

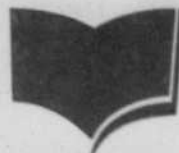
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Migrant workers are vital for a local farm... See Page 4

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MONDAY, DECEMBER 4, 2006

## The Jolly Big Man Is Back



PERRY BEATON/SPECIAL

Hundreds of curious and festive spectators filed along Wellington Street to take in Sherbrooke's fifth annual Santa Claus parade Sunday afternoon. Gilles Marcoux, general manager of the city's downtown development corporation, said the parade lures thousands of people downtown to see the floats every year. He noted some 10,000 bystanders attended the parade last year. The parade, which included new floats such as the Christmas Candy and The World's Twins floats, began on King Street East at 20th Avenue at 2 p.m.



CANWEST NEWS

Stéphane Dion is the new leader of the Liberal Party of Canada.

## Dion wins Liberal crown in stunning upset

By Alexander Craig  
SPECIAL TO THE RECORD  
MONTREAL

After 204 days, it's all over — that's the Liberal leadership race, not the four-day convention that finished Saturday in Montreal with Stéphane Dion emerging as the surprise winner.

The Dion win was an unexpected result, but he capitalized on the weaknesses of his main opponents.

Michael Ignatieff and Bob Rae each brought a lot of negative baggage with them: The former because of the vari-

ous mistakes he'd made in his policy statements, and Rae because memories in vote-rich Ontario of his NDP government are still bitter.

Ignatieff and Rae used to be roommates at university, but that didn't stop the Ignatieff team from handing out copies of the book *Rae Days*. Tom Walkom's attack on Rae's NDP Ontario government of the early 1990s Ontario with press kits.

The fourth main contender, Gerard Kennedy — whose decision to join

SEE SURPRISE, PAGE 8

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# You Asked Us!

**Question:** I will be travelling outside of the country in the new year. Do I need a passport? Where can I get one?

**Answer:** According to Passport Canada, as of Jan. 23, 2007, a new American law requires everyone entering the United States by air to have a valid passport.

Up until Jan. 23, 2007, Canadians can enter the United States by all modes of travel by simply providing proof of citizenship and identity, such as a birth certificate and government-issued photo identification (like a driver's licence).

Canadians can continue to use such documents as their birth certificates and drivers' licences to cross the Canada-U.S. border by land and sea for at least another year.

Where can you obtain a passport? If you live in the Estrie region, you can go to the Canada Post outlet at 50 Place de la Cité in Sherbrooke. If you live in the Montérégie region, you can go to the Complexe Guy-Favreau in Montreal. People living in Thetford Mines can go to a number of outlets in Quebec City.

If you live in the Drummondville

area, service is available at Services Centre on Saint-Joseph Blvd. All of these sites offer bilingual services and are wheelchair accessible.

**How long does it take to process your passport application?**

If you send the form in by mail, allow four weeks. If the application is done in person at a passport office, allow two weeks. If done at a Canada Post outlet, allow three weeks. If at a Service Canada outlet, allow four weeks (note that the processing time refers to working days).

The cost of a passport is \$22 to \$24 for children under the age of 3, and \$37 to \$39 for children aged 3 to 15. It's \$87 to \$92 for anyone over the age of 16.

Don't forget

that passports have expiry dates, so make sure you check the validity of your existing passport before you leave. For children under the age of 3, the passport is valid for a maximum of three years. For all other ages, the passport is valid for a maximum of five years.

For more information about obtaining a passport, call the Canadian Passport Office toll free at 1-800-567-8686, or TTY 1-866-255-7655. You can also check

their website at [www.passport.gc.ca](http://www.passport.gc.ca). The passport application form is available on the web site.

Do you have a question? Would you like a prompt, courteous, confidential answer — in English? Simply give Townshippers' Association a call at 819-566-2182 or toll free 1-877-566-2182, or e-mail [info@townshippers.qc.ca](mailto:info@townshippers.qc.ca), and "Ask Us!" Townshippers' Association is a non-partisan, non-profit organization.

**LOTO QUÉBEC** Draw Results: 2006-12-02

<b>649</b>	08 32 33	01	<b>419</b>	05 14 20	47
	43 46 49	bonus		36 38 45	bonus

WINNERS	PRIZES	WINNERS	PRIZES
6/6	1 \$4,230,255.00	6/6	0 \$1,000,000.00
5/6+	1 \$302,161.00	5/6+	0 \$50,000.00
5/6	95 \$2,627.50	5/6	21 \$500.00
4/6	5,314 \$89.00	4/6	855 \$50.00
3/6	106,889 \$10.00	3/6	15,941 \$5.00
2/6+	83,401 \$5.00		

Ventes totales: \$500,851.00

Total sales: \$14,342,276  
Next grand prizes (approx.): \$4,000,000

**Extra 6090977\* \$500,000**  
\*decomposable in both directions

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**LOTO QUÉBEC** Draw Results: 2006-12-01

<b>7/7</b>	18 22 23	20
	29 36 38 47	bonus

WINNERS	PRIZES
7/7	1 \$22,138,375.00
6/7+	5 \$66,783.70
6/7	172 \$1,941.40
5/7	11,034 \$102.90
4/7	236,734 \$10.00
3/7+	214,892 \$10.00
3/7	1,975,527 Free play

Total sales: \$28,828,022  
Next grand prizes (approx.): \$25,000,000

**Extra 2537861\* \$500,000**  
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In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.

## You Could Win A Vacation

**PERRY BEATON/SPECIAL**

The Memphremagog Hospital Foundation last week launched the the second annual edition of its "Extravagant Vacations" fundraising event. Tickets are \$5 a pair, and they'll be on sale at the foundation office as well as at many businesses and community organizations in Magog until the draw on March 30, 2007. The grand prize is a \$7,000 vacation voucher (including airfare, accommodations, and transfers) from Club Voyages Orford, and \$1,000 spending money. The fundraising goal this year is \$10,000 — a modest amount foundation director France LeBel says will get bigger every year. The proceeds go toward a program called Ti-galop/Grand-galop, which aims to ease the social integration of kids and young teenagers with special needs or behavioural problems.

## Weather

**Today:** Cloudy with sunny periods. Thirty per cent chance of flurries. Wind becoming west 20 km/h late in the day. High minus 3.

**Tuesday:** Sunny. Low minus 15. High minus 10.

**Wednesday:** Snow. Low minus 15. High zero.

**Thursday:** A mix of sun and cloud with 30 per cent chance of flurries. Low minus 10. High minus 9.

## Ben by Daniel Shelton

Panel 1: Ben says "HERE, MOMMY!" and shows his mother a list titled "...OUR CHRISTMAS WISH LISTS!".

Panel 2: Ben says "I WROTE WHAT I WANTED AND MICHAEL TOLD ME WHAT HE WANTED..." and "DAT RIGHT!".

Panel 3: Ben says "WELL, HE POINTED OUT THINGS FROM THE CATALOGUE, SO I CUT THEM OUT AND STUCK 'EM THERE..." and "AND ALEC?".

Panel 4: Ben says "POTS AND PANS, A WAFFLE IRON AND A BLACK BRA..." and "HEY, I THOUGHT IT WAS WEIRD TOO!".

© 2006 Daniel Shelton Drawn by MVM/M

# Fire department takes on regional approach

*Six municipalities join forces to meet new standards*

By Maurice Crossfield

A new era of fire protection is about to begin in the Waterloo region, with six municipalities joining together to meet new provincial standards.

"Every municipality has one vote," said mayor Pascal Russell. "Every municipality has a right to express an opinion on the budget."

The new agreement, which takes effect on Jan. 1 and lasts for five years, will see the Waterloo fire department become the Service de sécurité Régionale de Waterloo. With Waterloo heading it up, the department will cover Warden, St-Joachim-de-Shefford, St-Anne-de-Larochelle, South Stukely and St-Etienne de Bolton. Costs are divided according to population, with Waterloo footing 57.8 per cent of the bill, while a smaller town like Warden covers 4.6 per cent of the annual \$320,000 budget.

The agreement covers fire protection as well as helping get accident victims out of their vehicles. Since the agreement covers municipalities from four different MRC's, the fire department's abilities must meet all of those standards.



DAVID ANDERSON/SPECIAL

The towns of Waterloo, Warden, St-Joachim-de-Shefford, St-Anne-de-Larochelle, South Stukely and St-Etienne-de-Bolton are now partners in fire protection, creating a new regional fire department headed by Waterloo. Left to right: Gérald Allaire (South Stukely), René Beauregard (St-Joachim de Shefford), Pascal Russell (Waterloo), Patrick Gallagher (fire chief), Serge Blanchard (Warden), J. André Bourassa (St-Anne de La Rochelle) and Harry Bird (St-Etienne de Bolton).

"In fire safety there are no more territorial limits," said fire chief Pat Gallagher. He noted Quebec's requirements for each MRC to have a fire safety cover plan, means service areas overlap, a factor which could mean lower household insurance rates in some areas.

Not included in the agreement is Shefford Township. It opted instead to remain a customer of Waterloo, keeping its own fire protection service with the nearby town as a backup. For that backup Shefford pays Waterloo \$50,000 a year, with its department ultimately responsible for fires on its territory.

But for those

who joined forces with Waterloo, Friday's announcement was a good one.

"For a long time we were a customer of Waterloo," said South Stukely mayor Gérald Allaire. "Now we are a partner."

Russell said the new government requirements, which are forcing municipalities to increase training and equipment levels across Quebec, could not be met by individual rural municipalities. But by joining forces the municipalities can collectively invest in new equipment and training, to the benefit of all.

"I think everybody understood it's a win-win situation for everybody," he said. "This approach has been good for us, giving up a bit of the power to be strong together."

Gallagher said the evaluation process is already underway to determine what will be needed to meet the government norms. At the top of the list however is a replacement for the pumper truck, which dates back to 1969. Other equipment and training for the 30 volunteer firefighters will also be necessary when the fire safety cover plan goes into effect, likely by 2008.

