it sometimes makes it difficult to get the answers they need from callers. Lapointe added that very rarely were callers deliberately uncooperative.

Counter said that what was important for callers to understand is that there is a reason for the questions, and Lapointe agreed. "The patient needs to answer all the important questions we ask them," he said seriously. This ensures that they, and everyone else who calls, are given the best care possible.



RACHEL NEWCOMBE

Bryan Counter's job is to take phone calls and ask questions, following a strict protocol that ensures everyone receives the care that they need.



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Annual Women's Cancer Walk set for October 2

A fundraising walk benefiting women's cancers and organized by the Yamaska Valley Optimist Club will take place Sunday, October 2 in Knowlton

Over the past fourteen years, the Yamaska Valley Optimists have helped to raise \$637,785.00 which were used to purchase specialized equipment for women's cancers within the BMP Hospital. The funds raised by this year's edition will finance the purchase of a new examination table specially designed for gynecological consultations and a new uteroscope to screen for cervical cancer. These equipment will be an important addition to the BMP Hospital Gyneco-Oncology Department.

The Walk is an ideal family outing, with two routes (5 km & 10 km) through the scenic streets of Knowlton. Both routes will start and finish at the Brome Lake Community Center (270 Victoria Street, Knowlton). The walk will start at 9:30 am sharp with cancer survivors

leading the way! A healthy snack to start your day will await you followed by a BBQ lunch which will be served to all walkers and runners.

Thanks to sponsors of the event, all of the money raised goes directly to the project. No registration fee is charged. Walkers are asked to contribute or raise a minimum of \$20 to participate. Ultimately, it is the donations that each participant can collect from friends, neighbors, and family that determines the success of the day.

We invite businesses, clubs, and groups of friends to form teams. Prizes will be awarded to the adult, child and corporate team who collect the most money. Even dogs get in on the fun, with a special category recognizing the dog that collects the most.

Registration can be done online at www.bmpfoundation.ca, pledge forms can also be download on the website. The forms are also available at: Panier Champêtre, Knowlton Royal Lepage, Net-



COURTESY OF FONDATION DE L'HÔPITAL BROME-MISSISQUOI-PERKINS

toyeur Houle Cowansville, Pharmacie Jean Coutu Cowansville, and Bromont Medical Clinic.

Anyone needing more information or

wishing to volunteer, please contact: Louise Gélinas at 450-243-5317 or Dagmar Scherff at 450-777-9172.

McConnell takes charge of Sherbrooke Police

Record Staff
SHERBROOKE

The Sherbrooke Police have a new Director, Danny McConnell, who has been deputy director of operations since January 2015. McConnell has been acting director of the force since the resignation of Robert Pedneault earlier this summer.

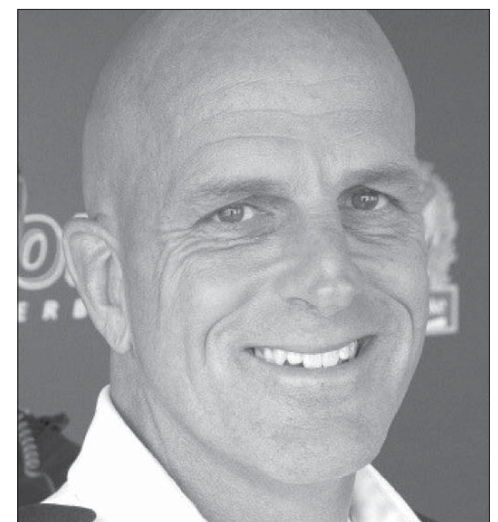
McConnell's appointment was approved by City Council members on Monday and became effective immediately.

McConnell has worked in the police forces of the Sherbrooke region for over 30 years. He began his career as an officer in the Rock Forest Police Department in 1984 and joined the Sherbrooke force in 1985, functioning as a patrol officer, detective, sergeant, and captain of the Surveillance Division, in addition to acting as an inspector with the Criminal Investigation Division.

"Danny McConnell moved up through the ranks of the SPS and has worked in several areas of activity of our police ser-

vice," said Sherbrooke Mayor Bernard Sévigny. "His appointment as director was an obvious one. He is a man who is respected by his peers and I am confident that he will continue the excellent work of his predecessor."

McConnell succeeds Robert Pedneault, who announced his retirement in May. Pedneault is currently on accumulated vacation and will hold a temporary position of Associate Director for Public safety until the official start of his retirement on October 1.



(COURTESY SPS)

Sherbrooke's new Police Chief, Danny McConnell

Howard

CONT'D FROM PAGE 1

course, the roaring 1920s, which mark the origin of Benjamin Calvin Howard's acquisition of the land known today as Domaine Howard.

The theme for this year's historic celebration is horses. On Saturday, Sept. 10, there will be an exhibition on the history of the Canadian horse, which dates back to 1666, when King Louis XIV first brought horses from Europe to North America.

There will also be a workshop hosted by horse historian Paulina Grant, about the famous Townships horse, Morning Glory, one of the few war horses to return from WWI.

Rendez-vous Howard will also pay tribute to Quebecois poet Anne Hébert with a reading of selected works to mark the 100th anniversary of her birth.

To keep the mood festive, organizers said visitors are welcome, and even encouraged to attend the weekend's events in full flapper attire, to keep 2016 as lively as the roaring 1920s.



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Your donation helps us carry out our mission, which is to improve health by investing in projects to **develop care, research and staff training**. Here are some concrete examples of projects that received funding in the past year:

\$1.1 million for a 3T magnetic resonance imaging (MRI) machine for clinical purposes and for researchers in our Medical Imaging Axis.



\$60,433 for an ENT ultrasound machine that produces images to guide doctors during cervical and thyroid biopsies and helps them diagnose cancers. Patients don't have to wait for a radiology appointment, as biopsies are done on the same day as the initial consultation.



\$40,000 for research on pulmonary fibrosis, a chronic disease with over 140 highly varied causes. Dr. André Cantin is spearheading this research project.

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ANAVETS Dominion Command 53rd Biennial Convention

Delegates from the Army, Navy and Air Force Veterans in Canada – ANAVETS, including representatives from Lennoxville Unit 318, met in Winnipeg for the Dominion Command 53 Biennial Convention this past August 6 through 10.

The Quebec Command delegation was represented by both Quebec Units 318 and 308 (Montreal East).

The Dominion Command convention is held every two years at different locations across Canada and is not only a time for Elections of Officers of the command but is also an opportunity for the various committees to work towards objectives to help Veterans through adopting advocacy positions to lobby government for improvements to support Canadian Veterans of all eras.

Delegates work within their assigned committees to strengthen our association and bring resolutions to the floor for approval. Committees for constitution, finance, advocacy, membership and others work throughout their mandates to bring positive resolutions to insure that the association remains viable and continues to work for Veterans and their families.

Also integral to this year's convention were presentations by various groups such as the Last Post Fund, Invictus Games Foundation, Military representa-

tives and several other important groups, as well as an impressive presentation from MP for Calgary Center and Minister of Veterans Affairs, The Hon-

ourable Kent Hehr.

A successful and informative convention was had by all.



COURTESY

Left to right: Kevin MacIver (President, Unit #318), Penny Lynn Gibeault (Unit # 318), Dannie MacIver (Director, Unit #318), Robert Groulx (Service Officer, Unit #318 & Vice President Dominion Command), George Beaulieu (Unit #318, Past President Dominion Command & VP Provincial Command), Ken Henderson (Unit #308 & President Provincial Command), Eleanor Beaulieu (Unit #318 & Secretary Provincial Command), Shirley Henderson (Unit #308) & Linda Caron (Public Relation Officer, Unit #318 & Provincial Command).

Special honour to Comrade George Beaulieu

Comrade George Leslie Beaulieu received the ANAVETS Award of Merit, this is the Association's highest honour, which was presented to him at the Dominion Command 53rd Biennial Convention on August 10, 2016 in Winnipeg, MB.

Comrade Beaulieu joined Unit 318 of ANAVETS in 1965 making him part of a select group of members with over 50 years' service in our association. George currently has several active roles at unit 318 as Chairman of the Membership, Canteen and Commemoration Committees, where he serves as the main organizer of the annual Unit 318 Remembrance Day Parade and Service at the Lennoxville Cenotaph. Comrade Beaulieu is also a current Vice President of Quebec Command and a past Dominion Command President.

George continues to hold many positions within the community with the Firefighters Association, the United Empire Loyalists (Little Forks Branch), a Member of the Friendship Day Committee and a founding member of the Lennoxville Resident's Association, to name a few.

Comrade Beaulieu has been honoured by the community with numerous awards over the years.



Left to right: Rev'd Canon Tom McKnight (President of Dominion Command), Ron Smith (Dominion VP, Chairman of the Publicity), George Beaulieu (Award recipient, Dominion Past president), Jerome Burke (Dominion VP, Chairman of the Advocacy Committee), Brian Pheonix (Past President Dominion Command, Chairman of the Board), Paul Hooper (Dominion VP, chairman of Finance).

