

THE
RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Meet Sherbrooke riding candidates . . . See Pages 8-9

75 CENTS + TAXES

PM#0040007682

THURSDAY, JANUARY 19, 2006

It's not their war anymore



PERRY BEATON

Darrell Anderson and Patrick Hart are AWOL from the U.S. military, and have joined the War Resisters group based in Toronto. They were in Sherbrooke on a speaking tour.

Soldiers seek refugee status in Canada

By Patrick Lavery
SHERBROOKE

When Darrell Anderson and Patrick Hart received orders to return to the Middle East, it was more than they could take. They did not want to return to the conflict that has left over 2,000 American soldiers dead and countless numbers wounded and maimed.

The decision to not return was not easy. Disobeying orders would mean de-

sertion and prison. Then they found out about the War Resisters campaign, based in Toronto, Ont. Anderson came to Canada in January 2005. Hart followed in August. The two men did not know each other until they came to Canada, but now travel together, speaking to schools and unions about their experience in the Middle East.

"I'm not anti-American and I'm not anti-military," said Hart. "But I didn't want to have young American blood on my hands. I didn't want to come home maimed or in some violent mental state. I didn't want to hurt my wife."

PLEASE SEE SOLDIERS PAGE 5

Domtar is holding us hostage: Windsor resident

Windsor residents suffer service cuts and higher taxes

By Brion Robinson
SHERBROOKE

The Domtar pulp and paper company is holding Windsor's residents hostage, says a member of one of the town's social development committees, Jacques Hamel.

Hamel, who is a founding member of the Comité pour la protection et l'amélioration de la qualité de vie à Windsor, said the company's request to reduce the mill's municipal tax evaluation will cost residents thousands of dollars.

"Windsor's citizens should not have to foot the company's bill," he commented.

PLEASE SEE WINDSOR PAGE 3



PERRY BEATON/SPECIAL

Windsor Mayor Malcolm Wheeler says tax hike was necessary.

Anglican church to sell valuable Quebec Lodge

By Stephen McDougall
SPECIAL TO THE RECORD

The upcoming sale of the Quebec Lodge camp could bring in a lot of cash for the Anglican church, according to its former director Canon Quentin Robinson.

An assessment made last year by the Quebec Lodge foundation, which was trying to rent the camp from the

church, indicated the 100-acre plus camp has a value of \$4.8 million.


The camp is situated on the shores of Lake Massawippi where lakeside properties are at a premium.

"We made the assessment last year with the firm Grant Thornton and that's the figure they came up with," Robinson told The Record Wednesday.

PLEASE SEE LODGE PAGE 2


819-821-9211
2500 King St. West

 **Treadmill sale**
rep. in-store Fri. night & Sat.
w/purchase of Bodyguard treadmill get
FREE Asics GT2160 runners (at "le Coureur")
T240 from \$2300 tx. incl. or \$63.88 + tx. → 36 months
also available spinner, upright, recumbent bikes
Lifetime Warranty (frame & motor):
10 yrs. all parts/ 3 yrs. labour


4000 sq. ft.
fitness DEPOT
SHERBROOKE

Quebec will not compensate maple syrup producers

'Stored syrup like money in the bank'

By Stephen McDougall
SPECIAL TO THE RECORD
DANVILLE

Maple syrup producers who have not received full payment for their product over the past three years will not be compensated by the provincial government, according to an aid to agriculture minister Yvon Vallières.

"There is no compensation because their syrup is still in storage and could one day be sold," said André Ménard.

"We are making every effort to have that stored syrup put back on the market this year."

The money owed to producers has been stalled because of the Quebec Maple Syrup federation, which is

under the control of the Quebec farmers' union, known as the UPA in French.

Under provincial agriculture law, the federation became the sole marketing agency for the province's sweet stuff in 2002, which means all tapped and cooked syrup has to be sold to them. Any surplus syrup sold by the producer to a private source is illegal.

But because of a policy of maintaining the price per pound above \$2, the federation opted to store rather than sell surplus supply in order to create a shortage and drive up demand. Last summer, the quantity of stored syrup went as high as 62 million pounds. The cost of storing the syrup is around one cent per pound.

Since then, many producers have been receiving more bills for storage rather than payment cheques because of the federation marketing strategy. Brigham producer Serena Shufelt

said she is owed about \$2,000 from the federation from 2002 and wonders if she will ever see her money.

"At some point, if I don't get a cheque from the federation, I could be forced to write it off as a loss," she said.

"When we were allowed to sell the syrup ourselves, we got cash within a month. Now we're short about \$2,000."

St-Jean-de-Brebeuf producer Raymond Dempsey said because of the federation's policy, all of the province's 10,000 producers have had to cut their production by 25 per cent under a quota system.

Dempsey believes that cut adds to the losses he has incurred since the federation was put in charge of the syrup market in Quebec.

"If you don't have enough cash on hand and they cut your quota, how can you continue to operate," he said.

Dempsey is also concerned producers in other provinces and states are

underselling Quebec producers because they are not controlled by a marketing federation.

"If they can sell just under the \$2 per pound rate, then there is less shortage and demand and our syrup remains in storage," he said.

Ménard said a new program is being promised later this year to promote Quebec syrup and compensate some producers for the quota cuts.

He said the agriculture department will put aside \$25 million for producers who have suffered because they had to reduce their operations and lost revenue. He said details of the program will be released at a later date.

"But the money is only going to producers who lost because of the quotas, not because their syrup is in storage," he said.

"We consider the stored syrup as money in the bank."

LODGE:

CONT'D FROM PAGE 1

We were in the process of leasing the camp from the church for the next 25 years, but we could not raise enough money to upgrade the facilities."

On Saturday, members of the church's Quebec Diocese executive council chose to close the camp and put the property up for sale. The news was announced at Sunday services in congregations within the diocese.

Robinson said taking out a loan or a mortgage on the property to raise the money for new buildings and infrastructure was rejected by the Diocese.

"The belief was that the money should be raised through a capital fund out of donations from organizations and community groups," he said.

"But that was going to take too much time for us."

The foundation had taken out the lease in 2004 in an effort to keep the camp open for various townships community groups all year round.

"We were noticing a decline in the camp's usage by religious groups and more by non-religious groups such as the scouts, schools and adult organizations," said Robinson, who had been the camp's director for 14 years.

"We felt if the buildings and grounds were improved, we could attract more of these groups not just on weekends, but during the week as well."

But last November the foundation gave up the lease and returned the camp to the Diocese, citing an inability to raise sufficient funds in the time agreed upon.

"The operations of the camp have been in financial difficulty for some time and we are now in the process of determining the exact nature of the financial situation," stated Diocesan Archbishop Bruce Stavert in November.

"We are exploring all options and a decision about the camp's short term future will be made in the next few weeks."

The camp was established in 1943 as a religious-based summer retreat for Anglican children, but started to accept youth from other Christian denominations in the 1970s, said Robinson.

He said the camp can accommodate

100 people in tents in the summer and 40 people inside its buildings during the winter.

Robinson said one of the foundation's goals was to increase the number of residential accommodations for winter guests.

In its pastoral letter released on Sunday, Bishop Stavert stated it was a "very difficult decision" to sell the camp.

"This decision will be hard for the many people throughout our Diocese and elsewhere, particularly in the St. Francis Deanery, who have attended and/or worked at Quebec Lodge camp over the years," he wrote.

"The executive was clear and decisive that the revenue which will be generated by the sale of the camp will be used as an endowment for ministry and mission in the Diocese with a particular focus, where appropriate, on youth, camping and Christian education.

"Quebec Lodge Camp is a valuable piece of property. The possibilities for new initiatives in diocesan ministry will be very considerable."

For more see Page 10

BRIEF

Robber was refused

Staff

Sherbrooke police are looking for a man in connection with an attempted robbery on Dec. 1, 2005. Police say a man entered the 7 Jours convenience store at 381 Short Street and demanded the money in the till. He pretended to have a gun, but the clerk refused to comply. The would-be robber left the store calmly. Police say the man, Caucasian, stands six feet tall, weighs roughly 190 lbs, and has brown hair. He was wearing dark pants, a pale gray shirt with the number 8 printed in dark on the front. He was also wearing a royal blue jacket with a white line running around the front and back.

Please forward any information to the Sherbrooke Police Force, 819-821-5555.

Weather

Today: A few flurries ending late in the day then cloudy. Amount 2 cm. Wind west 30 km/h gusting to 50 becoming light late in the day. Temperature steady near minus 3. **Friday:** Periods of snow or rain. Low minus 5. High plus 3

Saturday: A mix of sun and cloud. Low minus 6. High minus 2.

Sunday: Periods of snow. Low minus 8. High minus 4.

Ben by Daniel Shelton



\$320,000 for cultural development in Brome-Missisquoi

Heritage and youth projects high on agenda

Staff

On behalf of the provincial minister of Culture, Line Beauchamps, Brome-Missisquoi MNA Pierre Paradis announced Wednesday the signing of a second cultural development agreement between the ministry of Culture and the Brome-Missisquoi MRC.

"I would like to congratulate the Brome-Missisquoi MRC and its cultural partners for their unwavering commitment and efforts to create for their fellow citizens an animated, culturally

rich, and diverse community," said Minister Beauchamps, adding that "the announcement unveiled today will allow the population of the MRC to benefit from a better access to culture."

The agreement will see an investment of \$320,000 over the next three years, \$200,000 of which will come from the MRC itself, with the government contributing the rest. Paradis explained that the private sector is also expected to chip in about \$100,000.

The money will be used as a planning and management tool for the collaboration between the MRC and the ministry.

Through this collaboration, several projects will be undertaken over the course of the next year, related most

notably to heritage, and support of the creation and accessibility of cultural opportunities for youth.