Russell said he believes in Waterloo's role as a central town in the region that supplies services to its neighbors. He said he's encouraged by progress made in areas such as fire protection and recreation and leisure. He suggested other areas may become the subject of intermunicipal agreements as well.

"I think we all have to be strong together."

## Training in controlling killer superbug

*U of S offers new program*  
Staff

With the growing number of outbreaks of *C. difficile* and other superbugs, the Faculty of Medicine and Health Sciences at the University of Sherbrooke has launched a new master's level program in infection prevention and control.

"The development of this program is a concrete example of our responding to our social responsibilities towards the population," said dean of the Faculty of Medicine, Réjean Hébert.

There's an immediate need for the knowledge, said university officials.

Over the past few weeks, a particularly virulent strain of the *Clostridium difficile* virus attacked about three dozen patients at hospitals in St-Hyacinthe, Drummondville, and more recently in Joliette east or Montreal.

A dozen people died at St-Hyacinthe's Honoré Mercier hospital last month, and Drummondville's Ste-Croix hospital recently confirmed *C. difficile* as the cause of death of three men between the ages of 72 and 92.

*C. difficile* and other superbugs can spread from person to person through unhygienic practices, like

health care workers neglecting to wash their hands properly, and through the use of medical equipment that has not been properly sterilized.

Infection protection has become a necessary preoccupation in health care circles, noted university officials.

Hébert said the program is linked to Quebec's health ministry, which supports specific training to ensure knowledge is transmitted to health care professionals.

Infections contracted in a health care setting are a major cause of death in hospitals, and proper infection control is essential.

"That is one of the goals of this training program," said professor Richard J. Côté, director of the community health program at the Faculty of Health Sciences.

The program is offered to nurses and other health care professionals with a bachelor's degree. Upon graduation, they will be able to plan effective intervention strategies to prevent the spread of infections in hospitals and other health care facilities.

The course is offered part time over two years and includes internships in health care institutions.

It will be offered starting in the summer 2007 semester.

## Collision kills Granby man

Heavy rains are being cited as the possible cause of a head on collision that killed one man and gravely injured another near Roxton Pond Thursday night.

Claude Gauthier, 39, of Granby was alone in his car, as was the driver of the second car, a 24-year-old man. The two cars collided as they went through a curve in opposite directions on Route 139, not far from Roxton Pond's limits with Granby.

Gauthier was declared dead at hospital, while the other driver was taken to the Granby Hospital and then transferred to a Montreal-area hospital due to the seriousness of his injuries.

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# Migrant workers a vital resource for local farm

## Program brings Tidings of Joy to O Christmas tree farmer

By Rita Legault  
EATON TOWNSHIP

Farm workers Pedro Ortiz and Misael Diaz make more in one hour of planting and cutting Christmas trees here in the Townships than they would make in a full day's work back home in Guatemala and Mexico.

The two migrant workers, who will be heading home for the holidays this week, have spent the last seven months living and working at the Cleary Evergreens farm in Eaton Township.

Ortiz, who hails from Guatemala City, has been returning to the Cleary Christmas tree plantation every year for the past five years. Diaz, who is from Puebla, Mexico, is back for a second year.

Cedric Cleary, who runs the family tree farm, said he resorts to hiring Latin American workers because he simply cannot find enough local labourers willing to do the work.

"I've had a lot of problems finding workers," Cleary told *The Record*, as dozens of workers loaded thousands of trees on trucks to send to the United States, Ontario and out west. "The younger generation doesn't like to do that kind of work and if you don't have the people, you can't run the business."

"I have heard that people here would rather be on welfare than work for more than \$8 an hour," said Ortiz.

Cleary, who has to cut and deliver more than 100,000 Christmas trees during October and November, said he just can't find enough men to do it.

"Christmas happens once a year and if you can't deliver your trees, it's a

problem," said Cleary, noting migrant workers have been a lifesaver for his business. "I don't think we could do the job without them."

Starting in the spring, the farm hires between 25 and 30 migrant workers to plant and shear Christmas trees. During harvest time, half of the five dozen workers who cut and ship the trees are foreign workers.

"They're very good workers," comments Cleary. "They like to work six or seven days a week. If you don't give them work, they're not happy."

"The difference between our workers and them is they are happy to work. We try to give them mandatory days off, but they don't want to take them."

Cleary discovered the migrant worker program from an uncle in Ontario who runs a tobacco farm.

Under a deal with Human Resources Canada, foreign farm workers can be hired by producers who cannot find enough local labourers.

The Seasonal Agricultural Worker Program, which allows the entry of foreign workers to work as farm labourers, was developed in cooperation with agricultural producers and a number of Central American countries and some Commonwealth Caribbean islands such as Jamaica and Barbados.

Under the program, farm operations that demonstrate they are unable to hire Canadian agricultural workers can apply to hire migrant workers.

Employers must offer foreign workers the same wages paid to Canadian farm workers doing the same work, and ensure they are covered by workers' compensation as well as private or provincial health insurance plans during their stay in Canada.

They must also pay their airfare to and from Canada, cover an immigration



PERRY BEATON/SPECIAL

The Cleary Evergreens farm in Eaton Township hires between 25 and 30 migrant workers to plant and shear Christmas trees

visa cost recovery fee, and provide workers with free housing. A portion of the cost of airfare and some other fees can be recovered through payroll deductions.

Ortiz and Diaz, who worked on farms back home, say they were attracted to work in Canada because of tough economic situations in their native lands.

"The economy back home is very bad," Ortiz told *The Record*. "The pay is much better here."

The agricultural sector in Guatemala accounts for one quarter of the country's Gross Domestic Product, two-thirds of exports, and half of the labour force. But the pay is low.

Back in Guatemala, farm workers earn about \$4 or \$5 U.S. a day.

Ortiz, 36, sends most of his wages back home to support his wife and two daughters. He only keeps enough to pay for groceries.

Money from Canada allows his family back home to live comfortably, to buy food and afford a decent education for his daughters. Wages that are exponentially higher even make it possible for the Ortiz family to buy property — an unattainable goal for most workers in the impoverished Central American country.

Diaz, who is 25 and single, sends money back to support his family — mainly his mom and dad. He speaks in rapid Spanish and is translated by co-worker Diaz.

While the World Bank notes Mexico has the fourth largest per-capita income in Latin America, there are real problems with income distribution. A large segment of the population suffers from low wages and underemployment and three quarters of Mexicans live in poverty.

Agriculture in Mexico has low wages and is undergoing a crisis since the

North American Free Trade Agreement eliminated 99 per cent of the country's agricultural trade tariffs.

Diaz notes the minimum wage in Mexico is about \$60 U.S. a week, but it is often much lower for farm workers. Here he can earn more than week's age in a day.

Both men, particularly Ortiz, say it is hard to be separated from their families for so long. They spend more than half the year, seven months or more, in Canada.

Bachelor Diaz said he would think twice about coming to work here if he had a wife and family of his own.

While being separated from their families is the hardest aspect of working in Canada, the weather can also be tough to deal with. This winter has been the exception.

"This year was really nice," comments Ortiz, who has dealt with harsher Canadian climate. "It was not too hot this summer and not too cold this winter."

*The Record* interviewed the two men last Thursday evening as the Sherbrooke area was experiencing an all-time record high. Earlier in the day the mercury hit 19 C.

Ortiz said many Canadians are under the impression there is no work back home in Central American. That is not true. "There is work there, but it pays much better here," he said.

The migrant labourers say farm work in Canada is similar to back home — except the working conditions are much better.

Ortiz notes that in Guatemala, it is illegal to cut trees due to growing problems with deforestation. Otherwise, farm work is farm work.

Ortiz said he has heard horror stories

SEE TREES, PAGE 7



PERRY BEATON/SPECIAL

Employers must offer foreign workers the same wages paid to Canadians doing the same work, and ensure they are covered by workers' compensation.

# Give us your potato peels and your corn husks

## Windsor's curbside compost pickup

By Joshua Bleser  
SHERBROOKE

Quebec has set tough recycling standards that towns and regional municipal counties must meet by 2008, and although the move has spawned environmental committees and waste management plans across the province, most MRCs in the Eastern Townships have been slow to implement composting programs on their territories.

A pilot project in Windsor and neighbouring Val-Joli put in place this fall makes Val-Saint-François one of the first municipal bodies in the area to try out a curbside pickup composting program.

In the Saint-Gabriel residential sector straddling the two towns, 230 families have been tossing dead leaves, corn husks, potato peels and even dairy products and cooked meat into brown bins and biodegradable bags since October.

And the project coordinator says results are encouraging.

"At first, we were doing follow-up along with the truck [that picks up the organic waste]," said Ann Bouchard of Val-Saint-François' waste management agency. "People stopped us and said they were happy with the program and that it was working very well."

Although Bouchard admitted some were initially less gung-ho about the project, she said they

changed their minds when they saw how empty their garbage bins were. Even nay-sayers began rushing out to buy more biodegradable bags and containers to keep in their kitchens.

Bouchard said a study conducted after the first six weekly pick-ups found the participation rate was 75 per cent.

More than 11 tonnes of compostable waste was collected, for an average of 49 kg (108 lbs) per family.

Only two pick-ups will be done throughout the coming winter months, since below-freezing temperatures grind the decomposition process to a halt. The weekly schedule resumes in March, and the pilot project runs through to next October.

Rather than rotting in plastic bags at the garbage dump, the green garbage collected — which represents about a third of an average household's waste — is sent to a composting centre, where it's transformed into garden fertilizer.

Bouchard said the initiative may be extended throughout the MRC's territory. "In the waste management plan adopted five years ago, it says we should have [compost] pick-up in urban areas by 2008," she said, adding that she and her colleagues would submit a report to elected officials at the end of the pilot project, and that it will be up to them to decide if they intend to stick to that plan.

"For now, we just hope that people continue to get on board and that we see positive results," Bouchard said.



PERRY BEATON/SPECIAL

A pilot project in Windsor and neighbouring Val-Joli put in place this fall makes Val-Saint-François one of the first municipal bodies in the area to try out a curbside pickup composting program.