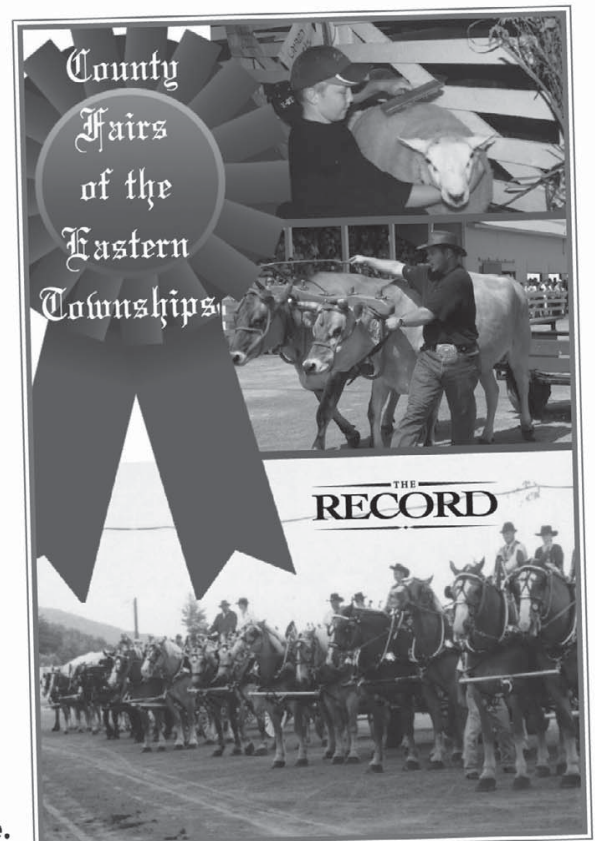
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EDITORIAL

It's also been obvious that some athletes think that the Olympic spirit means crowing if you win and throwing a tantrum if you lose.

The Olympics and its ups and downs



TIM BELFORD

I always wanted to be an Olympic athlete. The only problem was I was too short for basketball, volleyball or the high jump. I was also too slow for anything on the track except maybe speed walking and that looked too weird. As far as swimming went I don't consider it so much a sport as I do a means of survival in the water if you happen to fall overboard.

Then there's gymnastics. Frankly, I might have had a chance at that since I was somewhat athletic in my youth but our school's idea of a vaulting horse was a plywood box with a half inch of felt for padding. We didn't have parallel bars or rings and the only thing resembling a balance beam was the fence along the edge of the school property.

Some of my acquaintances would probably suggest that if free-style talking or maybe the hundred metre conversation had been events I would have come home with gold in a heart beat. Anyway, that's all in the past and like most Canadians I'm resigned to watching the events on television and vicariously basking in our athletes' success. Not that this is such a bad way to spend a few hours a day. Not only has it been enjoyable but I have learned a number of things about Olympians and the Olympics over the past few weeks.

First and foremost, the Olympics cost way too much. Brazil, which was already suffering through a huge economic downturn, has virtually bankrupted Rio de Janeiro by cutting off some of its badly needed funding. Everyone from the country's police to its doctors want to know why Brazil can spend billions on a series of games and cut social spending.

This has been the case for just about every games going back to Montreal in 1976. The grand daddy of Olympic folly has to have been the Sochi Winter Olympics where billions ended up in the pockets of the Russian president's cronies. But even in London in 2012, which was reasonably well run, they had to call out the army to fill empty seats.

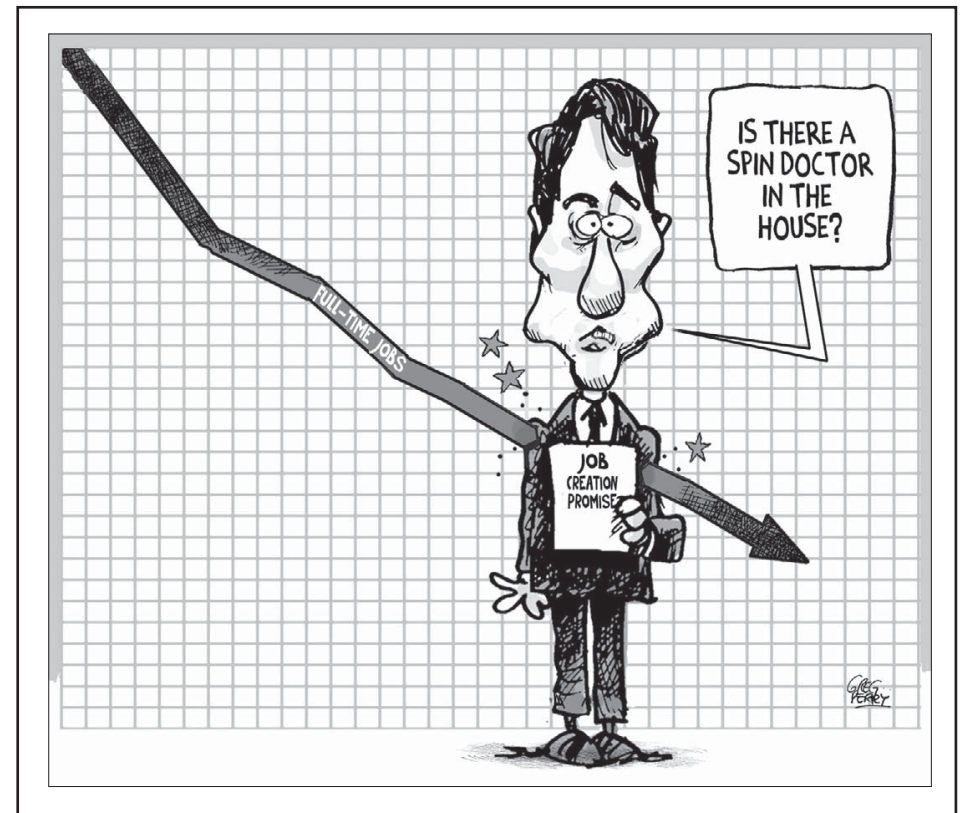
Then there's the pool. Full disclosure here. I think of swimming as nothing more than drown-proofing while kicking your feet but even if I was a big fan I'd still have to say there are TOO MANY events. No wonder Michael Phelps is the most decorated

Olympian of all time. Unlike sprinter, Usain Bolt, who has a crack at three medals each Olympics, Phelps can count on races with three or four different strokes at three different distances and relay teams that do the same thing. Phelps was in the pool so much he developed permanent wrinkles.

It's also been obvious that some athletes think that the Olympic spirit means crowing if you win and throwing a tantrum if you lose. The best example of lemon sucking has to have been U.S. soccer goalie Hope Solo. Only minutes after the Swedes sent the Americans packing in what came down to a penalty shoot-out, Solo accused them of being cowards, apparently for playing a brilliant defensive game, and added that the best team lost. The response from the Swedish coach was classic. "I don't give a crap. I'm going to Rio and she's going home."

There was also the favoured French pole vaulter who couldn't bother to congratulate the upstart who beat him, American sprinter, Justin Gatlin, who makes the Grinch look like a smiley face and was surprised when the fans booed him, and the Iranian martial arts athlete who wouldn't shake hands with his Jewish opponent after being beaten on the mat.

With all its problems though, the Olympics still produce moments of athletics and athletes at their best: Usain Bolt congratulating Canada's Andre de Grasse after their sprint. The Brazilian 22-year-old, Thiago da Silva, soaring to a



pole-vaulting gold. Canadian, Derek Drouin's perfect run to gold in the high jump and the unbridled look of joy on the face of U.S. multi-medalist Simone Biles.

Oh yes, one more thing. Any event that needs judges should be tossed for good. Still, all in all, it's fun to watch.

Letters

DEAR EDITOR

Will juxtaposing the headlines and news stories of the last two weeks make us think a little about the profound disconnect that afflicts us as a species?

For ten days now we've been encouraged to vicariously experience the thrill and excitement of one Olympic competition or another. This hasn't in any way slowed the chilling news of one climate-related catastrophe or another occurring at the very same time somewhere or other in the world.

Professional sports encourage us to invest emotionally and financially in one athletic endeavor or another, and this primarily to funnel yet more money into the pockets of the few to the detriment of the many.

The emotional high that comes with Olympic medals makes us forget that we are already pumping a great deal of carbon into the atmosphere by heating our homes and driving our cars and working in our factories. Those trophies or cups or medals make us forget that we really shouldn't be striving to put extra carbon into the air.

I've not yet heard just how great the carbon footprint of the Rio Olympics is, but professional sports, without exception, are contributing enormously to the CO2 being released into the atmosphere. Financial costs run roughly parallel to carbon usage and we know how expensive the Rio Games were.

All profession-sporting events cause the release of huge quantities of carbon into the atmosphere. According to one source, the carbon footprint of a single hockey game at the Montreal Forum is the equivalent of heating 1000 homes for an entire Canadian winter.

Practicing a sport is good for the body and the soul, and as a society it seems that we are walking and cycling and generally being more athletically active than we once were.

However one habit we should give up is professional sports, and the Olympics are as professional as they come. We should know that we really can't afford such enormous carbon footprints for the few hours of pleasure we get when "our" team wins.