Cultural centres will be built, heritage sites will be restored, and art camps for youth will be encouraged. The agreement will also help to maintain a regional cultural fund to incite the private sector to invest in cultural development.

"The agreement, which constitutes a perfect example of the Government of Quebec's will to team up with the regions in order to participate in their development, will surely contribute importantly to the radiance and richness of culture in Brome-Missisquoi," Paradis declared.



Brome-Missisquoi MNA Pierre Paradis announces culture funding.

WINDSOR:

CONT'D FROM PAGE 1

The mill, valued at \$116 million, contributes almost half (46 per cent) of the town's tax revenue.

Hamel said the company is asking for a reduction that would cut the mill's value in half along with its annual \$1.3 million in annual tax revenue.

He added the mill was built over 20 years for over \$1 billion and should still be worth a lot more to the community of some 5,000 despite past evaluations.

If the town and paper plant cannot reach an agreement, Quebec's administrative tribunal could be called in to determine the evaluation.

Hamel and many residents in Windsor are already fuming over a 23.6 per cent municipal tax increase that was announced late last year.

Under the increase, their tax bills will increase by an average of \$355 per household. Owners of an average home evaluated at \$94,000 will see their tax bill climb from \$1,504 to \$1,859.

Hamel said these taxes are bad for the town's economy and overall development.

Bowling hall owner, André Therien agrees.

He said his business is facing a tax increase of \$5,000 and if people have less money to spend on leisure activities, his livelihood will be put in jeopardy.

"If people have more money they will spend it," he said, noting leisure businesses like his are the first to feel the pinch if there's less money to go around.

Therien said the town should stand up to the company.

"I'd be more willing to support the mill if 80 per cent of the population were working there," he said, noting two out every ten people living in town are employed at the plant.

Windsor Mayor Malcolm Wheeler admits the tax jump is high but said it

was necessary to keep the town out of the red.

"The taxes are going up because many costs have experienced a dramatic increase," he said, citing Sûreté du Québec patrols and municipal services such as water and sewer.

"A zero deficit is the law for municipalities," he said.

To make matters worse for taxpayers, Wheeler said the provincial government is downloading more costs on municipalities while it negotiates with Ottawa for more financial support.

"The taxpayer is the last one on the totem pole to see services but the first one to pay," he said, noting municipal councils get the brunt of the dissatisfaction when it makes cuts to municipal services and jobs.

"The new way to survive is by making cuts," he said.

Along with slashing services, the town also cut power to some 200 of its 800 street lights.

Wheeler said the power cuts will save the town up to \$20,000.

The mayor said the tax increases and service cuts are part of the new reality for the town that once depended on one major industry. He said the council is now preparing for a future shut down of the mill.

"I agree it's not easy but we have to gear up for an eventual close," he said, noting the town is trying to create new revenue through residential development.

He said the town still has a lot to offer new residents and residents in some smaller towns with fewer services pay the same tax rates as people living in Windsor.

brobinson@sherbrookerecord.com

FUTURESHOP

Yamaha HTR5850s receiver 10058708. This product is advertised for \$449.99 after a \$150 savings on p. 2 of our January 20th flyer. In fact, it is \$449.99 after a \$100 savings. We sincerely apologize for any inconvenience this may have caused our valued customers.

BRIEF

4H Club to hold dance in Sawyerville

The Sawyerville 4H Club will host a dance Saturday, Feb. 11, from 9-1 p.m. at the Salle des Erables in Sawyerville. Music will be provided by

"Slightly Haggard". Tickets are \$4 in advance and \$5 at the door. /A family price of \$15 is available. Door Prizes.

To purchase tickets in advance, please call James Enright at 835-0559 or Patrick Davidson at 563-8840.

Something NEW at

Robert Blouin PIANOS 1990 inc.



ESTABLISHED FAMILY BUSINESS SINCE 1898

Upon the retirement of Mr. Jean Julien from Musique Jean Julien et Fille, dealer for Yamaha digital and portable pianos in the Sherbrooke area since 1970, the team of Pianos Blouin is pleased to announce their pre-opening January 26, 2006.

Yamaha acoustic, digital, and portable pianos will be available at our store located on West King Street in Sherbrooke.

In 1898, Arthur Blouin opened a music and furniture store on South Wellington Street. In 1945, Robert Blouin then in charge of the music department decided to build a music store and a shop to manufacture and repair pianos on West King Street. The first Blouin piano was made in 1949. In 1952, Pierre Blouin was trained as a piano expert and obtained ownership of the piano business in 1990. Nowadays, his sons Richard and Benoit, work with him and they will be assuming the operation of the family business.

Les Pianos Blouin will be the only Yamaha dealer authorized to offer digital, acoustic and portable pianos in Sherbrooke and its vicinity.

Mister Jean Julien will join us as a consultant for Yamaha products.

With more than 260 years of combined experience, Pianos Blouin, Yamaha Canada Music Ltd and Jean Julien together will be at your service.

1506 King St. West
Sherbrooke, QC
Tel. & Fax: (819) 569-3423
www.pianoblouin.com

E-mail: info@pianoblouin.com

SALES • SERVICE • RENTAL



YAMAHA®

Richmond voters feel isolated in their riding

By Stephen McDougall
SPECIAL TO THE RECORD

It takes less than an hour to drive from the small town of Richmond to the larger municipality of Victoriaville. Both towns are in the same federal riding of Richmond-Arthabaska, but for many voters in the Richmond area, the political distances are greater than the kilometres that separate them.

John Hill, who led a fight to get their Bloc Québécois MP to supply his Canadian Legion with Canadian flags, knows all too well those political differences.

"We have nothing in common with Victoriaville," he said.

"The closest city for us is Sherbrooke. We shop there and eat there and study there. We do not go to Victoriaville and yet that is where our MP is from and where he has most of his support."

Hill felt the isolation in his riding in 2004 when he tried to get MP André Bellavance to supply his Legion with Canadian Flags for the annual veterans memorial day event. Hill and other Legion members had never had a problem with former MP André Bachand over this request and he assumed Bellavance would not object to it either. After all, this was for the veterans who had fought and died for Canada. Even Bloc members were veterans or had relatives who were veterans.

But the response he got was that Bellavance did not want anything to do with the Canadian Flag and would not help the veterans get their regular supply.

SLIGHT TO VETERANS

"I knew then and there he was a fanatical separatist who did not want anything to do with us," said Hill.

"He claims to be bilingual from his years in Ottawa, but he refuses to try and speak to any of his anglophone constituents. He's a Victo kid and any other part of the riding is just a place to get votes."

Despite frequent requests, Bellavance has refused to grant an interview with the Record, which broke the story of his refusal to supply the flags.

The story was picked up by the three national television networks and several newspapers and won Record reporter Claudia Villemaire a National community newspaper award earlier this year.

But for Bellavance, the story meant censure from his boss, BQ leader Gilles Duceppe, who told reporters he too has relatives who are veterans.

"I can only hope Bellavance is not reelected," said Hill.

"But Victoriaville has about 40,000 residents and a lot of them voted him into office last year."

Hill is not surprised the BQ has no election messages in English nor that Bellavance will not have an interview with the Record.

"The Bloc does not care about the anglophones in Quebec because they know they will never get any votes out of them. But that exclusion also hurts many francophones around here who have anglophone friends, spouses and relatives."

Hill said he favours the Conservatives given the efforts made by local candidate Jean Landry. The Liberal candidate, Louis Mercier, is not a serious contender.

"He's a young kid still in law school," he said.

"He has no political or administrative experience. I don't know why the Liberals could not find a better candidate."

STILL LIBERAL SUPPORT

But according to Richmond resident Shirley Provis, there is still some support for the Liberals even if they have been tarnished by the sponsorship scandal.

"I am willing to give them one last chance," said Provis, who is also a member of the Legion and a longtime local volunteer.

"I certainly do not want the BQ guy to be reelected, especially after what he did to us. But I also want a party that shows some concern for the elderly and those on welfare who have been forgotten in this campaign."

Provis said the sponsorship scandal was a wake-up call for the Liberals and she believes they will learn from that mistake. She also hopes whatever party forms the next government will not forget the rural regions of Quebec, where unemployment is still high.

"This past year, all we have heard is that this shop or that factory is closing down or cutting back," she said.

"But most of the parties cater to the larger cities because there are



André Bellavance, Bloc Québécois



Laurier Busque, Green Party



Isabelle Maguire, New Democratic Party



Jean Landry, Conservative Party



Louis Mercier, Liberal Party

more voters there. We are voters too, but for many politicians, we might as well be invisible."

What could make the difference in this riding is a low voter turnout. According to Diane Rollins, a writer in Windsor, many of her friends have shown little interest in the campaign or the candidates.

"Many people here know more about American politics than they do Canadian politics," she said.

"All political campaigns are a big show to get our attention. But I see this campaign as a bad show."

She admits to being too busy with her work to follow the campaign and plans to cram in the next few days to learn more about her riding.

One candidate she will not vote for, she said, is Bellavance. She was not impressed with the flag refusal affair and she does not support a party that rejects Canada.

"I am a proud Quebecer and a proud Canadian," she said.

"You cannot go around and declare Quebec a country and favour only one linguistic community. That is not a country for me."

But at the same time, Rollins is not opposed to voting Liberal. She argues the sponsorship scandal has not ruined the party for her.

"I am one of the people who believes these things are caused by a few rotten apples, not the whole barrel," she said.

"But I am aware of what the scandal means and that just means I need to do more reading up on the issues before I cast my vote next Monday."