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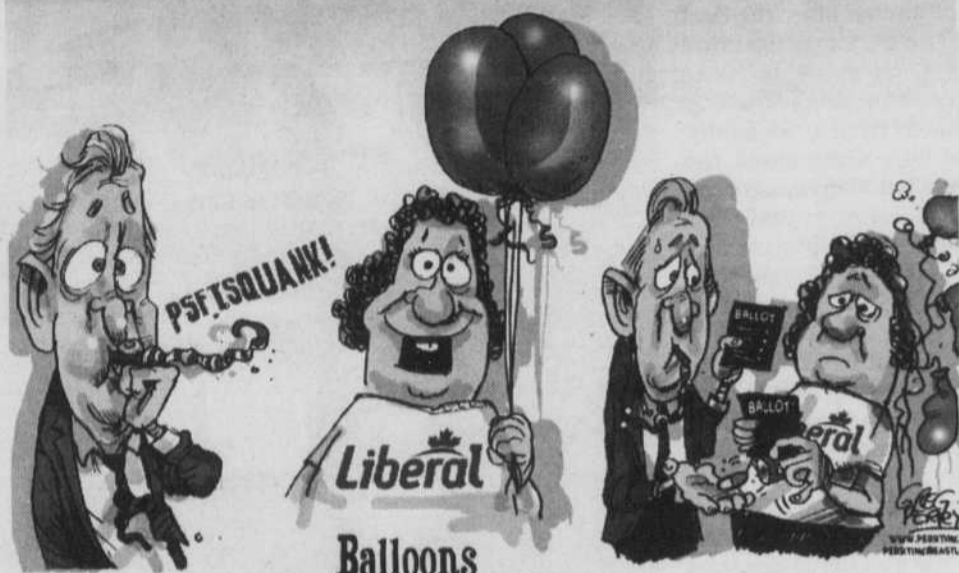


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## Community Forum

### Liberal Leadership Convention Necessities



Noisemaker

Balloons

Antidepressants

## The comet's trail

In 1968, Canadians, and especially Liberals, were swept up by the comet that was Pierre Elliott Trudeau.

The charismatic Quebecer produced a phenomenon that really hasn't been seen since in Canadian politics.

Many might say that's actually a good thing. Citizens need leaders with common sense as much as or more than they need ones with charisma. But the Liberal party still is attracted to that flame, something that was accentuated by the fact that none of the leadership candidates appeared to have it in great quantity.

That may be why some of the biggest buzz at the party convention this weekend was about Pierre's eldest son, Justin.

He is handsome and charming and speaks of dreaming big dreams. And he has a bit of the family magic.

It was on display for the country to

see when he delivered a passionate eulogy over his father's coffin six years ago.

Charisma was defined by the German sociologist Max Weber as a quality that sets a person apart from ordinary people and causes him or her to be treated as endowed with exceptional powers or qualities.

But charisma can be dangerous. It may make someone electable, but it may not make him or her a good leader if the depth of knowledge needed to make the right decision is not present. And one doesn't get that breadth of understanding just because one has the right names.

It is understandable that people are attracted to Justin Trudeau. But he is still forming as a public figure. Canadians deserve leaders who have more than simply the right name. Achievements matter more than pedigree.

—Ottawa Citizen

## Dion's got a high mountain to climb to top Harper

By Don Martin  
CANWEST NEWS SERVICE

Quebec MP Stéphane Dion is usually portrayed by Quebec cartoonists as a rat.

Well, the rat has roared.

Superstars had parachuted into the lineup, offering their celebrity credentials to lead the Liberal party out of its electoral wilderness.

Repatriated Canadian Michael Ignatieff, hailed as Pierre Trudeau reincarnated, put up his hand.

Instant Liberal Bob Rae, who promised to unite the left, finally bought a membership to run for the job.

But the party rejected the sizzle for someone with a deep stake in the party.

Dion did a slingshot manoeuvre in a wild and zany Saturday afternoon on the convention floor, seizing the momentum afforded his campaign by the support of former Ontario MPP Gerard Kennedy to fling into first place and knock Rae out of the contest.

That set up a two-way showdown with Ignatieff, although the fix was in. The former Harvard academic and acclaimed writer had barely grown in support all day, his base flatlined at less than a third of delegates. He could only watch helplessly as Dion hit the passing lane without looking back.

For many Canadians the question at the moment of his crowning was Stéphane Who? As a Jean Chrétien cabinet minister, Dion didn't command a high profile except in Quebec, where his fierce defence of federalism when national unity was under threat earned him praise and scorn from opposing sides of the debate.

His handling of the environment file as Paul Martin's minister in the portfolio has received mixed reviews, mostly recently criticized as a multibillion-dollar policy kicking up mostly hot air.

But it would be a mistake for Prime Minister Stephen Harper to crack open the bubbly to salute Dion, believing this guy is the ticket to a majority win.

Dion is smart, strategically shrewd and charismatically challenged — with the ability to focus an all-consuming intensity on his own agenda.

In other words, meet Harper with a French accent. And as many Liberals have learned, it doesn't pay to underestimate Harper. But his winnability factor is suspect. His English is uneven at best and lacks the mangled lovability of a Chrétien, who can charm in both official languages.

Dion seems an unlikely match with suburban Ontario, where he needs to gain seats to have a credible shot at a government restoration project.

His credentials in Quebec may help him retain some Liberal seats, but they're not likely to enhance the party's standings without a lot of self-sabotage by Harper.

And anywhere west of Sarnia, Ont., selling yet another leader from Quebec (third-in-a-row spanning 16 years) would seem a hard swallow, particularly one with ivory-tower tendencies.

If this convention was fixated on anointing the most likely contender to break the Liberals out of Toronto, Montreal and parts of suburban B.C., they could've sided with almost any of the other front-runners as better prospects.

On a more positive note, there's not much dirt to throw back in Dion's face starting Monday when he goes on the attack as Official Opposition Leader for the first time.

And by making the environment a priority and vowing to reconsider and re-deploy troops in Afghanistan, he will be the antithesis of Harper on two key issues which may erupt in an election campaign expected next spring.

But this much is certain. While there were pockets of tears and anger at Dion's victory from camps who could only accept their chosen one as the next leader, the Liberals have emerged with the damage repaired from decades of feuding between Chrétien and Paul Martin.

Dion does not face a great divide with his rivals. I'm betting Ignatieff will be gone by next summer, his grand decent from the American ivory tower academia and British high society an abject failure.

Rae will not reappear on the federal scene again, his experiment with switching parties to pursue opportunism having been rejected.

As for Gerard Kennedy, who crowned Dion as the kingmaker, he will get a major reward some day, particularly if the Liberals return to power. Senator Kennedy has a nice ring.

It's probable the Liberals will get a brief bump in the polls from a flawlessly organized convention which put to shame anything staged by the Conservatives in any of its forms and reforms.

But under Dion, it would seem to be a daunting challenge to increase their support. In leading the Liberals to try to retake government, this 'cartoonist's dream' may turn out to be a mouse.

### THE RECORD

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# Caritas Estrie's popular candle campaign is on

## Proceeds go to community groups

**A** Townships Christmas tradition continues this year as Caritas Estrie launches its 24th annual peace and candles campaign. Until Dec. 24, 900 volunteers will be going door-to-door and setting up at supermarkets, shopping centres, and churches throughout Sherbrooke's Catholic diocese to sell pairs of candles. The proceeds will go toward community groups who work with underprivileged Townshippers.

"This is our third most important fundraiser," said the campaign's coordinator, Michel Boulanger. "The money goes toward various projects that fight poverty ... such as breakfast programs for children or programs that allow kids to participate in activities they otherwise couldn't have afforded to."

This year, 12,500 pairs of candles will be up for grabs for a suggested

donation of \$5 each. The main recipients of aid will be Moisson Estrie and La Chaudronnée, a food bank and soup kitchen, respectively. The money raised increases every year, Boulanger explained, and this year's goal is \$60,000.

The honorary president this year is Elphège Ménard, the regional director of the Knights of Columbus. Renele Anctil, the owner of Sherbrooke's Rona Entrepôt, is in charge of promoting the message of peace and charity that's at the campaign's core.

"The presence among us of less fortunate people, who also have the right to celebrate the holidays, is even today still all too common, and their cries push them, albeit timidly, to call on their brothers and sisters," Anctil declared in a press release.

For more information on the campaign, call 819-566-6345.

-Joshua Bleser

# Hells Angels celebrate anniversary in Lennoxville

Staff

**D**ozens of Hells Angels members and unsuspecting motorists were stopped for traffic checks Saturday while Sherbrooke Police and Sûreté du Québec officers stopped cars along Route 143 between the Lennoxville borough and downtown Sherbrooke.

Members of the notorious biker gang, their friends and sympathizers came to Sherbrooke to celebrate the Sherbrooke chapter's 22nd anniversary. The chapter is one of the largest in Canada.

SQ spokesman Marc Butz said provincial and municipal police checked cars throughout the afternoon until evening. However, he couldn't say how many officers were involved nor how many biker gang members were in attendance.

"Nothing out of the ordinary happened," he said.

The motorcycle club's local and international web sites also had no information about the event. Saturday's anniversary celebrations were held to commemorate Dec. 5, 1984, when the Gtans de Sherbrooke biker gang became the third Quebec Chapter of the Hells Angels.

The festivities also marked the anniversary of Halifax's "13th Tribe" Chapter, which also earned its patch Dec. 5, 1984, and the Montreal Chapter, which celebrated its 29th anniversary this year.

The Sherbrooke chapter of the Hells Angels is the biggest in Canada with more than two-dozen "full patch" members, including almost a dozen from the original gang that got together in 1984. Although Butz said police had "nothing special" to report about the celebrations, past parties have been major gathering points for some well known members.

During the 1999 celebrations, Maurice "Mom" Boucher, was spotted having breakfast at a popular Sherbrooke family restaurant.

Boucher, who was the head of the Hells Angels elite Nomad chapter, was found guilty in 2002 of having ordered the murders of prison guards Diane Lavigne and Pierre Rondeau in 1997.

It's estimated that Canada has about 500 full-fledged members in 32 active chapters across the country. The largest and most-feared chapter of the Hells Angels is in Montreal.