NICK FONDA

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Bedford fair all fun and games even in the rain

By Claudia Villemaire

Hundreds of children did turn out for Children's Day specials at the Bedford Fair last weekend. And the heavy rain showers and slippery, muddy pathways didn't seem to bother them much. Organizers were not happy with the weather up to Friday evening

and Saturday was a complete wash-out. Budgets for county fairs usually leave a bit of a margin in case of inclement weather but it's every organizer's nightmare when the falling rain shows no signs of stopping. Sunday brought some relief at last and the crowds came but organizers still don't know if they'll make ends meet at year end or not.

The program this year included many children's activities, many under cover, safe and dry in the Main Building. But no child wants to miss having a ride or two and playing a game of skill like the

youngsters at the fishing booth.

Final tallies weren't available at press time, but hopefully, the news will be positive and reassure 'fair fans' the next one is already in the planning stage.



PHOTOS BY CLAUDIA VILLEMAIRE

Fishermen in training. Friday, Children's day, attracted larger than expected crowds given the unsettled weather and occasional downpours. These two youngsters seemed oblivious to the rain beginning to fall behind them and yes, they did end up with a couple of prizes.



Ruth Robinson of VKR Farms, not just a little proud of the latest addition to the VKR herd - meet Jack, born July 22nd, the proud donkey baby of Molly, a Bedford veteran appearing for the sixth time. The Robinsons, with their herd of Hereford and Shorthorn hold the record for exhibiting at this fair. For over 70 years, the VKR generations have turned out for their county fair, proving that county fairs are an important activity supported by producers for generations..

Brompton rest area honours native hero Germain Nault

Record Staff
SHERBROOKE

The City of Sherbrooke and the Borough of Brompton have dedicated a new public space in the heart of Brompton called "Halte-Germain Nault" in homage to a Brompton native who distinguished himself during the Second World War.

Germain Nault was decorated with the Medal of the Quebec National Assembly and the French National Order of the Legion of Honour for acts of outstanding courage during the Second World War. "We are recognizing the career of a citizen of whom the population of Sherbrooke can be very proud," said Toponymy Committee Chair and Councillor, Hélène Dauphinais.

Located at the corner of Laval and Saint-Lambert streets, the Halte-Germain-Nault is part of the special planning program (PPU) of the urban core of the borough of Brompton. "This place will quickly become a meeting place and a relaxation area for all our citizens," added Borough President Nicole Bergeron.

The Halte-Germain-Nault, with an area of 300 m2, is paved with local slate and equipped with street furniture arranged for planting. It also has an impressive work of public art, created by the artist Valerie J. Gosselin of Sherbrooke titled "L'Hoïr," which means 'the heir.' The piece represents the anchor of the Enterprise, a steamboat that sailed on the St. Francis in the late nineteenth century.

The piece highlights the will of the people to preserve the legacy of characters, events, and places that have marked local history. "It is perfectly linked to the heritage of the circuit formed by the Brompton Heritage Committee," said Mr.

Pierre Tardif, Chair of the Committee for Culture of the City of Sherbrooke.

Installed at a cost of \$ 90,000, the Germain-Nault rest area represents one more step in the Brompton's development project.



COURTESY

Piper Sylvain Ross, (l to r); Culture Committee Chair Pierre Tardif, national vice president of the veterans of the Canadian Army, Navy and Air Force, Robert Groulx, Clément Nault, brother of Germain Nault and former mayor of Bromptonville, Brompton Borough Chair Nicole Bergeron, Beauvoir Councillor Benoît Dionne, Moulins district councillor Kathleen Gélinais, and Hélène Dauphinais, president of the Geographical Names Committee honour local war hero Germain Nault.

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The Border Report

"May they illuminate you and open your hearts to receive the gifts."

Water park funding secured

The Stanstead Recreation Association recently reached the fundraising goal required to begin work on the water park in Beebe Memorial park.

Recreation coordinator Marise Trépanier said the deadline for the call to tenders for the project is Friday at 1 p.m. at which point the association will choose the company best suited to do

the work.

"We're really happy," Trépanier said, regarding the project, in the works since 2009.

"We've been gathering money slowly; a bit here, a bit there," she said, remembering one of the first donations was \$500 from local MNA Pierre Reid.

"The town and local businesses really

came forward," Trépanier added, saying that there will be a plaque mounted at the new water park recognizing the donations from different members of the community.

The total amount raised for the park is \$150,000. Trépanier said \$100,000 is earmarked for the water features, and the rest will be used for benches sur-

rounding the water park, trees and other landscaping, and camera surveillance equipment.

"For sure, next spring it will be in operation," Trépanier said. Though work will likely be completed by the fall, she said it will likely be too cold to have a grand opening and run through the sprinklers.

The Vieux Forgeron welcomes Laroche and McIntyre

When artist Lizabeth Laroche, who has studied Fine Arts in Montreal (painting, illustration, and photography) and has had a long career as an art director in advertising and graphic design, was asked to have an exhibition at the Vieux Forgeron art gallery in Stanstead, what transpired were paintings of women. This Saturday August 20, from 5-7 will be the opening vernissage for our final exhibition of the summer highlighting the work of two local artists, Lizabeth Laroche and Tanya McIntyre.

With the Gayatri mantra (chronicled in the Rig Veda written in Sanskrit 2500 years ago) playing in loops for a three-month period in Laroche's studio, the effect of this continual chant playing in the background had a direct influence on body and mind and as well, her painting. As she says, "the mantra opens up your heart. And how well we know, when both our minds and our hearts open, we open ourselves up for new possibilities." Her exquisite ability to capture the essence of divine feminine power through her women, who she calls the Goddesses, is evident in each painting. They are calming and at the same time so very clearly depict the as-

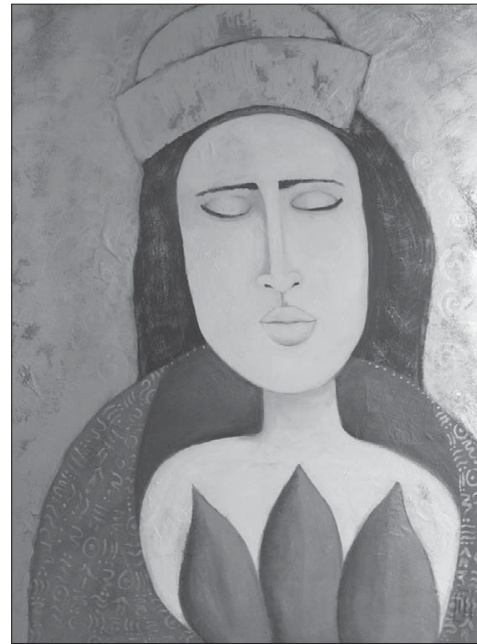
pect they traditionally embody. At times Laroche knew who she was painting, other times she would research afterwards who these women were. All have Gayatri in them. "May they illuminate you and open your hearts to receive the gifts."

Tanya McIntyre, lifelong artist from the Eastern Township's and graduate of Fine Arts from Bishop's University, has a new exhibition of work inspired by the Japanese concept of Wabi-Sabi, a sensibility that can be defined as "the wisdom and beauty of imperfection." Combining her poetry with found objects that have seen the passage of time, she uses various forms of media such as drawing and printmaking to create a multi-dimensional experience for the viewer. It is believed that an object can be called Wabi-Sabi if it elicits "a sense of serene melancholy and a spiritual longing", an apt signature mark of McIntyre's emotive and intriguing work.

'A Botany of Dreams - Works of Vision and Voice' and 'Gayatri' run from August 18 - Sept 4. Please join us for the vernissage this Saturday, August 20 from 5-7 at the Vieux Forgeron art gallery, 240a Dufferin in Stanstead. Local 'forger' Phil Desormeaux will be there again to

demonstrate his love for the art of blacksmithing. 'Greece, Refugees, and Love', a documentary installation, continues. For more information, please go to

www.levieuxforgeron.com or see us on Facebook, Le Vieux Forgeron Art Gallery.



Kuan Yin, painted by Lizabeth Laroche

Rec association AGM scheduled for this Tuesday

The annual general meeting of the Stanstead Recreation Association is scheduled for this coming Tuesday, Aug. 23. At 6:30 p.m. at 10 Phelps Street.

Coordinator Marise Trépanier said anyone with an interest in the organization of activities in the municipality is welcome to attend.

"All our meetings are in FrenGLISH," she said, explaining that language is not an issue for anyone interested in participating.

"We have a lot of fun organizing stuff; it's a great gang," Trépanier said, of the association.

FRONTIER ANIMAL SOCIETY

Featured pet: Sabrina

Sabrina is a beautiful and spirited husky mix who is happy, affectionate, attentive and very sweet and gentle.

At just two years of age, Sabrina will do best in a home with someone who will enjoy and appreciate her outgoing personality but who has the time and experience to ensure she is given the structured and active lifestyle she needs. She isn't overly energetic but she does need her fair share of exercise and of course she does like to indulge in fun, outdoor activities.

With people, Sabrina is consistently loving and affectionate and she is very friendly. She enjoys going for walks and is good on the leash. Sabrina is responsive and interactive so should respond very well to any continued training.

Sabrina was rescued as a stray from a remote northern community but she did live in a home environment for a short period recently where she was

calm and well behaved. Sabrina has settled into her daily routine at the shelter but she has been with us awhile now and it's time she finds a family of her own. With her friendly nature, she clearly likes being with people and we can tell she is always a little sad when playtime is over and it's time to go back into her outdoor pen.