FISCAL IMBALANCE

At a candidates debate last Monday sponsored by the Asbestos Chamber of Commerce, Bellavance repeated the BQ claim that Ottawa takes more money from Quebec than returns in

transfer payments and programs.

"If you return me to Ottawa, I will continue to work to get back every cent you have sent there," he said.

"It would be even better if we had all these programs here and did not have to send money to the federal government."

Jean Landry, a former BQ MP now touting the Conservative cause, argued his party is ready to settle old quarrels over money that the Bloc continues to raise.

"This way, we can avoid any possibility of another referendum on sovereignty that the Bloc wants," he said.

CLEAR QUESTION

"If they still manage to convince the province to go for a referendum, they had better have a clear question and promise to run a clean campaign before we would even consider recognizing it."

Liberal candidate Mercier argued the riding was better off when it had a Liberal MP back in the 1980s.

"Alain Tardif was a good MP and a lot of things got done then," he said.

"That can happen again if you support me and the Liberal party."

Laurier Busque, the Green party candidate, argued the other three parties have pushed serious environmental problems aside in their rush to get votes.

"The polluters in our country need to be taxed and subsidies are needed for those who want to clean things up," he said.

"The more votes for our party, the more the federal government will have to pay attention to environmental issues."

NDP candidate Isabel McGuire did not respond to requests for an interview during this campaign.

SOLDIERS:

CONT'D FROM PAGE 1

The two men, who were in Sherbrooke yesterday as part of a speaking tour, were exposed to the horrors of war while they were stationed overseas. Anderson was in Baghdad for most of his tour and Hart, a sergeant, was in Kuwait, one of the staging grounds for the war. Their unconfirmed reports of their experiences made them decide to leave.

"In Iraq, basically soldiers told me how they beat prisoners to death and watched others kill innocent people," said Anderson. "They were following orders. I was ordered to fire on an innocent family in a car. I refused. I was told next time I'd be punished."

Hart said that soldiers would return to the Kuwaiti base after excursions into Iraq with stories and video footage of absolute carnage.

"I saw tapes of sergeants pulling bloody bodies out of trucks," he said. "I heard stories about children run over by convoys. I have a three-year-old son."

The soldiers said what they experienced forced them to question why they were participating in the war. As a sergeant, Hart was responsible for looking after some of the new soldiers entering the war for the first time.

"They kept asking me what it was like," he said. "I told them it was like the TV show Survivor. You are trying to survive as long as you can."

Both men joined the army looking for a better life for themselves and their families.

"I thought joining the military would be a good way to get into General Motors," said Hart, who hails from Buffalo, NY. "I was in from 1992 to 1995. When I got out, I dropped applications everywhere. I got no response."

Hart returned to the military soon after.

"Leaving was a hard decision," he said. "I'd spent nine and a half years. I was a made man, I just bought a new car."

Anderson, from Lexington, Ky, joined the army to escape the poverty he grew up in.

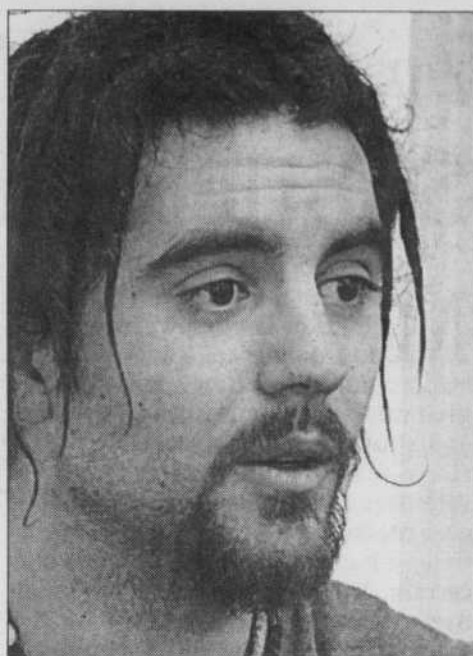
"The rent was due, I had negative money, I wanted to be a good American," he said. "It was the first job I ever had where I made \$1,000 a month."

But army life was much different from the picture painted by recruiters.

"The thing people never ask us is how we are paid," said Jill Hart, Patrick's wife. Jill was a civilian employee who acted as a conduit between the military and soldiers' families.

"Most people under an E-6 rank (the rank below non-commissioned officer) are at the poverty line. There were wives getting food stamps so they could feed their families, and they were in the army."

Jill said that the army even had a special assistance plan available for families, because it was embarrassing that soldiers were going outside the military



PERRY BEATON/SPECIAL

Darrell Anderson said he was ordered to fire on a family.

for financial assistance.

Hart re-enlisted during his first tour because he needed to maintain the health care benefits which paid for his son's epilepsy medicine.

"It was the same argument every time I called," he said. "I'd keep saying I didn't want to re-enlist and Jill would remind me that Ryan's medicine was extremely expensive."

The three believe that most soldiers would leave if they could, but the benefits are too attractive to let go. "No one wants to go back to no health care, no security," said Jill.

As well, both have horror stories of friends abandoned by the military once they were wounded.

"A friend of ours was wounded and the minute he was out of Iraq, the army stopped his combat pay," said Jill.

"A friend of mine took shrapnel in his shoulder from a rocket-propelled grenade," said Anderson. "The army sent him back to the states. I spoke to him and he told me, 'they can't fix me, they're sending me to a civilian doctor.' They were letting him go! He was wounded and they sent him home and they are going to make him pay for his own surgery."

Both men believe they made the right decision by refusing to go back to Iraq and going AWOL.

"I feel it was my responsibility to stand up," said Anderson. "I'd rather take my chances here than in Iraq."

Hart took that thought another step. "You see all this and hear the stories and you begin to ask yourself why you're there," he said. "Am I really protecting my country? Is this protecting my family?"

Hart left the country without telling his wife, because she worked with his commanding officer. She supported his decision and joined him in Toronto.

Both Hart and Anderson said that they've been welcomed with warm embraces by Canadians.

"In the U.S., when I came back from Iraq, I was never called a hero," said An-

derson. "Here, I've gotten a lot more, especially from the Muslim community. I've had people come up to me crying and hugging me, telling me I stood up for their families and their people."

Even people who disagree with their decision are more willing to talk about it, said Hart. "There have been a few," he said. "We have a conversation. We might not agree, but we both walk away happy."

Hart also had the support of his family. "They showed me the web site about the war resisters campaign and brought me to the border," he said.

Anderson and the Harts say they want to stay in Canada, and will become citizens if the opportunity arises. They've also filed claims for refugee status. The War Resisters Support Campaign is helping pay for the legal fees. Toronto lawyer Jeffrey House, a Vietnam-era draft dodger himself is representing Anderson, Hart, and another 18 soldiers who have fled to Canada to avoid going back to Iraq.

The Immigration and Refugee Board have refused the claims of two other soldiers, Jeremy Hinzman and Brandon Hughey. They have appealed their claim to the Federal Court of Canada.

"This is where we want to live our life now," said Hart. "We want our child to grow up in a more peace-loving society."

To get by, Anderson and Hart have been speaking about their experiences. They have been able to stay with families who have opened up their homes to



PERRY BEATON/SPECIAL

Patrick Hart said he returned to the military for the health benefits.

the refugees.

The War Resisters Support Campaign is lobbying the government to install a provision that would allow American army deserters to remain in Canada freely. A similar provision was allowed during the Vietnam War, when thousands of draftees fled to Canada to avoid being sent to southeast Asia.

"If they create a provision, I'll do all I can to pull as many out of there," said Hart.

Gary Caldwell Compton-stanstead


After 30 years of involvement in the community (education, municipal affairs, small organic business etc.)

I now want to act

- To offer a **credible federalist alternative** that will
 - ✓ Respect provincial jurisdictions
 - ✓ Tackle the fiscal imbalance between Ottawa and the provinces
 - ✓ Encourage local initiatives that strengthen civil society and family
 - ✓ Reduce the role of government and the burden of taxes
- To represent the citizens of Compton-Stanstead in a **clean and accountable** government



**On January 23,
Vote for a real
change!**

 **Conservative Party
of Canada**

Authorized and paid by Gary Caldwell official agent.

Community Forum

Subtle manipulation

LETTERS

Quebec Lodge should become public property

DEAR EDITOR

An opportunity has arisen for Townshippers to reclaim their right to enjoy one of the jewels of our region, Lake Massawippi. For decades, we have seen developers restrict public access; there now exists only a crowded campground near Ayer's Cliff, The Pleasantview, which is restricted to residents of North Hatley, and Dreamland Park, which is not suitable for swimming. Now the Anglican Church has decided to sell Quebec Lodge, a magnificent property in a prime location, already suitable for public use. This property should be purchased by a public entity, most likely the Government of Quebec, and be operated as a park, open to all citizens. But the time to act is now; this prime piece of real estate will be snapped up quickly. Another opportunity will not come our way again.

ESTHER MACLEOD
Pointe Claire,

Price is right

DEAR EDITOR,

With the elections quickly approaching I have been looking at the parties and the issues they have presented. I always return to the "Price of Politics - David Price." No matter the name given to the party and any problems of differing points of views, I return to Mr. Price and the representation he has given during his time in office representing the communities.

David Price has shown himself to be dedicated to the people he represents. Mr. Price is present at many events. He does not stand front and

centre but is quietly there to support and listen. And listen Mr. Price does very well. He does not take a lot of time making speeches or talking about himself or even the party he represents. But instead he listens and then goes out putting plans into action.

One thing I have come to recognize about Mr. Price is his ability to put his own views to the side in order to fully listen to what people are telling him. David keeps his mind open and always has the best interest of the people in mind.