## TREES:

CONT'D FROM PAGE 4

about the treatment of migrant workers at other farms. But he has nothing but praise for his employer. He has returned to the Townships five years in a row to work for Cleary and wants to come back next year.

"We are comfortable. The boss takes real good care of his workers," says Ortiz. "I've heard it's not so good elsewhere."

Cleary said he has also heard horror stories, particularly about the plight of migrant labourers forced to work long days under the sweltering sun during the summer harvest season.

Cleary said he treats all of his workers - migrants and Canadians - the same and that he would never force anyone to do work he would not do himself.

"When you treat your people well, when it comes to do the work they are there. I don't have to be on their back to tell them what to do. They know what to do and it always gets done."

Cleary notes his Latin American employees are a lot happier on the job than most of his local workers. "They're joyful people. They're always happy."

He said the workers, who will be migrating south for the winter soon, are like family.

"We're sad to see them go and happy to see them come back in the spring."

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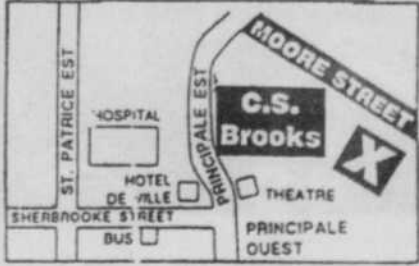
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# Dion-Kennedy pact sealed victory

By Allan Woods  
CANWEST NEWS SERVICE

Liberal party leader Stéphane Dion proved himself prescient when he entered Montreal's Palais des congrès Saturday morning with his then-rival Martha Hall Findlay, draped in the green scarf donned by all of the former environment minister's supporters.

The green scarves symbolized the Dion camp's belief that their candidate had the all-cherished M-word.

"It's a great word because it's the same in English as in French: Momentum," Dion said.

The only female candidate in the race to lead Canada's most successful political organization had been swayed to Dion's side after Friday's speeches, she said — with the conversion coming late in the night with "lots of coffee."

But unlike Hall Findlay, and some of the other also-rans of the 10-month Lib-

eral leadership campaign, it took weeks of subtle persuasion over endless encounters to forge the alliance with the greatest impact on the race's final tally.

Dion and Gerard Kennedy — who dropped out of the leadership race after coming fourth in second ballot results — began talking in late September, after convention delegates were announced. The results showed the two separated by a small number of delegates, putting them in an early battle for the third- and fourth-place spots in the campaign.

"The numbers told the story that we needed to work together and it was made easier by the fact that we really shared the same position on a lot of issues," said Kennedy supporter Mark Holland, an Ontario Liberal MP. "We began the process of talking and developing trust with one another and it just developed out of those meetings. In the last week in particular we felt extreme-

ly solid about it."

The Dion-Kennedy alliance proved to be the most influential in the more than 24-hours of voting, which began Friday afternoon. Kennedy was able to bring a large swath of his delegates to Dion, allowing the Quebec academic to vault into first place on the third ballot over favourites Bob Rae and Michael Ignatieff.

Dion and Kennedy were separated by just two votes when the first-ballot results came in, and there were tears in the eyes of Kennedy's supporters as he conceded defeat. Even after the final results were announced Saturday evening, they still felt things could have swung Kennedy's way but for those two votes.

"If we had swung the delegates the other way and we had been ahead by two delegates this would be a different outcome. That's what changed it for us," Holland said. "There were a lot of

discussions we were having that might have broken different ways."

The pact between the Quebec and Ontario politicians had been talked about for weeks — so much so that more than one senior Liberal joked that their supporters were leaking word of meetings between them whenever Rae and Ignatieff were felt to be receiving too much attention in the press.

But Liberal delegates and political journalists began taking it more seriously shortly before noon Saturday. Before live television cameras, as delegates were casting their second-ballot votes, Kennedy and Dion shook hands, cementing the pact.

"He who falls goes to the other," a Kennedy camp source explained at the time, when asked about the significance of the handshake. "If one of us can't do it — if the numbers don't work — we go to the other."

## SURPRISE:

CONT'D FROM PAGE 1

Dion's campaign was crucial — pursued an energetic, youthful battle, with the help of Justin Trudeau. But Kennedy was well received, and should do well next time, whether in leadership or electoral combat.

Dion in fact was not simply the only Quebecer, but also the only one of the eight challengers with substantial Liberal cabinet experience, with Jean Chrétien and Paul Martin, both of whom beamed on his rise to replace them.

The Liberal convention was also going on but not a great deal of attention was devoted to that. More, many more turned out for speeches by major performers, such as Rae, who spoke on mentoring women. He was surrounded

by many of Canada's most prominent women Liberals.

Dion made extensive promises to women in the Liberal Party he intends to create.

In fact the first challenger to enter the race was Martha Hall Findlay, and she was very well received. She was also as it happens the first candidate to drop out, receiving the fewest votes on the first ballot.

Hall Findlay took her 46 delegates to Dion. As the old cliché has it, she won most hearts, and each of the seven male candidates was keen to be seen with her. Like Kennedy, Hall Findlay is going to be heard of again soon.

Much of the Liberal establishment was behind Ignatieff or Rae of course, but behind the scenes at Dion's headquarters in the nearby Place d'Armes Hotel, you could see dignitaries such as

Don Boudria, Marcel Masse, Denis Paradis and David Price.

Another prominent Montreal Liberal and environmentalist, Desiree McGraw, drew up a 75-page sweeping environmental program which The Liberals say would make their party greener than the Green Party if adopted intact.

So the new leader has plenty of support on the environmental front — it's been a year since he chaired the UN Climate Change convention.

But Dion now faces battles on two fronts, internal and external. One of Kennedy's themes was party renewal, and one of his advisers in this area is

Tom Axworthy, a former top advisor to Pierre Trudeau.

Axworthy chaired a 10-month renewal process for the party and was shocked to find that the party's voluntary organization "is losing credibility and seethes with discontent."

Then on the external front, Dion will face selling himself in Quebec and the rest of the country.

And then the big confrontation — next spring, or fall, Stephen Harper is likely to choose to go to the country to seek a majority government. Canada's Liberals think they chose the right option to prevent that.

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December 11th to January 3rd

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Liberal leader Stéphane Dion, acknowledges applause with Gerard Kennedy after he joined the Dion camp at the leadership convention in Montreal on Saturday.

CANWEST NEWS




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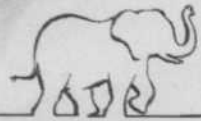
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# Life

## INSIDE

Anny May Kinney  
looks at why we  
need electrolytes  
... see Page 12



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MONDAY, DECEMBER 4, 2006 PAGE 11

## Handling criticism with grace, assertiveness

Let's face it, most of us find it hard to handle criticism, whether it is justified or not.

The task of receiving criticism gets even more difficult when the message is presented to us in a hostile, indirect, or demeaning way. And yet, we do need some feedback from others at times, as it is impossible for ourselves to determine how we exactly come across to others and thus to know how we could change or improve our behavior if needed.



LIES OUWERKERK

There are several ways we generally respond to criticism. When our self-esteem is under attack, one of the most common responses is anger and hurt.

In order to feel a little bit better about ourselves, we quickly turn tables by counterattacking and pointing out the defaults of the critic. Such an emotional reaction is quite understandable, but it distracts us from paying attention to the actual message and from honestly looking at our own behavior.

Another common reaction is flat denial. Such a tactic also sparks an escalation of attack and counterattack, since it contains the hidden message to the critic that "you are wrong".

The most tempting response, however, is to defend ourselves with all kinds of excuses and justifications, especially when we experience a bruised ego. Unfortunately, self-defence may put the critic into the position of judge over us and make us feel "one-down".

As most of these responses are counterproductive, here are some tips to minimize the possibility that you feel injured by the criticism, and maximize the likelihood that you will use the critical remarks to your advantage:

- Allow the critic to voice all the points completely before responding. Listening does not necessarily mean that you have to believe or agree with everything that is said

- Remove your limiting filters. Were you really criticized, or were past experiences influencing how you interpreted the message? Ask yourself whether you took the remark too personally

- Assure yourself of what was exactly said. Ask for clarification when there is any doubt, or when the message is too general

- Demonstrate good will from the start. Acknowledge that you heard the critic and thank him/her for the feedback. This makes you most disarming and it takes the wind out of the critic's sails. Then paraphrase the key points as you understand them and

ask, "Is there something else you would like to add?" Or, "What would make the situation better?"

- If you are indeed guilty of some wrong-doing, the best damage control is to admit it. In case you can at least partially agree with the critic, say so (remember, that statements like, "I can understand why you would think that," "I can see your point" or "You

could be right," do not suggest that you totally agree). Then ask if it is okay to add your own point of view. Keep it clear and concise, as the critic might not be ready yet to listen to a lengthy reply

- When the critic is under stress, upset, or in physical pain, don't take the criticism immediately at face

SEE GRACE, PAGE 12



## We Need Your Help This Holiday!

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# Knowing what's in our veggies

## Part II: What are electrolytes and why do we need them?

**M**any of us grab a bite here or there as we rush along throughout the day, often not giving much thought to what's in the food that is filling our tummies with calories and carbohydrates.

We all know that we need to eat more vegetables, fruit and high fibre grains, but with so much food to choose from, how do we make the right choices?



ANNA MAY KINNEY

As we grow older our nutritional needs increase while we slowly become less active, making our metabolism slow down which results on our putting on those dreaded pounds when eating less food.

Now that we eat less, it is even more important to select foods that are high in nutrients, and leave food with hollow calories for the younger generation.

Over the years, I've known many women who take calcium supplements to help build up their bones in the hope of preventing osteoporosis. Many take large amounts of calcium every day and have the opposite effect. When I ask them how much magnesium and potassium they take with the calcium, many say none and that their doctor's only told them they needed to take calcium.

### WHAT ARE ELECTROLYTES?

Calcium is a mineral also known as an electrolyte, and while it is important for strong bones, it does not work alone. Electrolytes are a group of chemicals that work together to regulate some of our daily body functions, and are so important that an imbalance in them can have quite a series side effects. When the electrolytes we eat are digested and dissolved in our body fluid, they separate into positive and negative charged ions, which our muscle and nerve functions are dependent on.