While at the shelter, Sabrina has been paired up with other dogs and she really enjoys a friendly game of chase or tug-of-war in our fenced-in dog park. She also loves to play ball. While overall she is good with other dogs, she can be bit selective (she seems to do better with males than with females) so proper introductions are important.

In the right home where she gets the love and attention she deserves, Sabrina will thrive and her fun and lively personality will shine though.

Unfortunately, Sabrina cannot live with cats.



Teacher sentenced for affair with student

Record Staff
SHERBROOKE

A former private school teacher who engaged in a same-sex relationship with a student has been sentenced to a term of six months in prison.

The 25-year-old woman was sentenced after pleading guilty to a sexual assault charge on Wednesday in Sherbrooke.

According to testimony, the relationship with the teen was initiated by the student in 2015.

In his account of the facts, Quebec Court Judge Conrad Chapdelaine noted that the accused had managed to withstand the student's advances before succumbing in the summer of 2015. Chapdelaine said the relationship and the sexual relations that accompanied it are illegal under the Criminal Code. "Given her age, the girl could not consent," he said, pointing out that the relationship began while the teacher was in a position of authority.

The sentence was imposed following a common suggestion by the defense and the prosecutor.

The Court also imposed a two-year probation period on the 25-year-old and her name will be registered as a sex offender for ten years. She is also forbidden to seek employment or to volunteer where she could be in a position of trust to those under 16. Nor can she contact the victim or her family during her detention.

Townships microbrewers gather for La Grande Coulée beer fest at Mt. Orford

Record Staff
SHERBROOKE

The first edition of Mt. Orford's Grande Coulée beer festival takes off this September 17-18 in the midst of seasonal colour change; at the foot of the slopes The Grande Coulée celebrates the talent of microbreweries by welcoming beer lovers and their families for taste and visual discoveries.

"We are very pleased to welcome the first edition of this event, which is a very nice way for us to start our Fall Colours programming."

The festival brings together a dozen microbreweries from the Eastern Townships and

Montérégie and allows microbrewers to present their products in a unique mountain atmosphere along with one of the most popular autumn activities.

The festival will include beer tasting, education workshops with the team of sommelier Jessica Harnois, family activities, and interactive conferences, capped by a performance of Martin Deschamps

« It's been a while since we've wanted to bring together the microbrewers in the eastern Townships to have a big party," says the owner of Magog's Le Memphré microbrewer Todd Pouliot. "Mont Orford has opened its doors for our first edition and we are proud to be associated with this shining regional tourist attraction."

The festival, co-sponsored by the Caisse Desjardins and the Flambée des couleurs, the festival hopes to attract some 5,000 visitors. For more information, visit the grandecoulee.com website.

2017 Ford Super Duty



Moving the Goalposts

PHOTO: D. HEYMAN



By Dan Heyman

It's been a full 18 years since the Ford F-Series Super Duty line (F-250, F-350, and F-450) has had as complete a redesign. That's all changing for the 2017 model year with all-new trucks rolling off the line in Louisville, KY in just a few short months.

New from the skin down

For 2017, the Ford Super Duty has received the aluminum body and box treatment for all body styles (regular cab, super cab, crew cab), after the F-150 got the same in 2015. Up to 158 kg (350 lbs) have been saved depending on the body style and equipment you've selected for your particular truck. The ease with which the doors and hood can be operated shows just how big a difference aluminum construction makes.

The chassis remains finished in steel, 95% of which is of the high-tensile variety, leading to a 24% increase in stiffness. In the real world, this translates into a better, quieter ride, better towing, and of course increased durability. Speaking of durability, up to 10 through-welded crossmembers have been added. Ford says the only reason it didn't use 100% high-tensile steel for the chassis is for crash safety.

Bad weight saved, good weight gained

Instead of valuable GVWR kilos being used up for the thick, heavy steel required for chassis strength, they've been applied to beefier front and rear axles, better brakes, and a larger, class-leading fuel tank of 170 litres (beating the closest competitor by 45 litres).

The stronger chassis also means that Ford engineers had to re-tune the suspension for added pliancy, which is made easier by the fact the shocks and springs don't have as much weight to control. We'd find out very quickly during our drive just how well the new Super Duty can ride.

Of course, the big plus to less weight on the truck is added towing capacity. The max load with a gooseneck-fitted, dual-rear-wheel (DRW) F-450 is 14,740 kg (32,500 lbs), while the single-rear-wheel (SRW) F-250 and F-350 diesels get a conventional tow rating of 8,165 kg (18,000 lbs). The F-250 diesel can handle an 8,437kg (18,600lbs) fifth wheel; the F-350, a 9,752kg (21,500lb) fifth wheel.

Hauling, meanwhile, is made easier by a new bed fitted with optional LED lighting, a remote-release tailgate, and load ramps with a 362kg (800lb) capacity. Gasoline-powered SRW F-350s can haul up to 2,009

kg (4,430 lbs), while F-250s max out at 1,905 kg (4,200 lbs).

New on the 2017 Ford Super Duty is an adaptive hitch; thanks to the inclusion of hitch sleeves, you can fit a 3", a 2.5" or a 2" hitch. There are also pin sleeves, so you only need to worry about a single pin for all three sizes. It's so ingenious, yet so simple, that I can't imagine why the Big 3 truck companies haven't thought of it before.

Of course, the new trucks can handle a lot more than trailering. We had the chance to take them on a proper off-road course with over 18-degree climbs and descents, chassis-twisting bumps, and terrain strewn with discarded railway ties and boulders. Things I thought we were supposed to be driving around, we were instructed to go directly through them, including a stretch so full of rubble it looked like the set of a World War II movie.

Thanks to a tall ride height and new electronic locking differentials, the new Ford Super Duty trucks climbed over (and through, in the case of a deep water crossing) everything with nary a complaint. At one point, we were told to get the truck up on opposing-corner wheels, leave it there, and open the door just to see how much the body could take. These were conditions that I thought should be reserved for Jeep Wranglers (and dirt bikes), yet these behemoths crushed it.

A tale of two trucks

When it came time to leave the off-road track and head for some open-road testing, we started off by driving the 2017 Ford F-350, whose mighty 6.7L PowerStroke turbodiesel V8 is good for 440 horsepower and a locomotive-esque 925 lb-ft of torque. A slightly less potent 6.2L gasoline V8 is also offered (430 hp, 385 lb-ft) as well as a gasoline V10 (288 hp, 424 lb-ft), although the latter is only available in the F-450 chassis cab that's mainly used for fleet customers.

Inside, it's fairly easy to see how the new Ford Super Duty's cab design is shared with the F-150. You get the down-sloping window frames on the front doors for more comfortable arm positioning and a better view out, a broad centre stack that has now been fitted with SYNC 3 as an option, and a large 8" digital gauge cluster on Lariat trims and up.

Go a little lower down the range, however, and things change. For example, the aforementioned screen is replaced by a smaller version, and the centre console becomes a middle front seat. As we soon realized, the trucks vary on how they drive depending on trim level, as well.

The rear bench in crew cab models is huge; it feels like you're riding in a full-size luxury SUV as opposed to a heavy-duty pickup. The flat loading floor with retractable underseat storage, meanwhile, ensures the rear seat can be used for more than just your crew.

The luxury SUV feeling is multiplied in the top-tier F-350 Platinum as the dampers on that truck have been tuned for a softer

ride. Beyond that, sound-deadening materials have been added to the front bulkhead and wheelwells, so unless you're really putting the engine under some duress (let's say a steep climb while towing 10,000 lbs), you'd hardly know it was a diesel at all.

We also had the opportunity to sample a 2017 Ford F-250 XLT with a gas engine, and the ride proved a little harsher due to some slightly different suspension tuning. I wouldn't say it was a deal-breaker, but it sure was noticeable and does deserve an asterisk.

High-tech trucking

The addition of SYNC 3 is notable, too; Ford's old infotainment system was clearly showing its age with muddy graphics and a slow interface. However, in the 2017 Super Duty, that big 8" screen you see is used for a whole lot more than flipping through your tunes or finding the quickest way to the jobsite.

Thanks to six exterior cameras (there's a seventh, but its services are reserved for the blind-spot system that can be extended to include a trailer), you get a full 360-degree view of what's going on around you. In a passenger car, that's great for parkades and such, but in a truck, it can also help you navigate the hazardous environs of the jobsite, as long as you're not exceeding the 8 km/h limit.

There are also two separate forward-facing cameras (so you can better see cross traffic), similar cameras in the rear, as well as cameras to help you monitor your payload and line up your hitch. That last one is really impressive as it also provides a guideline so you can line up your standard fifth wheel or gooseneck trailer with more ease. Once hooked up, a handy meter helps stop you from jackknifing as you back up.

Also new for 2017 is an adaptive cruise control system. Trust me, you've never seen one quite like this. In short, instead of just relying on the brakes, it combines the brakes, the transmission, and the exhaust brake to regulate speeds, even when towing a trailer. The new piece of tech works effectively and inspires confidence on steep grades.

In the 2017 Ford Super Duty is helped by an electric motor mounted in the steering wheel hub that can modify your steering ratio, much like an electric system does. It can take a full rotation off the required turns to go from lock-to-lock at low speeds, and becomes a little heavier on the highway to make keeping your lane that much easier.