When election day arrives, think of Mr. Price and what he has done in the past, the fair, equal representation and his continued support even when he has not been in office. Mr. Price is there for you. Mr. Price, a man of the people. A vote for Mr. Price is a good vote. On election day, think of making it a David Price Day.

BARBARA HEATH
Stanstead

Looking for Murray descendants

DEAR EDITOR,

John Murray and Mary Smith had eight children and immigrated from Ireland around 1853 to settle in the Sherrington and Sherbrooke area of Quebec. One of their sons, Bernard Murray married Mary McGrath and lived in Sherbrooke and was the mayor of Sherbrooke probably in 1870's. They had several children and several grandchildren. I am a descendent of Bernard Murray's sister Mary Ann Murray who married John Patrick Hughes and emigrated from Quebec to the United States, settling in Chicago, Illinois. If you have information about this family please contact me at D. Ortman, 3547 Haines Rd., Duluth, Minnesota 55811 USA or ddo@mchsi.com

Media influence in a national election is open to interpretation and debate. That owners and editors have a legitimate right to assume and support political positions is undeniable.

VIEWPOINT

IVY WEIR

Whether the voter pays attention or even reacts negatively to such overt publicity a.k.a. propaganda, remains less certain. The Montreal precedent when mayor Jean Drapeau won a substantive majority in spite of widespread support for his opponent by an outspoken press in both languages, is often quoted to argue media impotence. There is less doubt that media barons and their retinue believe in their own power to sway and convince.

When Conrad Black launched the National Post, he was quoted as planning nothing less than overturning the government. His already stated conservative ideology reigned supreme, with political leanings apparent not only in the editorials but throughout its pages. His first choice as editor of the fledgling paper was Ken Whyte, whose introduction to journalism began with Ted Byfield at Alberta Report, a Western populist product extolling social conservatism. Black's right wing agenda was best implemented not by censorship of the written word but by censorship of the job candidates. Whyte not only met his criteria but has been widely described as the 'son he should have borne'.

The same Ken Whyte is now editor of MacLean's magazine and true to his roots, is attempting to overturn the present government. The trend had already begun under previous editor, Anthony Wilson Smith, reaching its red-faced zenith when Paul Martin's defeat adorned two front covers the week before he won the last election. Unrepentant, the Jan. 16 issue, touted the same creed in spades. Scanning only the photos of the leading contenders, instead of reading a thousand words, reveals a glaring editorial preference.

Paul Martin is shown with mouth so agape as to accommodate a doctor's request to "say AH!", another unsubtle metaphor of a shot with his eyes closed and yet another of him looking fuzzy and distant. Harper, in contrast, is well pulled together with a purposeful stride, a scoop of him with a smile and in general, a man to be reckoned with.

Media decision makers have been selecting photos from an agenda since the first newspapers hit the stands. An unspoken agreement during the Cold War in the West, was to show only unsmiling photos of Nikita Khrushchev. It was obeyed as though it had been legislated. The question that arises is not so much the merits of MacLean's editors in choosing those photos from many others, but whether or not the vast majority of subscribers would recognize the agenda that dictates it.



THE RECORD

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

RANDY KINNEAR PUBLISHER (819) 569-9511
SHARON McCULLY EDITOR (819) 569-6345
NELSON AFOSSO CORRESP. EDITOR (819) 569-6345
RICHARD LESSARD PROD. MGR. (819) 569-9931
SERGE GAGNON CHIEF PRESSMAN ... (819) 569-9931
FRANCINE THIBAUT PROD. SUPERV. (819) 569-4856

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
88-A LAKESIDE, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

MAIL SUBSCRIPTIONS

		GST	PST	TOTAL	
CANADA:	1 YEAR	114.40	8.01	9.18	\$131.59
	6 MONTHS	59.00	4.13	4.73	\$67.86
	3 MONTHS	30.00	2.10	2.41	\$34.51

Out of Quebec residents do not include PST. Rates for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Hollinger Canadian Newspapers L.P.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
ABC, CARD, CNA, QCNA

An ignoramus's guide to the election

With the federal vote next Monday, I feel like I have to write an exam I haven't studied for, and now it's the night before and I have to pull an all-nighter, and every time I doze off I dream that I show up for the exam without a pen and in my underwear.

I really don't want to vote in my underwear.

To try to piece together just who these people are and why they are trying to run my country, I've created this study-guide. I hope you'll find it useful as well. Please correct me if I've made any errors.

First some background:

Prime Minister Paul Martin was elected to a minority government in June 2004 and quickly demonstrated prudent financial management by telling his party, "Don't throw away those election placards; we may need them again in 18 months."

During this brief period, Martin's Liberal government weathered several crises, including the sponsorship scandal, which can be summed up as follows: tax dollars went into the pockets

of ad agency directors instead of being spent where they should have been spent - on bumper stickers that said "Canada Is Neat!" Also, there was something involving golf balls and the preserved head of Lester B. Pearson but it's all a bit of a blur.

Through his inquiry, Justice John Gomery came to the conclusion that Liberals are bad, which merely put them on par with the Conservatives and Bloc Québécois. As for the NDP, the big question is, "What's with the moustache, Jack?"

And now to the campaign:

Paul Martin has promised to cut taxes, which is something the Conservatives once promised to do but no longer think is a good idea. Conservative leader Stephen Harper has promised to reduce the GST, which the Liberals once promised to eliminate entirely but now find fiscally necessary. The NDP has promised to be relevant... no, really. The Bloc Québécois has promised to continue to be indignant, which is likely the only promise to be kept in this cam-



ROSS MURRAY

paign.

Campaign controversies included a comment from a Liberal mouthpiece that parents would spend the proposed Conservative child-care tax credit on popcorn and beer. Many were outraged by the comment, especially the NDP leader who was upset that the Liberals had undermined the announcement of his party's own Beer and Popcorn Tax Credit.

The highlight of the leaders' debates was when, in the French debate, Stephen Harper mistranslated his statement "I believe in a prosperous Canada" as "I believe in a grapefruit Canada."

Bloc leader Gilles Duceppe's tactic early on was to declare that voting Liberal is bad for Quebec. With the Conservatives now surging in the polls, he has subtly altered his approach by declaring that voting Conservative is bad for Quebec. Indignantly.

While the Conservatives have been attacking the Liberals' integrity, the Liberals have been focusing on the Conservatives' values. Recent attack adds have

stated that a Conservative government would put armed troops in our cities, create labour camps for people who "just look funny," reintroduce capital punishment for the crime of same-sex marriage, make everyone wear smiley-face pins, and outlaw sandals. In turn, the Conservatives have responded with ads that say Paul Martin is a big baby.

As the election nears, the two main parties are playing a game of "My Surplus is Bigger Than Your Surplus." And everyone continues to make promises. The Conservatives promise to meet our Kyoto targets by constructing a giant pollution-sucking vacuum in the Rockies. The Liberals promise to create a special Hero's Fund for anyone who manages to sit through the Gemini Awards. The NDP promise to provide free sunblock for migrant peach pickers in southern Ontario. And the Bloc promise that a vote for them is not a vote for separation but a vote for sovereignty.

There. I think that's about it. Now where's my underwear?

Ross Murray lives in Stanstead. He can be reached at ross_murray@sympatico.ca.

"Hang on to the fire"

In the background as I write is the CBC radio (French). I use every opportunity to sharpen my second language capabilities, and I am embarrassed to admit I have to do it. But that is not today's subject.

The news is not good for the Liberals. In fact, I suspect the party may even be making history. On the radio, the Liberal candidate for Chicoutimi, Mr. André Harvey announces that his major obstacle in this campaign is the Liberal Party! Ouch. And the problem goes beyond Mr. Harvey, since his comments are not unprecedented. Such items are not the stuff of well-run campaigns. To put it mildly.

I have worked for the Liberal Party during elections during much of my life. Last Saturday, in the rain and fog, I drove Liberal voters to the polls in Cookshire. Over a half a century ago, I drove Liberal voters to the polls in small town Ontario. I still remember our boss back then, Johnny Fitzgerald, who had a favourite peculiar pet phrase he used whenever things were sliding out of control: "Hang on to the fire!" Johnny passed on to his eternal reward many years ago, but today I'm wondering if somewhere in Liberal headquarters someone is shouting: "Hang on to the fire!"

Voters' polls bring discouraging news for the Liberals; and the efforts and promises of the prime minister and his advisors do little - if anything - to turn the tide. It seems Martin could use different consultants and advisors, but it is late in the game for that.

My intent is not to review what has gone wrong for my party. However, a few

observations are in order. The recent exposé of the Option Canada scandal by Normand Lester and Robin Philpot does a lot of damage. It is a messy situation and vast amounts of money changed hands, although it is far from clear who is guilty of what. Investigations will tell us more. It must also be mentioned that Philpot and Lester are mudslingers. They are as open-minded and unbiased as drunken British soccer hooligans banned from attending matches because of disorderly riotous behaviour. I dearly wish that one day the unhappy Lesters and Philpots who spend their lives brooding and nursing grievances about how ill-done they are in Canada would be magically transported to one of the many countries of the world where they could get some idea of what it really means to be a victim. It won't happen but I wish it would. Victims of Canada. My eye!

In the same vein on the same subject of the Option Canada scandal, Mario Cardinal in Le Devoir, refers to the Unity Rally on the eve of the 1995 referendum as the "invasion" of Quebec. Invasion? Take a deep breath. Count to ten. I traveled from Sherbrooke to Montreal. Some invasion! Sure many came from elsewhere, but no matter how you slice it, invasion is the wrong word. My children were with me because we love Canada and Quebec. To let our country break apart would be a tragedy in 1995 - as it would be today.

How fine it would be to have leaders



TOM CAVANAGH

who are disinclined to apologize for the existence of the federal government. How fine it would be to have someone with a Trudeau-like vision.