These electrolytes include sodium, chloride (two things most of us get plenty of by using table salt), magnesium, potassium and calcium. Sadly, many of us are not getting enough potassium and magnesium in our daily food intake. A good example of this is, without enough magnesium, the other electrolytes of calcium, potassium, and sodium are locked out of the tissues and organs and become ineffective.

**Calcium:** Helps in building healthy bones and teeth, cell division, blood clotting, healthy nerve function, as well as being necessary for our muscles to work properly.

**Chloride:** Works to maintain fluid balance in the body

**Potassium:** Helps regulate heart contraction and in maintaining fluid balance

**Magnesium:** Is necessary for muscle contraction, nerve function, heart rhythm, bone strength, generating energy and building protein.

**Sodium:** Helps to maintain fluid balance and necessary for muscle contraction and nerve function

Many believe that all they have to do is take a magnesium supplement a day, but the sad truth is that many magnesium supplements go right through the digestive system without being absorbed. Seeing that the types of supplemental magnesium that are most effective are usually quite expensive, why not increase your magnesium and other electrolytes by eating a variety of fresh, organically grown vegetables?

During the winter months when my salad intake is lower and I feel the need for a magnesium supplement, I take 1/4 of a teaspoon of Epsom salts in a cup of warm water, for me this is a good low cost alternative to pricey supplements. (Always clear any vitamin or mineral with your doctor before adding it to your daily intake, something that is good for one person, may not be good for another.)

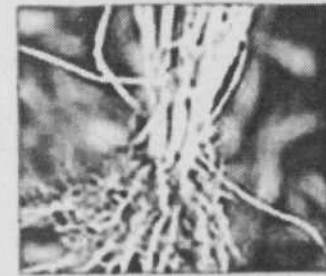
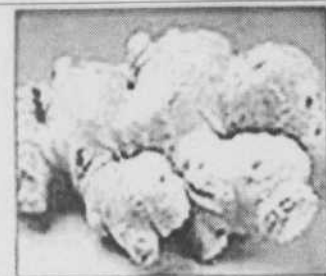
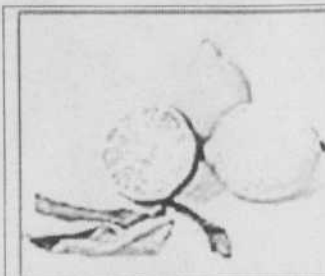
### WHERE DO I FIND THEM?

Every cell in our body needs magnesium; it is an essential part of a healthy diet. It is one of calcium's helpers in building strong bones and keeps muscles working right. Magnesium is the key mineral that allows your body to absorb other minerals while it helps to convert nutrients into energy.

The following group of foods are a good source of magnesium: Pumpkin and squash seed kernels, Brazil nuts, halibut, almonds, spinach, buckwheat flour, cashews, dry roasted, soybeans, pine nuts, mixed nuts, white beans, pollock, black beans, bulgur, oat bran, soybeans, artichokes (hearts), peanuts, lima beans, beet greens, navy beans, tofu, okra, soy beverage, hazelnuts, oat bran, buckwheat groats, brown rice, haddock, broccoli, Swiss chard,

While it may not seem like much, ONE cup of chopped red lettuce has 3 mg of magnesium, so if an adult had two two-cup salads a day of red lettuce that would add 12 mg of magnesium to their diet. (The same lettuce has 58 mg of potassium per cup), broccoli has 22 mg per cup and okra has 94 mg per cup. Eating a varied diet with assorted greens, legumes and fish can guarantee that we obtain enough magnesium from our food.

Potassium is another essential nutrient in maintaining good nerve impulse functions, a proper fluid balance, healthy muscle function, (which include our heart) and like the other electrolytes it can be obtained by eating a balanced diet containing 'fresh' organic produce.



COURTESY

Foods that are high in potassium are bananas, raisins, apricots, oranges, avocados, dates, cantaloupe, watermelon, prunes, broccoli, spinach, carrots, potato, sweet potato, winter squash, mushrooms, peas, lentils, dried beans, peanuts, milk, yogurt, and lean meats.

Foods that are high in potassium are bananas, raisins, apricots, oranges, avocados, dates, cantaloupe, watermelon, prunes, broccoli, spinach, carrots, potato, sweet potato, winter squash, mushrooms, peas, lentils, dried beans, peanuts, milk, yogurt, and lean meats.

### WHAT ARE THE SYMPTOMS OF ELECTROLYTE IMBALANCE?

The most common way of getting an electrolyte imbalance is when we suffer from dehydration, usually triggered by a sudden loss of body fluids. We can see this when we take part in a strenuous activity like bicycling, long distance running, or when we work up a good sweat. We are also at risk whenever we are ill and suffer from prolonged vomiting, diarrhea or high fever.

If you suffer from one of these conditions, it might be wise to ask your doctor to check your blood to see if your electrolytes are within a normal range. Muscle spasm, bone disorders, weakness, changes in blood pressure, twitching, disorders of the nervous system, confusion, numbness, irregular heartbeat, seizures, lethargy and convulsions. While electrolytes may not be the cause in your case, at least you will be eliminating one possibility.

As all mother's of small children know, keeping pediatric electrolytes on hand is perfect for when a child has had a bout of diarrhea. Seeing that a bottle of liquid electrolytes can help any age group, I always keep a few bottles in the house during flu season.

## GRACE:

CONT'D FROM PAGE 11

value, as things may be said that are not meant. If possible, let the critic cool down first. That will also give you the opportunity to relax and remain calm yourself (criticism often tenses us up), and choose your words of reply carefully.

Don't forget to pay attention to your non-verbal behavior, e.g. good eye contact, a gentle voice, a calm pace. After the critic has regained his/her calm, assertively and respectfully

share not only your point of view, but also your feelings about how you were initially approached and how you would like that to be different in the future. Use "I" messages rather than the often accusing "you" statements. In case you have a suspicion that your critic wants to get a rise out of you and see you upset, it may be wiser, however, not to act at all and simply ignore the nasty comments.

LIES OUWERKERK, M.ED., MFT, IS A LICENSED INDIVIDUAL, COUPLE, AND FAMILY THERAPIST WITH A PRIVATE PRACTICE IN NORTH HATLEY.

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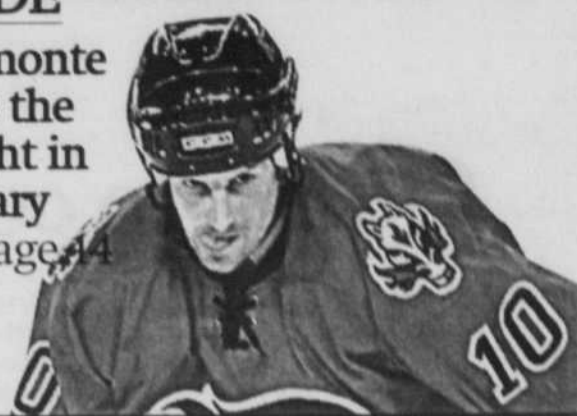
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# THE RECORD Sports

**INSIDE**  
Tony Amonte  
enjoys the  
spotlight in  
Calgary  
... see Page 44



NEWSROOM@SHERBROOKERECORD.COM

MONDAY, DECEMBER 4, 2006 PAGE 13

## Champlain still sliding

By Mike Hickey  
SPECIAL TO THE RECORD

The Champlain College men's hockey team continued to struggle as when its season record fell to 12-16 with a 6-4 loss to the Terrebonne Cobras Friday night at the Eugène Lalonde Arena in Sherbrooke.

The contest followed a familiar pattern for the Cougars, they fell behind early and then staged a rally late in the game but came up short.

On Thursday, the visitors jumped out to 3-0 and 5-2 leads only to see Champlain come within one goal of tying the game. Terrebonne eventually put the game out of reach with an empty net goal in the dying seconds of the game. And once again, goaltender Olivier St-Onge, last year's most outstanding goaltender and league's defensive player of the year, had trouble stopping the puck. He allowed five goals while making 26 saves.

Terrebonne went to the offensive early in the game as it scored just 28 seconds in. The Cobras dominated the opening period as they outshot Champlain 14-5 and held a 2-0 lead after 20 minutes on goals by Vincent Beaulieu and Francis Page.

They extended it to 3-0 at the 4:21 mark of the second period when Samuel Bergeron notched the first of his two goals. Champlain finally got on the scoreboard two minutes later as Nicolas Tremblay scored his 10th goal of the year.

However, less than one minute later Bergeron responded with a power play goal, his league-leading 30th. Champlain's Michael Lecomte kept the game close with his 18th goal of the season 30 seconds later to cut the deficit to 4-2, after 40 minutes of play.

The Cobras regained their three-goal lead when Olivier Legault scored. Champlain's Tremblay then completed a hat trick with a pair of goals that cut the Cobras' lead to 5-4 with less than 10 minutes remaining. Champlain pressed for the equalizer but Terrebonne's defence shut them down. François Desrosiers competed the scoring for the Cobras with an empty net goal with just 16 seconds remaining in the game.

Champlain was back in action Sunday when it hosted the Kahnawake Condors in an attempt to end a three-game losing streak. The game will be covered in Tuesday's *Record*.

The inclement weather that hit the Townships Friday night forced the cancellation of a basketball doubleheader between the Champlain Cougars and Shawinigan Cégep AA basketball teams. The games have been rescheduled for January.



PERRY BEATON/SPECIAL

Champlain's record fell to 12-16 with a 6-4 loss to the Terrebonne Cobras Friday night at the Eugène Lalonde Arena in Sherbrooke.

## Lady Gaiters pound harmless Stingers

There was good news and bad news for Bishop's University basketball teams this past weekend.

The Lady Gaiters ended a disappointing stretch of games with a convincing 78-58 win on Saturday over the Concordia Stingers in Montreal.