We had a chance to sample two new trucks (the technology is available on all but the base XL trim) back-to-back on a handling course, and the difference between the two racks was palpable, much more so than the ride quality we spoke about earlier.

Ford had to get this new Super Duty right. More than just getting it right, the Blue Oval has moved the heavy-duty truck game to the next level.

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I gave him the instructions and everything went well. My crazy job was done.

Volunteering at the Olympics is no cakewalk

SUBMITTED BY
CATHERINE NADON

Townshipper and Alexander Galt teacher Catherine Nadon has been sending regular updates to The Record about her experiences volunteering at the Olympics in Rio.

So far, she described the odd stressful moment, but her account of the food,

the beaches and the energy in the city on her days off has been the stuff of envy for readers.

Day 18 was a different story.

Day 18-Another day at boxing, but today was different. I was there to translate for French pugilists and it was hard. The official interpreter wasn't there so I had to do it. I was so nervous and anxious, and still sick with a cold. I was losing my voice. I had to wait in the field of play with all the cameras and I had to be prepared. France vs. Brazil for gold! The fight was intense and the crowd was loud.

The Brazilian won and the arena went crazy. Brazilians were singing, screaming, crying, etc. I asked someone to take my cell phone and film the "thunder" of happiness because I'm not authorized to do so. I translated for the silver medalist in the broadcast zone and he had his

own personal translator in the mixed-zone (press media).

I then got an emergency call to the victory ceremony to explain the medal procedure in French. The Portuguese "athlete escort" guy was very nervous and was to glad to see me. He had prepared a note in French with the medal ceremony instructions. He said that he used Google translate. He asked me if the translation was good and the answer was NO!

He was so nervous that he was shaking, trying to explain to me what to say. I calmly replied, "Don't worry, I was you 6 years ago, I know the drill and what to say, everything is fine." (Nadon's first volunteering experience at the Olympics had been at the 2010 Vancouver Winter Olympics, where she was part of the medal presenting team.)

The guy looked at me wondering if I

was saying the truth, but then I showed him my notes and he was happy. The French pugilist arrived and I said to him, "let me know when you are ready, I have some instructions to give you." He was still crying and he looked sad.

I gave him the instructions and everything went well. My crazy job was done.

During that time, Tim, my fellow teammate in language services had an even tougher job, translating from Portuguese to English to foreign press members. What you need to know is that Tim is from UK and his family is Greek; luckily, he had studied Portuguese and Spanish languages.

Imagine his face with all the cameras and cell phones! Wow! He will remember that day. He is still in disbelief! What a day people, what a day. It's 1:00am and it's time to sleep.

Blue Jays rally for 8 runs in 8th inning, beat Yankees 12 6

By Mike Fitzpatrick
THE ASSOCIATED PRESS

Something in the rain must have stirred those Toronto hitters.

Or maybe it was just Michael Pineda's early exit.

Russell Martin homered twice, including a go-ahead shot in an eight-run eighth inning, and Troy Tulowitzki had a season-high four hits as the Blue Jays erased a six-run deficit following a 42-minute rain delay Tuesday night in their 12-6 victory over the New York Yankees.

"The rain helped us, I know that," manager John Gibbons said. "Got old Pineda out of there. ... We just came to life."

Edwin Encarnacion hit a tying homer and reached 100 RBIs with three in the eighth as Toronto took advantage of a major meltdown by New York's bullpen. Tulowitzki also went deep to help the Blue Jays complete their biggest comeback since June 2015. They climbed back atop the AL East, just ahead of Baltimore and Boston.

"It just felt like the momentum was shifting in our direction," Martin said. "But we definitely got a little bit lucky, got Pineda out of the game. It looked like he had his A-game today. So, you've just got to point to the sky and kind of thank whoever's up there helping out like that."

Impressive rookie Gary Sanchez homered twice for New York, including a titanic, three-run drive deep into the rarely reached second deck in left field at Yankee Stadium. It was the fourth time both starting catchers had multiple home runs in a major league game — first in the American League.

Didi Gregorius also homered for the Yankees, who squandered a chance to move within 4 1/2 games of first place. They lost for the second time in seven games and failed again to move five over

.500 for the first time this season.

Scott Feldman (6-4) replaced ineffective Toronto starter Marco Estrada after the stoppage and struck out five in three innings of one-run relief. It was Feldman's first win with the Blue Jays since they acquired him from Houston at the Aug. 1 trade deadline.

Held scoreless over the first 14 innings of the series, Toronto's big bats finally busted loose after a downpour in the middle of the fifth ended Pineda's strong start.

"I would have loved to send him (back) out there, but what he went through with his shoulder, I just felt he couldn't do it," Yankees manager Joe Girardi said. "We just felt it's risky for him. And that's just not a risk we want to take. He's important to us."

Toronto pounced on reliever Anthony Swarzak in the sixth.

Devon Travis doubled and scored on a throwing error by third baseman Chase Headley. Two strikeouts later, Tulowitzki popped a two-run homer just beyond the short porch in right field, and Martin followed with a home run to centre.

It was the second time in three days that Tulowitzki and Martin went back-to-back.

"Now that the Yankees don't have (Andrew) Miller and (Dellin) Betances in the seventh and eighth inning, it makes for a different ballgame," Martin said.

With the Blue Jays trailing 6-4, reigning AL MVP Josh Donaldson worked a 12-pitch walk against Adam Warren (1-1) leading off the eighth.

Encarnacion, who leads the majors in RBIs, followed with a no-doubt drive deep into the lower deck in left field to tie it at 6. He dropped his bat on home plate and styled his way around the bases after his 34th homer tied Baltimore slugger Mark Trumbo for tops in the majors.

"He kept fouling off good pitches," Warren said about his tussle with Don-

aldson. "You want to get the first guy out, and when it goes that deep, hot night, and you're working hard, it wears you down a little bit. And obviously, a little demoralizing when you walk him."

Tulowitzki singled in front of Martin's 12th homer, a high fly to right that put Toronto ahead. It marked the 12th career multihomer game for the ex-Yankees catcher, the last three with the Blue Jays at Yankee Stadium.

"I wish you guys wouldn't have told me that. Now I'm going to be thinking about it," said Martin, who has homered in three straight games for the second time in his career. "I do like playing in New York; it's a good city. I like the atmosphere. There's always good energy. That might be a reason. But, I don't know, maybe I'm holding a little something against the Yankees."

Chasen Shreve entered and failed to retire any of his five batters. Travis hit an RBI single, and Donaldson drove in a run with his second walk of the inning. Michael Saunders had an RBI double, and Encarnacion's groundout gave him

three RBIs in a half-inning that lasted 37 minutes.

The eight runs matched Toronto's largest inning of the season.

"The offence exploded," Estrada said.
FALLING APART

Warren had not allowed a run in nine appearances covering 11 innings since the Yankees reacquired him from the Chicago Cubs in the trade for Aroldis Chapman. It was the largest lead New York has blown since squandering a 7-0 cushion after seven innings at Tampa Bay on Sept. 28, 2011, according to the Elias Sports Bureau.

TRAINER'S ROOM

Blue Jays: OF Ezequiel Carrera (strained left Achilles tendon) was activated from the 15-day disabled list and started in right field. To open a roster spot, Toronto designated OF Junior Lake for assignment.

Yankees: LF Brett Gardner (ankle) sat out his fourth straight game. He was scheduled to run through drills in the afternoon and could start Wednesday, Girardi said.



Toronto Blue Jays relief pitcher Ryan Tepera, left, and catcher Russell Martin congratulate one another after Toronto came from behind to defeat the New York Yankees 12-6 in a baseball game in New York, Tuesday, Aug. 16, 2016. Martin hit a two-run home run in the eighth inning.

CANADIAN PRESS

Death



**Stewart Wells Coates
(1924-2016)**

Surrounded by his loving wife and family, Wells Coates, formerly of Westbury, Quebec, passed away at Sherbrooke on August 13th. Son of the late Stewart Chester Coates and Elva Agnes Lipsey and brother of Donald (Carolyn), Tweed, Ontario and Martha (Everett) McReynolds, North Danville, Vermont. In addition to his beloved wife, Cécile Breton,

Wells is also survived by his children Colleen (Harry Younie), Morell, PEI and Kenneth (Jackie Gosselin), Westbury, Quebec and their mother Estelle Delisle, stepchildren Sylvie Carrier (Marco Marois) and Martin Carrier, twelve grandchildren, nine great-grandchildren, and many brothers and sisters-in-law. Predeceased by his infant son, Daniel.

Resting at the Coopérative funéraire de l'Estrie (146, rue Angus Nord, East Angus, QC JOB 1R0), on Friday, August 19th from 2 to 4 p.m. and 7 to 9 p.m., and on Saturday, August 20th from 10 to 11 a.m. followed by the funeral service at 11 a.m. in the funeral home chapel. Interment in the Malvern Cemetery, Lennoxville.

As a memorial tribute, donations in Wells memory may be made to the charity of your choice, would be greatly appreciated by the family.