The Liberal record of late is shaky. But so is Mr. Harper, and he represents an excellent reason for voting Liberal. Whenever I see Harper, I think of the old film, "Dead Man Walking". Someone said he

looks like a prime minister. Not a live one.

Far more important than Harper's plasticized hairline, wooden smile, and lack of charisma is his lack of judgment. If he was in power today young Canadian men and women would be dead and dying in Iraq. He supported Bush in the most indefensible, misconceived, dishonest, and illegal war mongering adventure of our times. He would probably support him again. That should settle it. Harper could have strengths, but they are not readily visible, and good judgment certainly is not one of them.

While there are things to shake a Liberal's support, there are a plus factors. Number one: David Price can and will do a good job. Number two: the Kyoto Accord.

The Liberal commitment to Kyoto is the most important reason for voting Liberal. Yes the Liberals should do more, but at least they are on the right track. Harper is against it, and his errors over Iraq pale in comparison. Once again he is in lock step with Mr. Bush. Bush states he

will not do anything that hurts the economy. Top priority. Driven by his poignant concern for the wealthy, Bush is, as usual, as wrong as wrong can be.

One must be careful with issues like global warming. They call forth emotional reactions, and emotion can impede discussion. The scientific community speaks soberly and forcefully, and to ignore the warnings will be disastrous. Perhaps not for you and I, dear reader, but certainly for our children and grandchildren. Make no mistake.

Here is James Hansen, (American Geophysical Union), December, 2005, on global warming.

"The Earth's climate is nearing, but has not passed, a tipping point beyond which it will be impossible to avoid climate change with far-ranging and undesirable consequences. These include not only the loss of the Arctic as we know it, with all that implies for wildlife and indigenous peoples, but losses on a much vaster scale due to rising seas... this can be halted if the growth of greenhouse gas emissions is slowed in the first quarter of this century."

At St. Michael's College we often heard that we live for the next generation. On global warming we have wasted years. Hansen writes about his shock at first seeing open water at the North Pole. I suppose we can get used to anything. Perhaps we can easily survive without polar bears. But should we? And that may be the least of our problems.

There are very good reasons to vote Liberal.

CANADA VOTES 2006

Sherbrooke Riding

Cardin works quietly for constituents

By Rita Legault

Incumbent MP Serge Cardin, who has represented Sherbrooke in the House of Commons for the past seven years, is in his fourth election.

Cardin notes this election is different, and not only because it's in the winter. Seemingly longer than past election races, Cardin said the campaign in the ridings did not really begin until after the holidays.

"We didn't sense a lot of interest in the campaign in Sherbrooke," he observed. "Before Christmas it was mainly a campaign between the party leaders."

An accountant and former Sherbrooke councillor, Cardin is not a familiar face to people who watch the debates of the House of Commons.

His interventions in question period - except for a few times when he rose to ask what the government intended to do about the expansion of the landfill in Coventry, Vermont - are somewhat rare. He also spoke rarely during legislative debates, except for 100 minutes during a debate on nuclear waste, which is part of his work as a Bloc critic on natural resources.

Cardin is offended when Liberal candidates say he and others have not been speaking out on local issues, including the Coventry debate.

"They're liars," he said, noting transcripts and letters to various ministries and ministers that lay waste to that claim.

Cardin said the real power is with the people. He notes that demonstrations against Canadian participation in the war in Iraq - especially those in Quebec - galvanized public opinion and made it impossible for the Liberals, whom he said were wavering on the issue, to support the Americans.

"If you can identify the needs of the people, defend those interest with the people, you won't lose," he said.

While he is not outspoken in Parliament, Cardin is known for his grass-roots work and his main electoral promise is to continue offering good quality services to the population.

Cardin said he did a questionnaire of constituents who visited his riding office. They told him what's most important is services close to home.

"I intend to improve them - which is a challenge," he said, noting that he intends to keep people well informed and consult them on various issues from employment insurance to federal budgets.

Cardin said the Bloc will defeat Paul Martin's Liberals in Quebec not only



Bloc Québécois candidate Serge Cardin

due to the sponsorship scandal, but for their whole body of work. He said the government is not responding to the needs of Quebecers, or the needs of Canadians.

If the Liberal government had followed the Bloc's program, it would have resolved the aspirations of the people of Quebec and it would have applied across Canada," he said, adding Martin and his party were more interested in fighting the deficit and accumulating hidden surpluses.

Cardin believes he will regain his seat in Parliament but said the margin will be smaller. The last time he won 13,841 votes - 60 times the margin of his first win in 1998.

Cardin said federalists who parked their vote with the Bloc during the last election in June 2004 because they were so angry with the Liberals over the sponsorship scandal may believe they have another alternative with the Tories.

Cardin said growing support for the Conservatives in Quebec is partly due to lingering anger over Adscam, but also in response to Tory leader Stephen Harper's promises to give more autonomy to the provinces, including Quebec.

That has reactivated the idea among soft separatists that there is an opening to meet the aspirations of Quebecers within the Canadian confederation.

"But it's a promise I don't believe," he said. For example, he said Harper will be unable to resolve the issue of fiscal imbalance because he has made so many promises he will not be able to afford.

While he was uneasy making predictions, Cardin said the Bloc could sweep the Townships on Feb. 23. That, he said, will be a nice change from 1998 when he was the lone Bloc MP from the region.

Pouliot says period of penance is over

By Rita Legault

Robert Pouliot, who has been in municipal politics for a quarter century, is seeking to serve the population at a different level.

The longtime Liberal, who was mayor of Ascot and a Sherbrooke councillor since the city merged with its neighbors, is once again running for the Liberals in Sherbrooke. Pouliot came in second in a 1998 bid to win the seat in the 1998 byelection to replace then federal Conservative leader Jean Charest who left the House of Commons to run for the leadership of the provincial Liberals.

"I lost by 109 votes," he said, adding that, "After a penance of seven years, Sherbrooke must have understood by now that it needs someone who can work directly with the government and talk to the prime minister."

Pouliot, who skipped a debate this week to attend a council meeting, explained he did not resign from his seat for a number of reasons. First of all, much of the campaign occurred over the Christmas break. Secondly he did not want to force a municipal byelection that would have clashed with the federal election race.

Pouliot said he can play his council role even better on the federal campaign trail because he is meeting municipal constituents from across the city and hearing about their concerns. He also noted that his long municipal experience is an asset for an MP because he knows the local players and is aware of the issues.

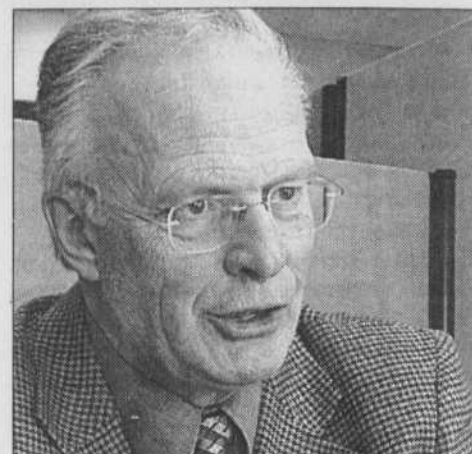
Pouliot, who raised the ire of council and the local police with largely unfounded and completely anonymous allegations of wrongdoing on the force, said the controversy should not hurt his chances.

When citizens aren't getting good services, it's a politicians duty to stand up and say something, he said adding that it gave the force the opportunity to improve services.

"That showed I can stand up and intervene to denounce things that cannot be tolerated," he said, noting "I was right all along. They never recognized that."

Pouliot also denied he was demoted when council was shuffled following the November municipal election. He said his new job on the culture committee is important and remarked it has given him issues the federal MP for Sherbrooke should work on, including the need for a small-sized theatre venue for local theater and dance troupes.

Pouliot charged that for the past seven years, Bloc MP Serge Cardin has failed to deliver the goods and that he never met with local socioeconomic actors including Premier Jean Charest, the MNA for Sherbrooke, and St-François MNA Monique



Liberal Robert Pouliot

Gagnon-Tremblay.

Pouliot pledged he would work with regional players as well as local company heads and the Chamber of Commerce to create a task force to work on regional development.

"We need to win back what we lost and build on the new economy with a real game plan," he said, adding that voters see him as someone who is ready to work for the riding.

"We're missing a player at the table," he said, noting Cardin is more interested in seeing the Canadian federation fail than helping the region.

Pouliot said the sponsorship scandal will not be a big factor in the race. He said Martin did the right thing in naming the Gomery Commission and that the guilty parties have been identified and will be punished.

Despite the riding being identified as getting adscam money during the 1998 byelection, Pouliot said he was not aware. He also denies more recent allegations that Liberal party organizers were paid to help on his campaign.

"I didn't receive any dirty money and allegations about my organization are just that: allegations," he said. "As for me, I never witnessed any inappropriate or illegal acts."

Pouliot admits that Liberal party workers came to help him, but as far as he knew, they were volunteering their time.

He said the allegations surfaced because opponents fear he will win.

"They tarnished my reputation or they tried to, but Robert Pouliot has a reputation of being straight. He makes promises and he delivers the good. That's why people put their trust in me."

Pouliot has a number of local pledges that include creating some 750 social housing units in his first term and creating a one-stop community centre where new immigrants can go to get help finding services.

CANADA VOTES 2006

Sherbrooke Riding

Tories will restore confidence – Nadeau

By Rita Legault

Conservative candidate Marc Nadeau insists the Conservatives will be a force to reckon with this election and suggests they actually have a chance of winning a seat in Sherbrooke.

Nadeau said that at the beginning of the campaign, Liberal organizers in this province were saying that federalist Quebecers would have to hold their noses and vote for the Liberals in order to defeat the Bloc.