The Lady Gaiters were powered by a trio of talented players. All-star Anouk Boulanger had 19 points, seven rebounds and seven assists to lead Bishop's (2-3), while centre Laure Pitfield and Emilie Crofton added 16 and 18 points, respectively. Pitfield also had seven rebounds.

Mélanie Larocque had 13 points for Concordia.

It was another loss for the Bishop's men's basketball team as the Gaiters fell 78-69 to the nationally ranked Stingers. Down 11 at halftime, the Gaiters battled back but fell just short.

The Gaiters (1-4) were led by Doug McCooeye's 21 points. Second-year centre Hermon Tesfaghebriel had 18 points and seven rebounds, while guard Jason Thorne added 10 points. Concordia was led by the dynamic combination of rugged forward Patrick Perrotte and Damian Buckley, who had 22 and 20 points, respectively. Dwayne Buckley chipped in 14 points.

Get all the details in Tuesday's *Record*.

## HOCKEY

## Quinn to coach Canada in Spengler Cup

By Mike Hickey  
SPECIAL TO THE RECORD

It is not the Olympics, World Championships, Canada Cup or National Hockey League's Toronto Maple Leafs, but Pat Quinn will be behind Team Canada's bench this holiday season.

Quinn is back in the coaching saddle and on familiar ground, although his appointment as head coach of the Canadian national men's team that will play in the upcoming Spengler Cup should not be confused with his previous appointments with Hockey Canada.

The national organization that oversees Canada's most popular sport announced on Friday that the veteran coach, who led Team Canada at the 2002 and 2006 Winter Olympics and 2004 World Cup of Hockey, has been named head coach of Canada's national

men's team for the upcoming Spengler Cup. The international event will be held Dec. 26-31 in Davos, Switzerland.

The Spengler Cup is the oldest professional hockey tournament in the world and has been held annually since 1923, although it is not highly regarded in North America, likely because the calibre of the Canadian line-up has never been that strong.

Canada's roster will be made up of Canadian players currently in European leagues and players on loan from NHL teams or from their American Hockey League affiliates. Canada's roster will be announced in mid-December.

The 2006 Spengler Cup will mark Quinn's eighth international appearance with Team Canada. He was assistant general manager of Canada's 1996 World Cup team, general manager for

Team Canada at the 1998 World Hockey Championship, co-general manager of Team Canada at the 1997 worlds and head coach of Canada's bronze medal-winning team at the 1986 worlds.

Quinn's professional coaching resume is impressive to say the least, although many hockey experts thought his days behind any bench ended when he parted ways with the Maple Leafs last spring.

His head coaching career began in 1978-79, when he won the AHL championship with the Maine Mariners. From there, he went on to coach in the NHL with the Philadelphia Flyers, Los Angeles Kings, Vancouver Canucks and Maple Leafs.

One of Quinn's NHL career highlights came in 1993-94, when, under his direction, the Canucks made it to the

Stanley Cup Final, losing out in seven games to the New York Rangers.

Whether Quinn uses this appointment as a stepping stone toward a return to the NHL and further assignments with Team Canada, still remains to be seen. One thing is for certain, his presence in Switzerland will raise the profile of the tournament in North America.

Quinn will be joined behind the bench by Sean Simpson and Jim Konecny, both of whom are Canadians coaching in Europe.

Canada finished second at the 2005 Spengler Cup, losing in the final to Metallurg Magnitogorsk. The men's national team has competed in the Spengler Cup since 1984, winning 10 titles during that period. Team Canada's last championship was in 2003.

## Amonte comfortable in media spotlight

By Scott Cruikshank  
CANWEST NEWS SERVICE

The first day Calgary's cameras and notepads descended upon then-newcomer Tony Amonte, he'd conveyed all the right things.

"Oh, I think it'll be crazy," acknowledged Amonte. "It'll be fun to come to the rink everyday — the media's around, guys are around, things are going on. It keeps things interesting, it keeps the game fun for everybody. Calgary's a hockey town — they love their hockey, they love their hockey players."

The Hingham, Mass., native's utterances on Sept. 7, 2005, showed up the next morning under the headline: "Amonte relishes constant glare."

Cynics wondered how long this gung-ho attitude, as genuine as it appeared, could last. In theory, skating in a Canadian market seems like a wonderful notion.

In practice? The grind turns out to be more than some players bargain for. Attention and demands, scrutiny and criticism — all are winter-long constants.

Once upon a time, Igor Kravchuk, being submitted to late-season fitness

testing, spied a reporter waiting in a University of Calgary hallway. Haughtily, he'd spouted: "Can't we do anything without you being here? Seriously."

But Amonte hasn't flinched. Not once. In fact, when told that some observers had doubted his ability to maintain a positive outlook in the face of everyday duties with the microphones, Amonte seemed taken aback.

"I love it up here," starts Amonte, gracious as ever. "To play in a Canadian city, to play in a hockey town — they're thinking hockey, their heartbeat's hock-

ey, it's always hockey — it's fun to play here, I'm telling you."

Amonte had been previously employed in traditional hockey markets — New York, Chicago, Philadelphia — so he knew what it was like to be recognized while buying groceries, getting gas.

"He's faced the music before," says teammate Rhett Warrener, "so it's not like it's a complete surprise."

But interaction in the Great White North is ratcheted up another level. Or two. Amonte has hugged the high road. Tellingly, when slugging through last season's goal-less skid — 10 games, then 20, 30 — he patiently answered the same questions for weeks.

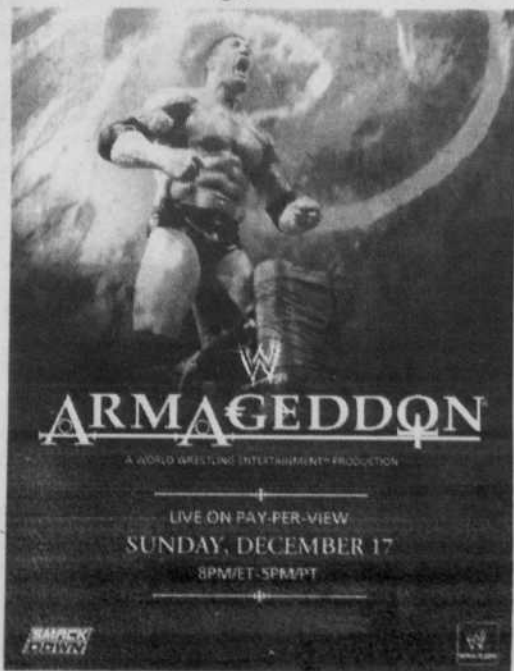
Not only is Amonte the first player in the Flames media guide, he's one of the first places reporters turn for a breath of cliché-free air.

"He's such a good-hearted guy," Warrener says. "He enjoys the games so much that even you guys can't bother him."

Not that Anthony Lewis Amonte, circa 1993, would have felt that way.

"I used to hate talking to the media," says the right-winger, who, after his career-making start with the Rangers, was captain of the Blackhawks. "It's hard to express yourself if you've really never done it before. It's hard to get points across. Especially as a young guy, you don't want to step on someone's toes, you don't want to say something that might be interpreted the wrong way. You're always cautious with your words. But you've got to get used to it. You've got to be honest, be yourself."

At 36, he's the oldest guy, yet rarely passes on optional practices. Finding the net in the morning thrills him nearly as much as it does at night.



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## St. James Guild holds final card party

FOSTER

St. James Guild of Foster held their final card party on October 16, it being Military Whist with eight tables playing.

The first prize with a score of 35 flags went to Captain Jean Riti and scouts Bobbie Cochrane, Ruth Lefebvre and Cliff Cochrane. Second prize was won by Captain Stella Mizener with 32 flags and her scouts Gladys Cook, Albert Wilson and Katie Jones. The consolation prize went to Captain Doris Wilson's table with a score of 22 flags with scouts Rose Gagnon, Nellie Wilson and Anita Page.

Taking thirteen tricks prize was won

by Susan Badger and Bernie Lefebvre. The four 3's was won by Gerald Coupland.

Nellie Darling was the winner at the game table.

Door prizes went to Cliff Cochrane, Anita Lepage, Reba Holloway, Jean Riti, Doreen Gibbs, Pat Benoit, Douglas Talbot, Stanley O'Brien, Ruth Lefebvre, Donald Page, Bruce McPherson, June Call, Ethan Perkins, George Wilson, Bobbie Cochrane, Edna Badger, Connie Peacock, Nancy Dixon, Muriel Whitehead, Nellie Darling, Margaret Royea, Gladys Cook, May Banks, Yvette McElravy, Elvia Johnson, Stella Mizener and June Call.

Edna Badger was the winner of the

grocery basket.

May Banks looked after a special drawing through several card parties. Those winners were as follows at this card party. A basket of Maple products was won by Gerald Coupland; an afghan, Gladys Cook; Gordon Ladd Print, May Banks; variety bread basket, Pat Benoit; wine & cheese, Connie Peacock; church plate, Nancy Dixon; apple jelly, George Bailey; bag of cosmetics, Margaret Royea; candle table center, Eugene Jones; Pina Colota cake, Stanley O'Brien; green table cloth, Herbie Riti; bird house, Louise Lowry; place mats, Barbara Bresee; candle and stand, Melba Smith; crocheted shawl, Barry Heatherington. Many thanks from the St. James Guild to all the people who donated these articles.

A special thank you to all the people who came to our card parties throughout the summer. Also to those who supplied prizes and food or helped in any way. Everything was greatly appreciated.

Special thanks to The Record for printing our card parties and Guild meetings throughout the year.

Submitted by  
Muriel Whitehead

## Golden Age Club

WATERLOO

The Waterloo Golden Age Club met at the Legion Hall on Monday, November 27 at 1:30 p.m. The president welcomed everyone to the meeting, followed by the Lord's Prayer being said in unison. Minutes of the previous meeting were read by Lucille Aitken and the treasurer's report was given by Ruth Lefebvre. Approximately 44 people have signed up for the Christmas Dinner on Wednesday, December 6.

Winners of the half and half drawing were Betty Rogers and Jean Sweet. Winners of "500" were as follows: Wilmur Davidson, first, with a score of 4730; Stella Stretch, second, with a score of 4590; Clara Boyd, third, with a score of 4120.