COOPÉRATIVE FUNÉRAIRE DE L'ESTRIE PHONE: 819-565-7646
 146 rue Angus Nord, East-Angus QC FAX: 819-842-1030
 info@coopfuneraire.com www.coopfuneraireestrie.com

Death

Graveside Service



BISHOP, Lloyd E. - The Bishop Family would like to invite friends and family of the late Lloyd E. Bishop to join us at a graveside service to be held on Saturday, August 20 at 10:30 a.m. at the Crystal Lake Cemetery in Stanstead with Reverend Lise Kuzminska officiating.



Datebook

THURSDAY, AUGUST 18, 2016

Today is the 231st day of 2016 and the 60th day of summer.

TODAY'S HISTORY: In 1587, Virginia Dare became the first English child born in America.

In 1590, Roanoke Island governor John White returned from a supply trip to England to find the colony deserted.

In 1920, the 19th Amendment to the U.S. Constitution was ratified, extending the right to vote to women.

In 2008, Pakistan's President Pervez Musharraf resigned under threat of impeachment.

TODAY'S BIRTHDAYS: Meriwether Lewis (1774-1809), explorer; Shelley Winters (1920-2006), actress; Rosalynn Carter (1927-), first lady; Roman Polanski (1933-), filmmaker; Roberto Clemente (1934-1972), baseball player; Robert Redford (1936-), actor/director; Patrick Swayze (1952-2009), actor; Dennis Leary (1957-), actor/comedian; Edward Norton (1969-), actor/director; Christian Slater (1969-), actor; Kaitlin Olson (1975-), actress; Andy Samberg (1978-), actor/comedian; Miesha Tate (1986-), mixed martial artist.

TODAY'S FACT: In the 2012 presidential election, 55 percent of women voters voted for Barack Obama, while only 44 percent voted for Mitt Romney. Female voters made up 54 percent of the electorate.

TODAY'S SPORTS: In 1992, Larry Bird announced his retirement from the NBA after 13 seasons.

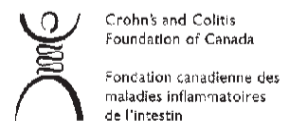
TODAY'S QUOTE: "In Hollywood, all marriages are happy. It's trying to live together afterwards that causes all the problems." — Shelley Winters

TODAY'S NUMBER: 100,000 — copies of Vladimir Nabokov's controversial novel "Lolita" that were sold in the first three weeks after its U.S. publication on this day in 1958.

TODAY'S MOON: Full moon (Aug. 18).

Inflammatory Bowel Disease.

Only the Pain is predictable.



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Follow these tips to avoid flare-ups of COPD

ASK DOCTOR K

By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I have COPD. What can I do to avoid symptom flare-ups?

DEAR READER: Chronic obstructive pulmonary disease, or COPD, is a long-term condition that makes breathing difficult. Breathing is a lot easier if you take your medicine and do any other therapy as directed.

Several types of medicines reduce the risk of flare-ups. Inhaled corticosteroids that reduce inflammation in the breathing tubes are one kind. Long-acting bronchodilators (BRONK-o-DIAL-a-tors) that keep the breathing tubes wide are another kind. A third kind are long-acting anticholinergics (AN-tie-KOLE-in-ER-jicks), which also act to keep the breathing tubes wide.

Other types of medicines are used to treat flare-ups. These include bronchodilator and anticholinergic drugs that act rapidly and do not last as long as the drugs used to reduce the risk of flare-ups.

Besides using the medicines as prescribed, there are other important things you can do to avoid symptom flare-ups:

PREVENT RESPIRATORY INFECTIONS. Sudden worsening of COPD often is triggered by a respiratory infection. Any respiratory infection — even a common cold — can cause a flare-up. Do whatever you can to avoid catching whatever is going around. That includes:

- Washing your hands frequently with soap and water or alcohol-based instant hand sanitizers.
- Staying away from people who have colds or other respiratory infections.
- Getting a flu shot every year.
- Getting vaccinated against pneumonia as needed.

You may also benefit from an antiviral medication, such as oseltamivir (Tamiflu), for reducing your risk of getting influenza during flu season. An antiviral medication can help speed the resolution of the flu, if you get it. And this, in turn, reduces your risk of a flare-up of COPD.

There is one flu medicine that you should not use, however: zanamivir (Relenza), an inhaled powder antiviral. The powder can irritate the lungs of a person with COPD.

EXERCISE REGULARLY. Aerobic exercise, which increases heart rate and breathing rate, is the most beneficial. Examples include walking and swimming. If you want something less aerobically challenging, try yoga or tai chi. Aim for at least 20 minutes of exercise per day on most days.

PRACTICE PURSED-LIP BREATHING. This technique will help you pace yourself through physical activities. Before you start moving, inhale through your nose so deeply that your abdomen expands. Then, as you begin to move, exhale through your mouth with your lips pursed to slow down the airflow. Your exhalation should last twice as long as your inhalation. You will feel pressure in your windpipe and chest as you slowly breathe out. When you finish exhaling, rest for a moment, then inhale and start the process again.

AVOID LUNG IRRITANTS. An important way to control your symptoms and prevent flare-ups is to keep your airways from becoming irritated. Many things can affect the airways, including exhaust fumes from your stove, smoke from your fireplace, dry air, and molds and mildew. If you have allergies, try to avoid exposure to whatever causes them — pollen, pet dander, house dust, mold and so on.

If you follow these tips, I think you'll find that you have fewer episodes of severe difficulty in breathing.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
 Text only: \$16.00 (includes taxes)
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
 \$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
 For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
 For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

NORTH HATLEY

The Village of North Hatley presents: Free Concerts at the Gazebo in Dreamland Park (Capelton & Main). Every weekend during July and August. This weekend: Saturday, August 20 at 7:30 p.m. - Soulwood; Sunday, August 21 at 1 p.m. - Le Big Bam.

BROME

37th annual Townshippers' Day, Saturday, September 17, 9 a.m. to 5 p.m., Brome fairgrounds, 345 Stagecoach Road. Celebrate the English-speaking community, rain or shine, with 10 entertainers, 90 artisans and exhibitors, silent auction, activities, food, historical tours and more. Thank you for leaving your pets at home. Small fee for parking. Details: TDay.ca, 1-877-242-4421.

LENNOXVILLE

Uplands Cultural and Heritage Centre invites you to its new art exhibition featuring the work of Annie Abdalla. Her paintings will be displayed all summer until September 18. Admission is free. Uplands, 9 Speid Street, borough of Lennoxville is open Tuesday to Sunday from 10:00 a.m. to 4:30 p.m. Info: (819) 564-0409.

NORTH HATLEY

The Life and Legacy of poet Douglas Gordan Jones, by poet Steve Luxton on Sunday, August 21, at 10:30 a.m., then a blueberry pancake brunch. At 2:30 p.m.

is a literary tribute to the life and work of D.G. Jones, long-time North Hatley resident who died in March. Hosted by Steve Luxton. Remembrances or favourite Jones poems are invited. All are welcome. Freewill donation. UUEstrie, 201 Main St., North Hatley. Info: 819-842-4146, info@uuestrie.ca, www.uuestrie.ca, Facebook UU Estrie.

LENNOXVILLE

Scottish Settlers Reunion Ceilidh - Gaelic and Scots songs, country music, readings and stories - with: MARGARET BENNETT - well-known Scottish folklorist, and musician. NORMAN KENNEDY - accomplished Scottish weaver from Vermont. SKIP GORMAN - popular country singer. Wednesday, August 24, 2016 at 7 p.m. St. Andrew's Presbyterian Church, 256 Queen Street, Lennoxville. 819-569-3100 / 819-346-2638. Free admission - donations encouraged.

MELBOURNE

Visit the new home of the Richmond County Historical Society archives and museum, the RCHS Manse at 1161, Rte 243, Melbourne Township on Saturday, August 20 from 2 p.m. - 5 p.m. There will be a visit of the new premises with 2 special exhibitions, Local Women in History and Housewife Heroines from Quebec Anglophone Heritage Network (QAHN). Housewife Heroines tells the little-known World War II story of how so many Canadian women contributed to the war effort through their unpaid work at home. There will be a Garden party with a gin garden and free non-alcohol beverages (10\$ donation for cocktails). A Fortnum & Mason luxury English breakfast tea hamper will be raffled. This is a family event with music, games, and community spirit. A special "making history" event at 3 p.m. will be a group community photo taken on the lawn of the manse. Everyone is invited to bring friends and family (and chairs) so that this archival event rep-

resents who is making history today!

RICHMOND

The Richmond Legion, Br. #15, will be holding a Corn Roast on Thursday afternoon, August 18. Music will be provided by Syd and Donna Mills beginning at 4 p.m. Admission charged. Menu: Corn on the Cob, hot dogs, salads and dessert served between 5:30 and 6:30 p.m. Everyone is welcome.

COMPTON

The ET Antique Machinery Club presents its 24th Exposition, August 20th to 21st, at the Fromagerie de la Station, 440 chemin de Hatley, Compton. Gates open at 9. Everyone welcome. Admission charged (visitors). 819-837-2261.

SHERBROOKE

Friday, August 19 at the ANAF, Unit 318, The Hut - Live music with Pam & Doug Champagne starting at 5 p.m. The Duo are making their annual visit to the Hut. Come on out and enjoy the music. Donations accepted.