That has changed, he insists.

Nadeau said not only can the Conservatives beat the Bloc, they will also resolve Quebec's outstanding issues and eliminate the problems that are fueling the sovereigntist cause.

"You will see the Bloc disappear from the federal scene," he said, bragging the Bloc Québécois will no longer be needed once the Tories are there.

When asked if the the boast didn't sound like former Tory leader Brian Mulroney's failed promise to bring Quebec back into the Constitutional fold with honour and dignity, Nadeau retorts it was Liberals who killed that dream.

"The Bloc appeared on the federal scene after Meech Lake was torpedoed by (former Prime Minister Pierre Elliot) Trudeau (Newfoundland Liberal Premier Clyde) Wells and (former Prime Minister Jean) Chrétien."

The political analyst and doctoral political science student said that thanks to recent scandals, voters are disenchanted with the federal government.

"That's why I'm getting involved. I have to bring back the link of confidence between the public and politicians."

"The Liberals have brought shame to the federalist cause in Quebec," he said. "You don't win the heart and soul of people with advertisements."

The longtime Tory supporter said he cannot be called opportunistic for throwing his hat into the ring in December when the Tories were running far behind the Bloc and Liberals. And even if he doesn't win this time around, he said he plans to stick around to continue building the Tory base in Quebec and in the riding.

Nadeau is running his campaign on a shoestring. His home doubles as campaign headquarters. His wife, who is his campaign manager, is also charged with volunteers. Last week, she spent most of one night cleaning graffiti off her husband's campaign posters.

Nadeau said the Liberal government has been piling cuts on the provinces, who



Conservative candidate Marc Nadeau

were forced to make cuts in health and education, while accumulating a surplus of more than \$50 billion.

"That money does not belong to the federal government. It does not belong to the Liberals. It belongs to taxpayers."

He said the Tories would give money back to taxpayers through tax relief that would include a cut to the federal Good and Services Tax (GST). It would also resolve the issue of fiscal imbalance which is recognized by all parties in Quebec - but not the federal Liberals.

On the issue of the GST, Nadeau said it will profit all Canadians. He said that poor people do not pay income taxes and the rich have enough money to hire experts to find loopholes to avoid paying them.

"But everybody pays the GST so our tax relief will profit everyone," he said.

Nadeau said the Tories also have concrete measures such as tax credits for transit users. He said that will not only help low-income Canadian, it will also help the environment.

Nadeau, a young father with a 21-month old baby, said he knows what it's like to raise a family and to be forced to decide at the end of the month which bill to pay.

While he said the Conservative party's national initiatives will help local families, Nadeau said he also wants to be an effective spokesperson for the region. The Bromptonville native said his hometown has been completely abandoned by Sherbrooke MP Serge Cardin and the Liberals.

"What people in this riding needs is someone who can solve their problems," he said, noting he will do regular riding hours in the borough of Brompton.

Plaisance shares NDP values

By Rita Legault

Martin Plaisance is not your typical NDP candidate in Quebec.

For years, Quebecers has observed a group of youths, mainly political science students who look like they had borrowed their dad's suits, towing the party line. Plaisance projects a much different image. He is a doctor who practices and teaches at the Centre hospitalier universitaire de Sherbrooke.

Plaisance, who has been a member of the NDP since the last federal election, said he was looking for a party to vote for. Politics were always a distant interest. He said that the NDP got him interested in politics and not the other way around.

Plaisance said he saw an opportunity to fight for what he believes in with a party that shares his values, including concerns for health care.

As a medical student and intern, Plaisance questioned a system where pharmaceutical companies provided them with freebies that ranged from pens and pad to muffins and coffee and free buffets.

"I finally understood that when I became a doctor millions of dollars would flow from the end of my pen when I started writing prescriptions. They wanted to create a sentiment of indebtedness."

Plaisance and some like-minded residents formed Groupe de reflexion sur l'industrie pharmaceutique or GRIP - a play of words on flu - to discuss the issue. The group dissolved as students and residents left the region to pursue studies and work.

The NDP position on preventing any further privatization of health care appeals to Plaisance as a physician and a family man. Plaisance said health care in Canada is already privatized, including private drug insurance which is one of the major reasons for skyrocketing health care costs.

Plaisance also likes the party's approach to democracy and political reform which is based on former NDP leader Ed Broadbent's seven-point plan. Among other things, Plaisance believes politicians who cross the floor to join another party or to become an independent should be forced to get permission from constituents.

He also notes that the whole political system of appointments is anti-democratic, allowing the ruling party to appoint its friends to become judges, senator, and to lead various government agencies, committee and commissions.

He believes in some form of proportional representation. He notes that the NDP won 19 per cent of the popular vote but landed few seats. He points out that with five per cent of the vote, the Greens would also have won a seat. Also, the Bloc got fewer than 50 per cent of votes in Que-



NDP candidate Martin Plaisance

bec, but the vast majority of seats.

"Everyone is allowed to vote and everyone is allowed to run, but every one vote does not have equal weight," he concludes.

As a neophyte politician, Plaisance said he is disappointed by the current campaign which is more about polls than ideas. He would like to see public opinion polls banned.

"During the leaders' debate it was all about how (Stephen) Harper was in the lead and looked confident and (Paul) Martin looked scared. Are those ideas?"

Plaisance said he wants to win because he and his party have the best ideas.

Plaisance said the NDP has matured as a national party and that it has a leader, MPs and a program that holds up to scrutiny.

He could not explain the paradox that while Quebecers lean much further towards social democratic principles, it's the province where the NDP is weakest.

Even if he doesn't win, Plaisance said he will maintain his membership in the NDP and work to increase interest in the local riding association.

"What we lack here (in Sherbrooke and in Quebec) is continuity," he said, noting that having a solid base would allow them to become more mature and attract better candidates.

He said there is a real interest in establishing firm roots in Quebec. Plaisance said that in the past, the party lacked better candidates to make a real dent in Quebec. While his party ran fourth in the last federal election, Plaisance said he is a serious candidate and that he is running to win. But if he loses he said he would only run again if electoral reforms ensured elections at a set date. "Otherwise, I will wait until I retire."

"I have classes and patients which makes it difficult to run unless you can plan and set aside time. The same would be true for a mechanic, a baker or anyone else."

Stanstead Review

SERVING STANSTEAD AND
ITS BORDER COMMUNITY



ALSO SEE:
Wind-up toys
and dolls for
everyone next
Christmas
... see Page 11

PAGE 10 THURSDAY, JANUARY 19, 2006

NEWSROOM@SHERBROOKERECORD.COM

Eastern Townships landmark to be sold

By Nancy Nourse
RECORD CORRESPONDENT

When we think of the Eastern Townships, many activities and places come to mind, including museums, universities, colleges and art galleries.

One such place is Quebec Lodge, which has existed in the North Hatley area for more than 60 years. Many in the region were saddened to hear recently that the place where they had spent many summers as a child had been sold because of financial problems.

"This property has always been the property of the Diocese of the Anglican Church. (Our) original vision was to set up a capital campaign which would alleviate some of the financial stress that

Quebec Lodge had been operating under for some time now," explained Quebec Lodge Foundation member Tom Matthews. "It was the hope of many that the day would come that Quebec Lodge would be able to operate without ties to the Anglican Church. Unfortunately, this day did not come soon enough and the Diocese agreed that the best solution was to take back the property."

Quentin Robinson, who has been camp director since 1991 recalled the early days of Quebec Lodge when it was a boys only camp only was located near Hovey Manor. In the early 1970s, Quebec Lodge organizers changed their policy to allow girls to attend as well. An average season consisted of a six-week program for ages 6-15. The rest of the year the

camp was used by Scouting and Guiding groups, and the Sherbrooke Presbytery.

"The cost of running the establishment seems to be getting more expensive, including the cost of insurance and the new water treatment system that we had to install. Camps generally go in cycles but for more than 12 years, we seemed able to escape the ill-effects of these cycles until about three years," said Robinson.

"We entered into negotiations with three interested groups, including the Sherbrooke Presbytery of the United Church (that) offered its support. In the past, Quebec Lodge had also been used more by school projects which provided us with a steady, reliable income. We even tried to retool the facilities in

hopes of attracting more adult groups but that was still not enough."

Quebec Lodge represented for the Anglican Diocese not only an increasingly valuable asset but also the only asset which could be used to supplement the overall operating budget of the Diocese.

Matthews and a stalwart group of supporters had supplied the Diocese with a proposed new budget they hoped would help predict a balanced budget within the next few years. They could only hope that when Bishop Bruce Stavert and the Diocese Executive Council met on Jan. 14 they would decide not to sell the property. Unfortunately, the Anglican Diocese decided to sell the Lodge and divide the proceeds amongst its various members.

MS lives here.

It's here in
our community.
Please make a
difference by
volunteering.

MS Multiple Sclerosis
Society of Canada
1-800-268-7582 www.mssociety.ca

Literacy activity set for Jan. 28 at the Haskell Library

By Nancy Nourse
RECORD CORRESPONDENT

The Haskell Library will be hosting a special event Jan. 28 in collaboration with Literacy in Action. Timed to coincide with Family Literacy Day (Jan. 27), the event will feature a presentation by storyteller/guitarist/poet Peter Burns. Admission is free.

More information about Literacy Day is available at www.abc-canada.org.

"In 1999, ABC created a made-for-TV movie bringing to light the struggles faced by a young teenage girl who couldn't read. It has done a lot to raise awareness about the importance of not only learning how to read but also the benefits of reading as a family," explained librarian Nancy Rumery. "Incorporating the love of reading within a family unit helps the family in many ways."