The special bid of 10 no trump was not won.

Winner at the games table was Dorothy Hayes.

Everyone enjoyed a delicious lunch which included one of Elvia Johnson's famous birthday cakes.

The next regular meeting will be held on Monday, January 8.

### Birth

**BAIRD** - Joanne, Dan and big sister Ivy are delighted to announce the safe arrival of Gavin Grierson Wellington born November 28, 2006 at 8:25 a.m. weighing 8 lbs. 9 oz. at the Ottawa Hospital Civic Campus. Proud grandparents Gloria and Gerald Gilbert; Marion and David Baird of Ottawa. Proud great-grandmother for the 6th time Gertie Raymond of Lennoxville.

### Death

**SPAULDING, Garfield** - Peacefully at the Domaine de la Sapinière Home, East Angus, QC on Saturday, December 2, 2006. Garfield Spaulding at the age of 86. Beloved husband of the late Jennie Olson and loving father of Lorne (Pat), Colleen (Gregory Goode) and Lynn (Irma); cherished grandfather of Kelly, Connie and David Spaulding; Steve, Tammy and Matthew Goode; Ashley and Emma Spaulding; great-grandfather of Jaden, Madison, Brooke, Paige and Summer. Garfield is also survived by other relatives and friends. The time and place of the funeral and visitation will be published at a later date. Arrangements entrusted to the Cass Funeral Home, 15 Station St., Sawyerville, QC (819) 564-1750 / www.casshomes.ca

## Ladies Auxiliary Branch #77

The Ladies Auxiliary of the Royal Canadian Legion Branch #77 held their annual Armistice Luncheon on Thursday, November 9.

Everyone who attended enjoyed their meal and had a great time listening to the music.

Prizes were donated by Raleigh of Canada, Uniprix, Boni Soir, Dixie's, Proxim, Metro, Adam Lumber and Home Hardware were very much appreciated.

The winners were Rita Rainville, Denise Lauziere, Doreen Gibbs, Shirley Beakes, Jean Kenwood, Pat Bockus, Peggy Stretch, Jeanine Poulin, Ben Ledoux, Deb Edwards and Lucille Aitken.

Submitted by  
Deb Edwards

## A Sweet Country Christmas

My memories of a "Sweet Country Christmas" come to me In tender silent reflections of yesterday ... sweet memories It wasn't so very long ago I had dreams of lots of snow When neighbours walked about to and fro cuddling under mistletoe.

My memories of a "Sweet Country Christmas" was when all those beautiful yuletide carols were heard on our "Old Philco radio" Lights were glistenen' in the evening air as they blew and bobbed and danced about without a care.

My memories of a "Sweet Country Christmas" are in my thoughts when family and friends were together to share yes, I still can picture the "Old Rockin' Chair" and birds and animals scampering everywhere and Chrstimas was so happy and merry in childhood days of yore.

My memories of a "Sweet Country Christmas" were when dining room was decked with family tree and all aromas of mothers' bakin' filled the halls. "Yes," it was definitely a time to share with those in need.

My memories of a "Sweet Country Christmas" was when people remembered our dear Saviour's birth and when Dad would take me by the hand and show me the tracks left in the snow and peoples eyes all-aglow.

Yes, I remember this "Sweet Country Christmas" to this very day when so much beauty was on display makin' us so happy, joyful and glad with cheerful smiles..." Wishin' one and all a Merry, Merry Christmas Day.

Contributed and written by  
Eloise Hodge  
(61 years old)



## 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)

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

Text only: \$7.00 (includes taxes)

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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.

## Responsible for her well-being

**Dear Annie:** My nephew's parents are dead, and I have always been close to him. His ex-wife and daughter live in a shabby mobile home. The place is squalid. I am not talking about cobwebs on the ceiling. I am talking filth and bugs.

I asked if I could help clean up, and she agreed. I filled six large trash bags and still uncovered only a quarter of the kitchen floor. It was coated in animal waste. My great-niece is in high school and goes around smelling like that.

The ex-wife suffers from fibromyalgia and probably depression. So far, she hasn't been able to get disability. I told her, gently, that if someone reported her, they could take away her child. In response, she took a dose of morphine for pain. Now I'm worried she may have a dependency problem.

I'm thinking of telling my nephew how bad it is and suggesting he take custody of his daughter. My apartment is too small, so that's not an option. But what will become of his ex-wife? Is there an organization I can contact for her? —

Anonymous Please

**Dear Anonymous:** Your nephew should

know what is going on in his daughter's home. He is responsible for her well-being and ought to pay more attention. You are kind to worry about his ex-wife, but it sounds as if she may be mentally ill. Your great-niece is old enough to help with the housework and you or your nephew might consider contributing toward the cost of cleaning help once a month until she gets out from under. In addition, you can get information and referrals through the National Fibromyalgia Association (fmaware.org), 2200 N. Glassell St., Orange, CA 92865; the Arthritis Foundation (arthritis.org) at 1-800-568-4045 and the National Alliance on Mental Illness (nami.org) at 1-800-950-NAMI.

**Dear Annie:** My husband thinks it is acceptable to read at the table during meals. He feels as long as there is no actual food in front of him, reading his newspaper is totally fine.

We spend at least one meal a day lis-

### Annie's Mailbox

tening to him comment (usually negatively) about

something he's read. Then I'll place his food on top of the paper to get his attention. If I had a dollar for every time I've heard, "I just want to read my paper," when the kids are trying to talk to him, well, you know the rest. Worse, he leaves newspapers and flyers all over the house and inky fingerprints on the walls.

I've asked him to read his newspaper at the office, but was treated like I asked if he could stop breathing. My last ditch hope is that he will read this in his beloved paper and realize there is more to life than newsprint. — Inked Off in Canada

**Dear Canada:** We admit, there's nothing like spreading out the Sunday paper over a cup of coffee, but we also believe mealtimes should be for the family. The National Center on Addiction and Substance Abuse has found that the more often children eat dinner with their families, the less likely they are to

smoke, drink or use illegal drugs. Here's your compromise: Let your husband read until food is ready to be served, then the paper must be put away immediately. (You also can keep some moist wipes nearby so he can clean the ink from his hands.)

**Dear Annie:** I am 72 years old and read your column daily. Why do some people complain and moan about things that are such unbelievably minor concerns? My wife has had MS for over 10 years and is homebound. I take care of her 24/7, 365 days a year because I love the woman and know she would do the same for me.

Tell these insecure people to wake up to reality and face life the way it has been dealt to them. Thanks. Just wanted to get this off my chest. — Greg

**Dear Greg:** Thank you for reminding us so clearly that we should be thankful for what we have.

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

## Sir John Johnson Centennial Branch holds Semi-Annual meeting

Sunday, November 12, 2006 saw members and friends of Sir John Johnson Centennial Branch, U.E.L.A.C. attending the morning service of All Saint's Anglican Church, Dunham, QC. They were warmly welcomed by the members and enjoyed participating in the service led by Reverend Wallace Sparling.

Following the service, forty-six of them proceeded to the lovely decorated church hall to enjoy a delicious chicken with biscuits, dinner followed by either the pumpkin or apple pie prepared by the

ladies of the church, who were later thanked by Vice-President Rod Riorden.

With the dinner over, the members proceeded to arrange the chairs in a meeting formation and President Adelaide Lanktree opened the meeting at 1:15 p.m. welcoming everyone, mentioning especially Addie Shields and Bill Glidden, historians from Plattsburg, Vermont and Joan Lee's family.

Gerry Thomas presented the flag and "God Save the Queen" was sung.

Secretary Phyllis Hamilton read the minutes of the June semi-annual meet-

ing, which were accepted as read.

Treasurer Louise Hall presented her report, which showed a favourable balance and was accepted.

Genealogist Jean McCaw in presenting her report was pleased to announce that six new members had been welcomed to the branch from as far away as Hemet, California, Sutton, Lasalle and St. Armand, QC. At the present count of 108 members, it shows an increase of 25% over last year. She was pleased to announce that Joan Lee was now a documented member of the branch and asked Assistant Genealogist Michel Racicot to present Joan with her official certificate. Michel said that it was with great pleasure that he did so as Joan was a descendant of the founder of Cowansville of which he is presently its historian. Joan thanked both Jean and Michel for all the support and assistance, which they had given to her during her research. She was pleased to present her family and happy that they could be present at this very special occasion.

President Adelaide expressed sadness of the recent passing of Charter Member Audrey Bradshaw Craighead, who had been a loyal member of the branch throughout the years and will be missed. She asked the members to stand for a moment of silence in her memory.

Reporting on the Sir John Johnson Vault, President Adelaide, in the absence of Dick Eldridge, stated that a meeting of the committee was to take place on November 14 and trusted that good news would result as to its restoration.

Rod Riorden was pleased to announce on behalf of the Book Committee that the financial position was stable.

Under New Business, President Adelaide explained "The Order of Merit" medal, which had been received by Jean McCaw, sponsored by Heritage Branch, who now wished to turn over that responsibility to Dominion Headquarters and asked for our support in that request. The Executive had voted approval of that move.

Sir J.J. Centennial Branch will be celebrating its 40th Anniversary in 2007 and President Adelaide asked for ideas as to how we could celebrate this occasion. Michel Racicot has already offered a power presentation of the history of our branch based on material found in our Archives.

Bill Glidden thanked President Adelaide, Louise Hall and Michel Racicot for attending "Commemoration Weekend" in Plattsburg, which focused on cooperation between Canada and American historians.

President Adelaide mentioned that she is in the process of completing a list of past and present members to be sent to Dominion Headquarters re grave sites, military service and settlement, etc.

As there was no further business, Gerald Thomas retired the flag, "O Canada" sung and the meeting closed at 2:15 p.m. President Adelaide thanked everyone for coming and wished them a safe trip home.

Evelyn Beban Lewis, publicity

## Melbourne Ridge UCW meeting

Nov. 17, our UCW meeting was held at Joan Morrison's home. We opened by repeating the UCW Purpose.