LENNOXVILLE

CFUW Sherbrooke & District is pleased to announce its annual Summer Market and Giant Book Sale at 6 Church St., Lennoxville on Friday, Aug. 26 from 10:00 a.m. - 6:00 p.m. and Saturday, Aug. 27 from 9:00 a.m. - 2:00 p.m. This year's Silent Auction items range from gift certificates from businesses throughout the Townships to valuable items such as Canadiens hockey tickets, spa treatments and paintings. There will be a raffle, attic treasures and antiques, baked goods, jams and jellies, fresh garden produce and much, much more. There are thousands of books displayed for easy browsing. Students are welcome. Please bring your own bag; the church is wheelchair accessible. All money raised supports scholarships, bursaries for local students and our annual public speaking contest.

AUSTIN

MS Branch 2000 fun afternoon will be this Sunday, August 21 at the Austin

Municipal Hall on Millington Road in Austin. Music by Country band "Mike Sheldon's Compaq." Can you play or sing or tell a joke? Then share your talent on the "Open Mic" - Twice on the mic so everyone gets a chance.

Time 1:30 p.m. until 4 p.m. Light lunch served at 4:30 p.m. We appreciate it if anyone wants to bring a dessert or sandwiches to make it even better. Coffee and Tea are Free we are selling at a low-cost chips and soft drinks. Half /Half and exchange gift table. Admission charged. This fun afternoon will make or break further events so please bring your friends.

COOKSHIRE

Free Sunday Jazz Concert, Parc des Braves, Principale West, Cookshire, 12:30 p.m. to 3:00 p.m., Sunday August 21.

RICHMOND

St. Patrick's Society of Richmond annual Golf Tournament will be held on Sunday, August 28 at the Richmond Golf Course. Tee off begins at 1 p.m. All are welcome to enjoy a sunny afternoon of fun and companionship. Many prizes! Come alone, or with a partner, or make your own foursome! For more info, please call Hughie Lancaster at 819-826-3495 or Joe Kelly 819-826-3929.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Massive rehearsal dinner

THURSDAY, AUGUST 18, 2016

Annie's Mailbox

Dear Annie: Our son is marrying a lovely girl from out of state. "Jill's" family offered to pay for the cost of the wedding, which is expected to have more than 200 guests. My son asked us whether we would pay for the rehearsal dinner. Thinking this would consist of the wedding party and 20 to 30 additional people, we agreed.

Well, now this "rehearsal dinner" is about 70 folks, including numerous "close relatives" on the bride's side. We are told that these people are to be included, that there is no room for negotiation and that it shouldn't be an issue because Jill's parents are paying for the wedding. I feel as if Jill has hijacked the so-called rehearsal dinner for a pre-wedding family dinner that is basically out of our control. Is this what weddings have come down to these days? How should my wife and I handle this? - Budgeting Father of the Groom

Dear Budgeting: A) Pick a more affordable venue and/or dining option. Buffets are great for this situation, as they're not billed per person. Or B) ask Jill's family members to chip in. If they're truly that married to the idea of having so many relatives included, they ought to be willing to help.

Dear Annie: Being the dutiful husband that I am, I

drive my non-driving wife to work every day, and I pick her up after work. At her request, I also have been giving a lift home in the evenings to one of her co-workers. It's not far out of our way, and the fellow is pleasant and likable - well, with the exception that he smells like a farm animal and is totally oblivious to that fact.

It seems to me this man seldom bathes or changes his clothes. I drive with the windows open in the dead of winter, and in the summer, the odor is even more horrific. My wife acknowledges this issue but doesn't want to confront him or address it. I have no problem talking to this guy diplomatically and letting him know what's going on, but my wife has strongly asked me not to. So I suffer in silence.

How do I get out of this pickle without upsetting my wife or causing anyone any further embarrassment? - Need Oxygen

Dear Oxygen: It's time to put this animal out to pasture. Your wife isn't considering the matter from your nose's perspective. It's nice enough you give them both rides; you shouldn't have to hold your breath the whole way. Tell your wife that either she needs to come up with a polite excuse for why you can't give

this man rides anymore or you're going to have a frank discussion with him about personal hygiene. If she doesn't like it, they can both catch a lift on the hayride.

Dear Annie: I'd like to reply to your recent correspondence with the son struggling with what to do after discovering his father smoking again. Nicotine Anonymous (once known as Smokers Anonymous), with support groups based on the book "Twelve Steps and Twelve Traditions," is a resource for people seeking freedom from nicotine addiction. Its website (<http://nicotine-anonymous.org>) has literature - including a pamphlet that might be helpful to your non-smoking reader, titled "Are You Concerned About Someone Who Smokes or Chews Tobacco?"

Nicotine Anonymous support groups are free and ongoing. A person can join at any time, and the only requirement is to have a desire to stop using nicotine. There are face-to-face meetings, as well as daily internet and telephone meetings, for any member to connect with other members to offer and receive support. Thank you for your understanding about this highly addictive substance. - Former Smoker

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

E-mail your social news to classad@sherbrookerecord.com

CELEBRITY CIPHER

by Luis Campos

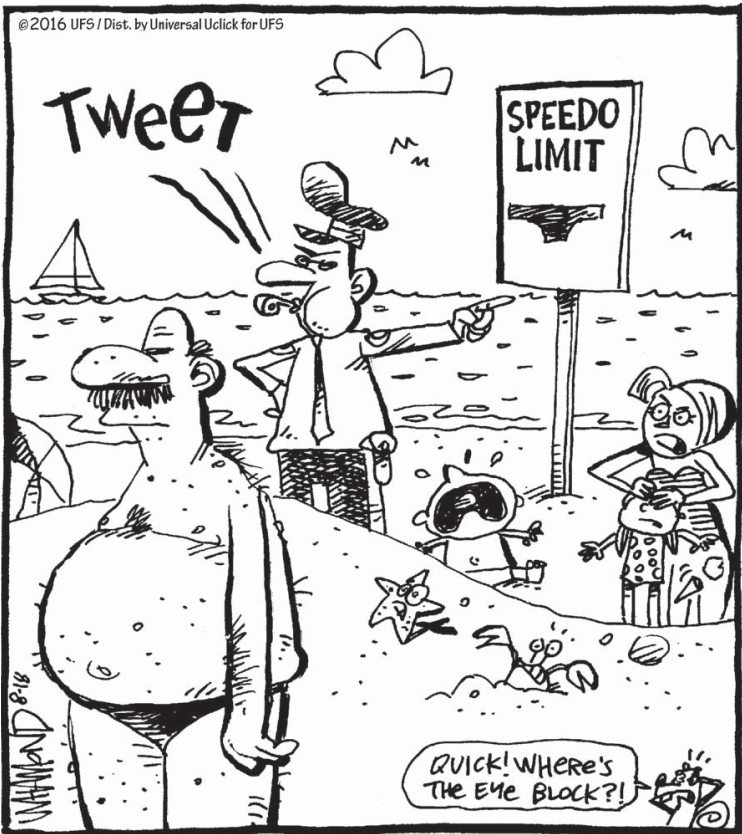
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ Y H W C M F X Z V Z S X Y H S K L W L S J .
 W L S Z G B Y B I L K H N N G F Z S L D C L K
 ‘ I H S B S R B ’ . ” — V Z U S Z T T U H I Z U K Y

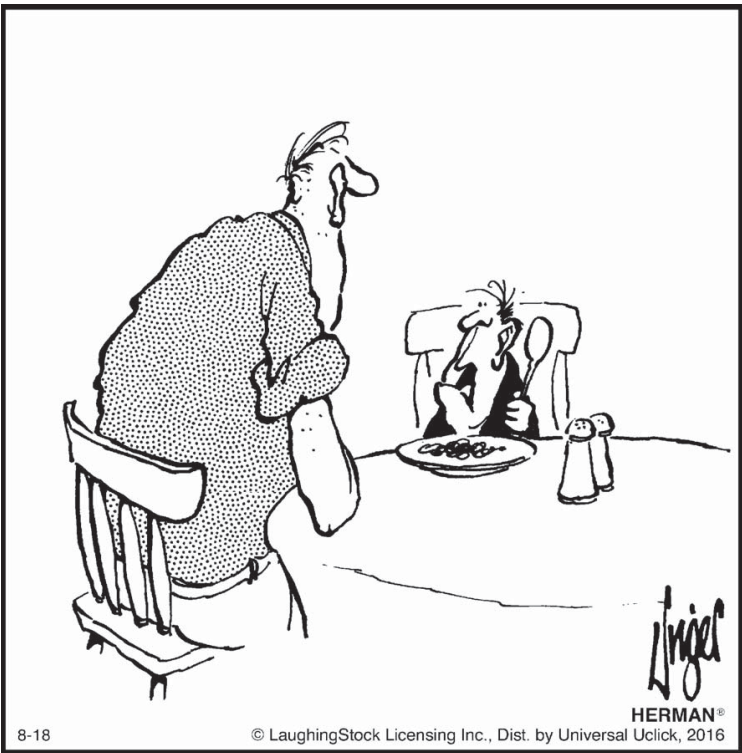
Previous Solution: “I actually did a guest part (on ‘Bonanza’) ... two seasons before I officially joined the cast.” — Mitch Vogel