ABC CANADA suggests combining reading with your children's favourite activity or hobby. Choosing books about things that really interest them helps

develop a life-long love of reading.

"Literacy can be transmitted to us in many different ways... messages, songs, stories, books. As a librarian, I am pleased to be able to share my love of reading with members of our community," added Rumery.

While in the Reading Room of the library, guests will be invited to check out a display of numerous lovable dogs by Pupparazzi. These photos were taken by a young artist from Vermont. This exhibit will be on display until the end of January.



COURTESY PUPPARAZZI

Man's best friend, by artist Pupparazzi

SUBSCRIPTION RATE INCREASE

As of February 1, 2006, subscription rates will be increased as follows:

1 year: from \$131.59 to \$138.03

6 months: from \$67.86 to \$72.47

3 months: from \$34.51 to \$36.81

Monthly pre-authorized: from \$11.00 to \$11.50

11:16 PM

**The paramedics
arrive.**

MedicAlert
SPEAKS FOR YOU
1-800-668-1507
www.medicalert.ca

Next Christmas, no electronics

This is my New Year's Resolution: I will never, never, never (may I repeat never) give anyone an electronic present for Christmas again.

No one will get anything that requires the installation of software (not compatible), the connections of cables to a computer (not compatible) and the transfer of music from one electronic device to another (it sounds like mush!).

This is my gift to me next Christmas and to you. If you had a similar experience to mine this past Christmas, you may not have come to the realization so I am here to help you come to your senses.

There is something about electronic devices and computerized contraptions that bring out the frustrated and ready-to-smash-dishes side in a tired human being no matter what age that human being may be when said doo-hickey does not function the way that it should at 7 a.m. Christmas morning.

By the way, how many of us feel like

highly functioning computer technicians at 7 a.m. Christmas morning? I know that I don't.

I also know that I don't want to even try to feel like one. I want to open gifts and enjoy them without the gift putting me to work. In fact, electronic gifts are not the only culprit in making Christmas mornings less than relaxed. Remember electric trains? What about Lego sets?

All these gifts do is force you to work and work and work some more.

I have to make breakfast so why do I want to be a computer technician, architect and/or engineer at an ungodly hour of a morning that is a holiday?

Parents, next Christmas, let's put the holiday back into holiday and give our kids gifts that require little thought on our part.

SOMEBODY'S MOTHER



ELLEN GOLDFINCH

Actually, that's the beauty of whatever comes in a Christmas stocking. Chances are, it goes on your feet, hands or head or you can eat it. The stuff is usually small, simple and pleasant.

The work comes with the bigger gifts. This is certainly not an easy problem to solve. Clothes are no good because chances are, they won't fit. You will have to go back to the store and fight crowds of like-minded cranky people who

are returning gifts.

Video games that don't hook up to a computer may also seem like an easy, if expensive, solution but think of the noise and blood-guts-and-gore factors. What's so pleasant about getting the latest video game to work so that your beloved young 'un can kill hundreds of cyber-people? Remember peace on

earth, good will toward men?

Can't we spare a little good will for all those animated types who are destined to get the bullet over and over again?

Honestly, I think it's back to wind-up toys for me...or dolls. I don't care that my children are young adults. Next year, they're getting dolls and I will blissfully send them back to their rooms to play with their new acquisitions and let me get another hour's sleep. Better yet, if they're so mature, maybe it's time that they make breakfast.

Next New Year's Day, I will wake up and not have to figure out a thing except where I put the Tylenol and Alka-Seltzer. That sounds like an easy one to handle. If every day could be that simple, it would surely be a Happy New Year.

ELLEN GOLDFINCH MAY BE REACHED AT RADIOMOTHER@HOTMAIL.COM

Stanstead area residents tackle stage fright

By Nancy Nourse
RECORD CORRESPONDENT

While the Haskell Free Library may not have been open to the general public this past Sunday, there certainly was a whole lot of bustling going on inside.

The main corridor was lined with chairs filled with nervous actors and actresses there to audition for a part in the 13th season of QNEK Productions.

Others could be seen pacing the library's hallways, trying to ease their anxiety. Hopefuls from both sides of the border tried out for both acting and vocal roles.

Lynn Leimer wears many hats when it comes to QNEK Productions. She is founder and artistic director as well as a vocalist and quality performer herself. She is known as a supportive director, always ready to lend a helping hand and give a word of advice, shining the spotlight on both seasoned and first-time performers alike.

On Sunday, her role as casting director included not only trying to decide on exactly who would be a perfect fit for upcoming productions, but also filling in for the choreographer who couldn't make it.

"I am so pleased with the way things went today. To do this job, you have to be a really good judge of people and be able to make up your mind very quickly, something that comes with experience, I guess," she explained. "It is not only the vocal range of a person that you have to consider but also whether they would work as a soloist or would be more comfortable in a choral group. Which role do they resemble the most."

"You can usually tell by watching closely. Having someone audition who buries his or her face in the song or script sheets, compared to someone who seems to be belting it out for all to hear, helps to make the decisions a lot easier. This is great — no need to hold callbacks or second auditions."

Leimer added she was able to fill all the roles for both Hello Dolly and Murder Among Friends.



NANCY NOURSE/CORRESPONDENT

Newcomer Mat Desjardins (left) tries out for a role opposite his father, QNEK regular Michael Desjardins.

Murder Among Friends is a whodunit comedy/thriller about a husband and wife who plan to murder each other on New Year's Eve, when unexpectedly the "foil is foiled."

The entire play is designed around only six cast members — four men and two women (Chris Maynard, Nancy Rumery, David Hunter, Dawn Marie Poutre, Mark Rumery and Sean Riccio).

Leimer is also satisfied with her choices for primary cast members for this year's major production of Hello Dolly, which will showcase the talents of Michael Desjardins, Tyler Fairbanks, Heather Barnes-Flint, Alan Franklin, Anita Morin, Mat Desjardins, Chantal LaPlante, Sally Rivard, Jennifer Morin, Julia Rumery, Allen Cubit, Josef Bourgeois, Chase Gosselin, Jane Foster, Donna Garvin and Sara Gregoire.

The cast also includes Delia Leimer, Alan Flint, Mervin Plotkin, Nancy Rumery, and Lisa Foster.

The production team for Hello Dolly includes Anita Morin (music director), Lisa LaCarrubba (choreographer), Mark Violette (choral director and conductor), Susan-Lynn Johns (set designer), Ethan Woodard (lighting director) and Leimer, who will also play Dolly Levi.

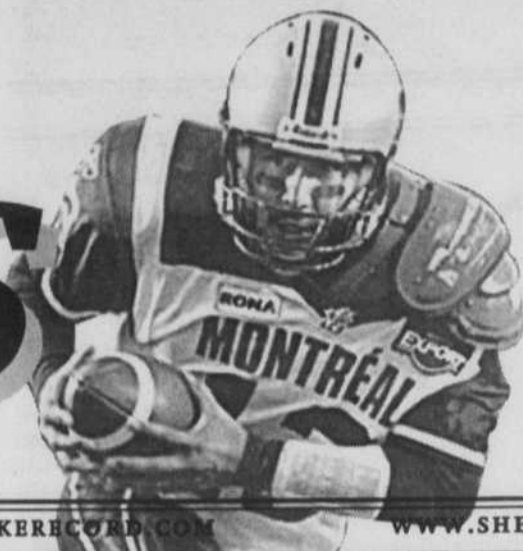
Hot Flashes, a comedy about "that dangerous age for women" will star Johns, Rosemary Claassen, Ilene Douglas, Edie Whartin-Lindblom, Maureen Proferra, Nickie Noel, Helen Morin, Ginny Treadwell and Delia Leimer.

"We have seen some of our regulars today as well as many new faces. We opened up the casting to include roles for members of Act I Theatre Intensive, as there will not be any other opportunity for these young people to perform this summer," said Morin. "People who are auditioning are usually much more nervous than they are to be performing in front of a live audience. I think there is more pressure trying out for a part because it is like a competition."

"Once you have been chosen, you seem to relax into the reality that somehow you must now make the character come alive."

Season passes are on sale at a reduced rate until April 1 — \$30 US (adults), \$27 US (seniors and students). For more information, go to www.qnek.com or call 802-334-8145.

THE RECORD Sports



INSIDE
The Canadian
Football League
has a new
salary cap
in place
... see Page 13

PAGE 12 THURSDAY, JANUARY 19, 2006

NEWSROOM@SHERBROOKERECORD.COM

WWW.SHERBROOKERECORD.COM

Redmen first on tap for gridiron Gaiters

Blugh pleased with recruitment so far

By Mike Hickey
SPECIAL TO THE RECORD

Eight interlocking games against teams from Atlantic Canada highlight the 2006 Quebec University Football Conference that was released earlier this week, although neither Bishop's nor the University of Sherbrooke will be hosting a team from another conference.

The Vert & Or, coming off their first playoff appearance in school history, will start the season with a night game Sept. 8 against the Concordia Stingers.

The following afternoon the Bishop's Gaiters will host the McGill Redmen at Coulter Field in Lennoxville. Sherbrooke and Bishop's will face off in the first of two regular season meetings the following Saturday night when the Gaiters invade University of Sherbrooke Stadium.

Both local teams will play one interlocking game, the Vert et Or travel to Wolfville, N.S. to face St. FX on Sept. 23 while the Gaiters battle the Mount Allison Mounties in Sackville, N.B. on Oct. 21.

Other home opponents for Sherbrooke include the defending provincial champion Laval Rouge et Or (Sept. 30), Montreal Carabins (Oct. 21), and Concordia Stingers (Oct. 28).

Besides their home opener with McGill, the Gaiters will host the Stingers (Sept. 30), Rouge et Or (Oct. 7), and Montreal Carabins (Oct. 14).