The devotional period was taken by Shirley Fowler by first reading a letter from a friend, Rev. Nettie Hoffman and then a poem titled 'A Woman of Strength.'

Joan Morrison, our treasurer, gave a good report. We made well at Townships Day.

Supply - Susan Mastine gave her report and we finished filling and wrapping 5 Christmas boxes for La Maison Du Marin. We each put in a card in a box with our names and addresses. Also some filled mugs for L'Escale in Sherbrooke.

Cheer - Shirley Fowler took names of shut-ins for cards and made Christmas card list and gift list. There were 21 cards, 33 calls and 4 hospital calls made

this month.

We will make a donation to the benevolent fund of the church.

Members brought 'Canadian Church Calendars - 2007'

The Youth Forum to be held on Nov. 25-26 was discussed. Lee told us how well it went. As always we will give children in our church 25 cents each to attend.

The Sunday School Concert will be held at the Ridge Church on Dec. 17. All members will bring lunch.

The next meeting will be held at Marge McBurney's at the Wales Home on Jan. 26, 2007 at 1 p.m. The devotional period will be taken by Joan M. Meeting adjourned after which we had a lunch and before we left. Joan gave us each a small fruit cake she and her husband had made. Thank you Joan.

Shirley Fowler, secretary

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: E equals J

" M FOHG RFG FGOVR DB O
VOSGFDVUG RVOYYGW MKUMWG RFG
TDWC DB O EOSLOUU."
- YVDBGUUMDKOX TDNGV RVOSC
URGGXG

PREVIOUS SOLUTION - "Men who have a pierced ear are better prepared for marriage—they've experienced pain and bought jewelry." - Rita Rudner

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**NEW BUSINESS DEVELOPMENT** Advertising Sales Representative. The Daily Courier, Kelowna. This is a full time, permanent position reporting to the VP of Advertising. This person must: be self motivated and have great communication skills; have a background in sales and enjoy dealing with the public; be dedicated and enthusiastic and have knowledge of the area retail market; be assertive and creative, able to secure new accounts; work well under pressure and meet stringent deadlines; be organized and remain focused in a dynamic office environment; have great presentation skills and be proficient in Microsoft PowerPoint. The successful candidate will strive to promote our publications as the best solution for our clients advertising needs by developing and maintaining good relationships with each client. They will be expected to plan and execute sales presentations while developing new accounts. Wages are as per union contract. Submit resumes by Monday, December 11, 2006, to Terry Armstrong, VP Advertising, Okanagan Valley Newspaper Group, 550 Doyle Ave., Kelowna, BC, V1Y 7V1. Email: [terry.armstrong@ok.bc.ca](mailto:terry.armstrong@ok.bc.ca). No phone calls please. We wish to thank all applicants in advance. Only those selected for interviews will be contacted.

145 Miscellaneous Services

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

150 Computers



Have a computer to sell? Make your classified stand out. For \$10. more per day, run a photo with your classified! Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525.**

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275 Antiques

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281 Firewood

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290 Articles For Sale

**HARDWOOD FLOORING.** Cherry, Maple, Oak, Birch, 2 1/4, 3 1/4, 4 1/4, starting at \$2.25 per sq.ft. Contact Monbert Flooring (819) 580-2227.

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The Q.C.F.A. is a provincial association of the Canadian Cystic Fibrosis Foundation.

**DECEMBER 8: Deadline to bring your non-perishable items for the AGRHS Christmas basket! (See ad in this issue)**

# Your Birthday

Monday, Dec. 4, 2006

**SAGITTARIUS** (Nov. 23-Dec. 21) — If a family disagreement should arise, you could quickly lose your temper, especially if you don't have control of yourself. Try to settle things peacefully, instead of inciting the issue further.

**CAPRICORN** (Dec. 22-Jan. 19) — This is not a good day to be lax over your duties and responsibilities, especially if you're in the employ of another. Tempers are short, and you won't want to be at the wrong end of one.

**AQUARIUS** (Jan. 20-Feb. 19) — Whatever you do, don't take sides over a couple of friends who are having a rift. Stay completely clear of the entanglement, because both could turn on you and make you the heavy.

**PISCES** (Feb. 20-March 20) — It's good to have a lot of zeal going after a goal, but weigh the consequences of your actions should they go awry. Be sure what you think you want is truly worth it.

**ARIES** (March 21-April 19) — Although you may believe you have your thinking cap on straight, better not make any quick decisions that could cause trouble if you happen to be wrong. It'll cause big trouble.

**TAURUS** (April 20-May 20) — Someone might try to take credit for an accomplishment that was successful because of what you did to bring it about. Set the record straight; it could cost you money if you

don't.

**GEMINI** (May 21-June 20) — You're usually pretty good about getting along with most everybody, even looking the other way when someone does something wrong, but you're not apt to put up with injustice.

**CANCER** (June 21-July 22) — Unless you're on the ball, you could slip up on a job and really cause some big trouble for yourself. You won't be able to use the excuse that you weren't up to speed because it's Monday.

**LEO** (July 23-Aug. 22) — You might be more optimistic than realistic, and that could cause you great disappointment when it comes to your involvement with others. They aren't apt to live up to your expectations.

**VIRGO** (Aug. 23-Sept. 22) — Expect a great deal more competition out there, and you'll be better prepared to cope with it. If you're caught off guard, there's a good chance your competitor could gain the upper hand.

**LIBRA** (Sept. 23-Oct. 23) — Be sincere in all of your dealings with others, because the slightest attempt to use flattery, or some other kind of blarney, will quickly disgust the very ones you're trying to impress.

**SCORPIO** (Oct. 24-Nov. 22) — Watch how you handle your most valued possessions, because any type of carelessness on your part is likely to result in a loss of some kind. This includes entrusting one of them to another.

Monday, Dec. 4, 2006

North 12-04-06			
♠ K J 10 9			
♥ Q 10 7 6			
♦ A 9			
♣ 10 4 3			
West		East	
♠ Q 8		♠ A 7 6 5 4	
♥ 3 2		♥ 5 4	
♦ 6 5 4 3 2		♦ 8 7	
♣ A K Q 2		♣ 8 7 6 5	
South			
♠ 3 2			
♥ A K J 9 8			
♦ K Q J 10			
♣ J 9			
Dealer: West Vulnerable: Both			
South	West	North	East
	Pass	Pass	Pass
1♥	Pass	3♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♣ A			

the answer is to buy a set of aBRIDGED by Maureen Berman (Out of the Box).

The four suits have colors, and the cards are numbered 2 through 14. (There are no spots or pictures on the cards.) The "bidding" is a bit like MiniBridge, in which the partnership with the greater number of high-card points becomes the declaring side. But someone with a weak hand and a lot of distribution can preempt the auction to become the declarer.

Before the play begins, each of the three active players announces both his point-count and the length of his longest suit. This, of course, can supply valuable information during the card play, which is identical to bridge except that the opening leader has already seen the dummy. Also, the declarer has stated only that he will win at least seven or 10 tricks.

This deal comes from one of my classes, where West is the dealer and the auction begins with three passes. Against four hearts, West leads out his three top clubs. Declarer ruffs the third, draws trumps, and cashes his four diamond tricks, discarding two spades from the dummy. Then, with his contract on the line, South leads a low spade, West playing low. West had nine points in clubs. If he also had the spade ace, he would have opened the bidding. So declarer calls for dummy's jack.

In aBRIDGED, knowing West has 11 points eliminates the "guess" too.

For more information, go to [www.playabridged.com](http://www.playabridged.com).

## Bridge playing without bidding

By Phillip Alder

Do you know anyone who would like to play bridge but cannot bear the thought of learning all the bidding? If so, maybe

## CROSSWORD

### ACROSS

- 1 Bloke
- 5 Small vipers
- 9 L.L. Bean rival
- 14 Sole
- 15 Persian ruler
- 16 Express a view
- 17 NASA affirmatives
- 18 \_\_\_ Scotia
- 19 Bald raptor
- 20 Catch phrase of 39A
- 23 Corn serving
- 24 Exist
- 25 "Please Mr. \_\_\_" (1961 Marvelettes hit)
- 30 Abu \_\_, UAE
- 32 U.S. 1 and 195

- 34 Punjabi princess
- 35 Befuddled
- 37 Ancient German
- 39 Character in 56A
- 42 Young cow
- 43 Oft-quoted Yogi
- 44 Shrinking Asian sea
- 45 Switch addition?
- 47 Wound up
- 51 Any individual
- 53 Back of a beat?
- 55 NFLer Manning
- 56 Harvey Kuntzman's periodical
- 59 Legal defense
- 63 Roman orator
- 64 Issue forth
- 65 EDS founder

- 21 \_\_\_ d' (restaurateur)
- 22 Scorecard lineup
- 26 Roosevelt's successor
- 27 \_\_\_ Hari
- 28 Some time hence
- 29 "The Delta of Venus" writer
- 31 Confound
- 33 Boxing-like exercise
- 36 Williams of tennis
- 38 Golden State motto
- 39 Space leader?
- 40 Actor Neeson
- 41 Newborns

- 42 Gives birth to
- 46 Porter
- 48 Mars satellite
- 49 Weather phenomenon
- 50 Scale watcher
- 52 Skips over
- 54 Stravinsky and Sikorsky
- 57 Cradle call
- 58 Catherine \_\_\_ Jones
- 59 Exactly suitable
- 60 David \_\_\_ Roth
- 61 Cholera
- 62 Half a candy?

### Saturday's Puzzle Solved

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

### DOWN

- 1 Scratched
- 2 Uproarious commotion
- 3 Turkish capital
- 4 Annoying one
- 5 "Lou Grant" star
- 6 Bestowed lavishly
- 7 Peacock constellation
- 8 Sterling of the NFL
- 9 Kangaroo kids
- 10 Money mgr.
- 11 Fix illegally
- 12 Photo blowup
- 13 Itty-bitty

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					37	38					
					39	40				41						
42									43							
44									45	46			47	48	49	50
51									52			53	54		55	
									56					58		
59	60	61	62						63					64		
65									66					67		
68									69					70		

By Barry Silk

12/4/06

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