TODAY'S CLUE: *g sjnab e r*

REALITY CHECK



HERMAN

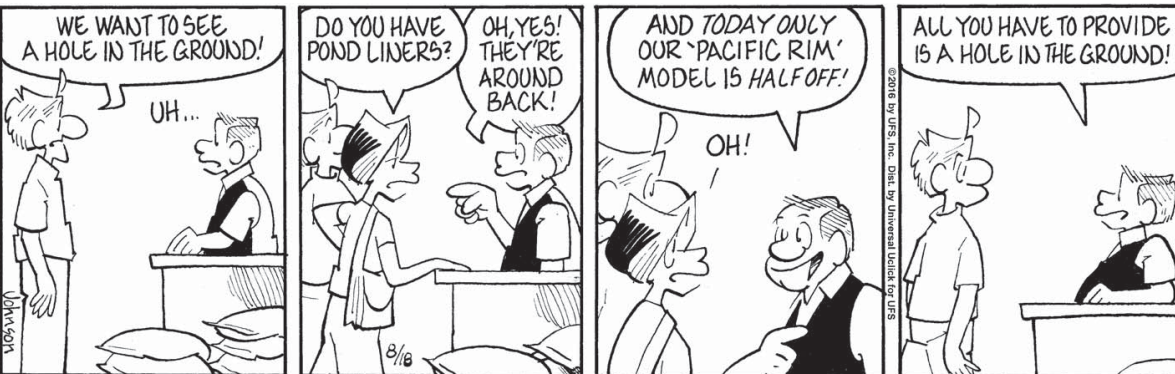


“If this is gonna make me strong and handsome, I think you’d better eat it.”

ALLEY OOP



ARLO & JANIS



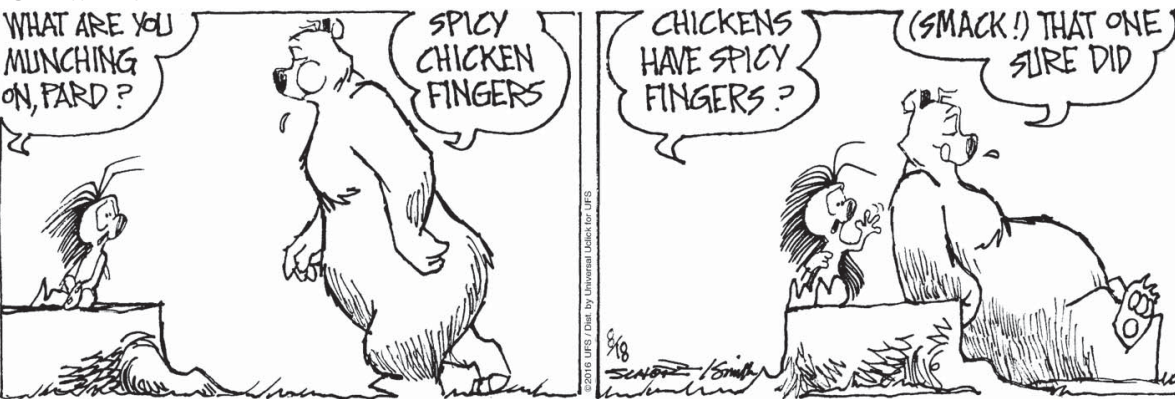
THE BORN LOSER



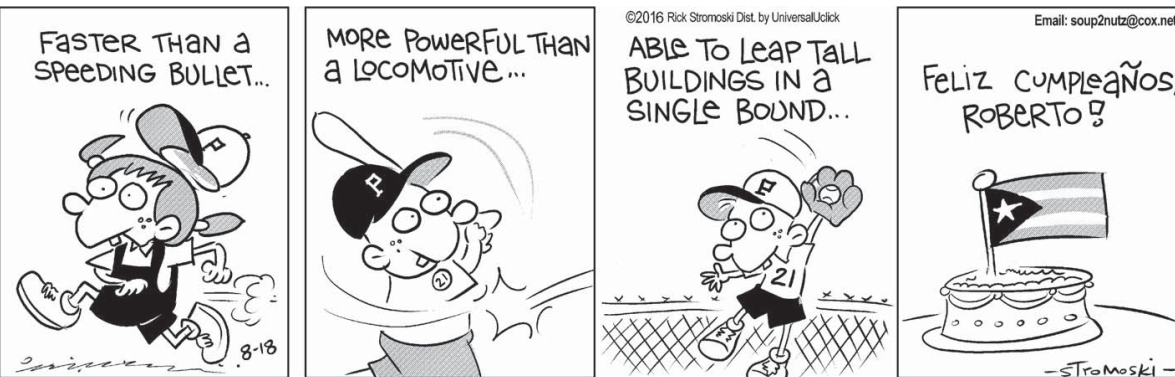
FRANK AND ERNEST



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Wales Home News July 2016



Comfort, Care and Countryside
 By: Rebecca Taylor

our very own "all requests" afternoon giving residents a chance to enjoy songs from their past. On the afternoon of the 14th residents enjoyed music with Jim and Alice in the living room. A lunch outing to the Twist Restaurant in Rock Forest took place on the 19th. Residents and drivers enjoyed an outing the St. Vincent Healthcare Facility in Sherbrooke on the 21st to play bingo with residents there. A beautiful violin and piano concert by Courtney and Cathy Drew took place in the main living room on the afternoon of the 22nd. On the evening of the 25th, the Roxton Singers once again provided beautiful entertainment for the residents. A fishing derby with over twenty fish being caught was held on the morning of the 26th. Everyone got back inside just before a downpour - definitely excellent timing. Zootherapy with an assortment of animals took place on the nursing care units on the morning of the 28th. On the afternoon of the 28th, residents gathered in the living room for an ice cream treat and Youtube music on the big screen. There was also a special musical performance by visitor Donald Coates. He played the harmonica and the piano.

Here are our highlights from the month of July but if you are interested in learning more about what is going on at the Wales Home, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/pages/R%C3%A9sidence-Wales-Home-CHSLD-Wales-Inc/359173890897086> for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, pricing etc., or if you'd like to become a volunteer.

This month's film viewings on the big screen included episodes of The Dick Van Dyke Show and Cheaper by the Dozen 2 and A Song for Marion.

Happy birthday to everyone who celebrated in July. Our monthly party was hosted by St. Anne's Church on the afternoon of the 20th. A farewell afternoon was held on the afternoon of the 25th for Rev. Lynn Dillabough.

A breakfast outing to the Deli-Train restaurant took place on the 5th. A strawberry social in the nursing care units was enjoyed on the afternoon of the 6th. Residents had the opportunity to enjoy an ice cream treat and listen to Youtube music and see the videos on the afternoon of the 8th. It was

Welcome to Bernadette and Fred Toombs and Kathleen Hamilton Taylor who became residents this month. Our sympathies are extended to the family and friends of Eleanor Stalker.

Our 5th annual Candlelight Evening of Memories will take place at 7 p.m. on October 14. The funds raised from this event will be used to purchase a TV Tour system to be used by our residents throughout the home allowing them access to menus, notices and updates direct to their personal television sets. The cost per candle is \$10 (for every five candles purchased you receive a bonus candle for free) and you may make your purchase by contacting Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca. You can also mail a cheque to The Wales Home Foundation, 506 Route 243 North, Cleveland, QC J0B 2H0. Your support is much appreciated.

Copies of "Memories Everlasting," are still available for sale exclusively at the Wales Home. They are \$20 and can be purchased by contacting Rebecca Taylor by phone at 819-826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca. Mailing is available for an additional cost. All proceeds from the sale go to the Wales Home Foundation. We are currently working on the sequel which will be titled "Timeless Memories" and if you have a story which they would like to share for this book, please send me an e-mail or a note and I will consider including it.

The Wales Home Foundation's golf tournament will be on August 18th this year. We have all of our players but if you would like to be a sponsor, please contact Brendalee Piironen (bpironen@waleshome.ca, 819-826-3266 ext.247) or Courtney Grainger (cgrainger@waleshome.ca, 819-826-3266 ext.251).

Many thanks to anyone who lent a hand in anyway this month. We are very appreciative of your efforts. Until next time.

035 For Rent

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190 Cars For Sale

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340 Garage Sales

LENNOXVILLE
 August 19 & 20, 9 a.m. to 5 p.m., 1925 Riverview Road. Clothes, knick-knacks, toys and Christmas items.

100 Job Opportunities

HAIRDRESSER REQUIRED to part of our professional team. Must be dynamic and reliable, with or without clientele, bilingual. Location of chair to be discussed. Call Marie-France 819-566-1445.

LENNOXVILLE
 Huge indoor moving sale, 31 Willowdale, Friday and Saturday, August 19 and 20. Office and home furniture, old books, loads of tools, linens, bookcases, lots of miscellaneous.



100 Job Opportunities

100 Job Opportunities

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

LENNOXVILLE
 Moving Sale - Everything must go! Appliances, furniture, etc. 25 Queen St., Lennoxville. Friday, Saturday and Sunday, 7 a.m. to 4 p.m.

STANSTEAD EAST
 SATURDAY AUGUST 20, 715 Tremain rd, Stanstead East. 9 a.m. to 3 p.m. - no early birds. 2 families.

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190 Cars For Sale

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294 Events

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