Gaiters head coach Leroy Blugh said

Wednesday he is pleased with both the schedule and recruitment for the 2006 campaign.

"We will play anyone at anytime," Blugh said. "We are playing the number-one team in our conference and maybe in the country during Thanksgiving Weekend when our students are away, and I would like to play them with our student body at the game to support us. That is the way it goes."

The Gaiters have already started their winter workouts and Blugh is optimistic about his second season as Bishop's head coach.

"We are very happy with our recruiting," Blugh said emphatically. "We have six new members in school who are participating in the winter workouts and we have received other commitments from quality recruits."

"Level of interest in Bishop's football has been phenomenal. Our staff is working very hard to recruit quality student-athletes who are going to succeed on the playing field, in the classroom and in the community."

In other football news, the Vert & Or proudly announced Wednesday that offensive co-ordinator Marc Schryburt received his Level IV national certification for his work on a project in developing quarterbacks. That research will come in handy this coming season when Schryburt works with three rookie signal callers, Charles Croisetière, Charles Saint-Martin and Jean-Philippe Shoiry, and veteran Paul-André Malo as the Vert & Or look to replace Marc-André Tougas.



PERRY BEATON/SPECIAL

Bishop's head football coach Leroy Blugh would play anyone, anywhere.

Football becoming year-round sport in Quebec

Massey-Vanier begins position camp next week

By Mike Hickey
SPECIAL TO THE RECORD

It is not by sheer coincidence that football has become the fastest growing sport in the province of Quebec over the past 10 years.

As with any populist movement, the success of football among Quebecers can be attributed to a strong grassroots

movement that has seen high school and CEGEP coaches spend countless hours developing programs and players.

While the resurgence of the Montreal Alouettes at Molson Stadium, and the successful debut of university programs in three francophone institutions have received plenty of media attention, it is the minor programs that have fueled the Quebec football revolution over the past decade.

While the popularity and visibility of the Alouettes on the field and in the community has served as a role model

for many, the presence of three French universities has also been huge.

Still, it is the grassroots programs that are feeding an ever growing number of CEGEP and university teams. Football players are no longer content to just play football for two or three months a year.

A perfect example of the commitment within the minor football ranks can be seen at Massey-Vanier High School in Cowansville, where preparations for next season begin Tuesday, eight months before the Dragons' first

game.

"Our season is just finished and now it is time to get back to the job of preparing our football team for 2006," head coach Claude Lessard said earlier in the week. "We start on Jan. 26 with our run program and position clinic and that will last for five weeks"

The Dragons, who won the league title in 2004 but failed to make the playoffs in 2005, follow the position camp with a winter camp in March and then a spring camp with scrimmages in May.

SEE FIELD, PAGE 13

HOCKEY

Mothballed at MSG

CanWest News Service

Kevin Weekes isn't the Broadway hit everyone expected him to be. Five months after he signed a four-year, \$3.8-million US deal to be the New York Rangers' unquestioned No. 1 goaltender, he's virtually an afterthought — as NHL rookie Henrik Lundqvist carries the load and sparkles between the pipes.

"Everything is relative," Weekes tells the New York Daily News. "Everybody's at a different point in their career and some guys (play a backup role) very well. And you have to tip your hat to those guys because it's not an easy spot to be in."

"But I think the majority of those guys are guys who are a little bit more designed for that, obviously, and probably have resigned themselves to that type of role for their respective teams."

The little-used Weekes, a 30-year-old Torontonian, has just one win in only six starts since Dec. 10.

"It's tough. I haven't ever really gone through (a second-stringer's role) before," Weekes tells the New York Post. "But you try to battle as hard as you can."

SELECTIVE AMNESIA

See no evil, hear no evil, speak no evil.

That's Los Angeles Kings head coach Andy Murray's approach over his club's weekend debacle in Buffalo — a 10-1 loss Saturday that matched a three-decade-old franchise record for margin of defeat.

"We didn't watch any tape," Murray tells the Orange County Register. "I never heard the term mulligan in the game of hockey but if you are allowed a mulligan, we've had it and that's it."

"We prefer to dwell on where we're at right now. We talked about the point total we had, we talked about how hard we've worked to get where



FILE PHOTO

Former Tampa Bay netminder Nikolai Khabibulin is expected back in Chicago's lineup soon — and that's bad news for Craig Munro.

we're at. We talked about the tough schedule we've just come through and obviously it continues to stay tough.

"That's what we preferred to do and talk about, and where we want to go after that particular game."

Don't look now, but Murray's Kings (28-17-2-0) have lost three of four and have been caught by the surging Dallas Stars for the Pacific Division lead.

MUNRO MAKES HIS CASE

The stats say one thing. Reality says

another.

Any day now, when Nikolai Khabibulin returns from a groin injury, the Chicago Blackhawks will have to make a decision on their backup goaltender.

The luckless Craig Anderson is 0-6 with a 3.88 goals-against average since the 'Bulin Wall went down. Callup Craig Munro, meanwhile, is a sterling 2-0-2 with a 1.92 GAA.

But since Munro is still on his entry-level contract, and doesn't have to clear waivers, he'll almost certainly be the one headed for the American Hockey League.

"In fairness to Munro, no one can say he hasn't played well enough. (But) waivers make it more difficult," head coach Trent Yawney tells the Chicago Sun-Times. "To lose a player after you've invested all this time and money in him is like cutting your nose off to spite your face."

Munro, the 23-year-old from St. George, Ont., knows the score.

"They said it'd be 7-10 days in the bigs," says Munro, "and I've been lucky to get three weeks. I look on it as a bonus that way."

BRIEF

CFL ratifies new salary cap

The CFL will have a new salary cap for 2006. The league announced this week that its board of governors ratified a new cap on the first of two days of meetings in Scottsdale, Ariz. The CFL didn't divulge the amount of the cap but it has been widely reported that commissioner Tom Wright intended to table a proposal that would increase the cap to \$3.8 million from the existing \$2.6 million limit.

It's generally accepted throughout

the league that all nine teams exceeded that limit in 2005.

The CFL did not provide specific details, but did say the new plan also covers competitive balance, annual salary expenditure maximums, roster management, compliance monitoring and enforcement.

All the CFL needs now is acceptance of the new cap by the CFL Players' Association for it to become official. Wright needed six of the nine governors to accept the salary cap for it to pass at the board level.

FIELD:

CONT'D FROM PAGE 12

While many of the participants in these camps have already played in the Dragons' program, Lessard urged beginners to give football a try by enrolling in one of the camps.

"Every student from Massey-Vanier High School (French and English sides) between the ages of 12 and 17 who are interested in playing football next year should come next Tuesday after school for a try-out," Lessard said.

The Dragons are not the only team

pending more and more time developing the sport of football.

This past summer, Champlain College coach Sébastien Brière started a summer league for Sherbrooke area players and, even though work-to-rule prevented Alexander Galt from fielding teams this past fall, students were still able to receive instruction from the Champlain coaching staff. The Pipers will be participating against other area high schools this spring.

For further information on Massey-Vanier winter camps, contact Claude Lessard at 450-375-6645, claudio@mv-football.net or visit the team's Web site: www.mvfootball.net.

FITNESS

Six weeks to a new fitter, healthier you

By Pete Estabrooks

Welcome to Part 1 of a new adventure for 2006. The fact you're even reading this indicates you want to make healthy changes to your body, but are looking for some help. I'm here to help with a comprehensive plan that takes six weeks.

At the end, you should feel like a new you: One who thinks like the old you but sleeps a little sounder, moves a little faster, is a little stronger, has a little more physical confidence and fits into clothes you were wearing a couple of years ago. My six-week plan has three parts to it:

- What to eat (nutrition);
- Muscle up (resistance training);
- Start your heart (cardiovascular exercise).

WHAT TO EAT

Don't decide to change your eating habits forever. Rather, follow my dietary suggestions for six weeks, and if you don't feel better or notice any improvements, return to your normal eating plan.

Eat from these three categories:

- Fruits and vegetables (with the exception of potatoes, sweet potatoes and yams).
- Lean protein (meat, fish and seafood, poultry and eggs).
- Good fats (plant oils such as olive and peanut; nuts, seeds).

For six weeks, do not eat grains (bread, pasta, rice, crackers, pita, polenta, etc.). Consume no dairy (specifically milk, butter, cheese).

It is that simple — and that hard.

If you follow this advice, you may very well undergo remarkable changes in your physical appearance and day-to-day stamina.

The exclusion of grains is based on the research of Dr. Loren Cordain, a professor of exercise physiology at Colorado State University, and the lessons I learned from Kyla Zalapski, a holistic nutritionist in Calgary.

The theory is that modern humans can eat grains — seeds of grasses — but do not have a digestive system able to efficiently extract their nutrients. Starch, carbohydrates and protein are locked within the cell walls of a grain — walls almost completely resistant to the actions of the human gut.

As for the no dairy rule, this one is a no-brainer, regardless of what anyone would have you believe. You are not a cow. Much of the world's population loses its lactase enzymes after the age of weaning, usually by age four. Without lactase enzymes, dairy products — whether from cows, goats or monkeys — cannot be broken down for proper human digestion.

Does that make dairy products bad? No. Does that make dairy products evil? No. Dairy is just not the most effective means of getting nutrients that are readily accessible in other foods.

MUSCLE UP

Your muscles (or lack thereof) determine your metabolic rate — in other words, how many calories a day your body needs to support itself.

More muscle requires more energy, so if you want to burn more calories,

you have to have more muscle.

Building muscle is a function of working against resistance our body is not accustomed to. Chances are you are not accustomed to doing the following circuit.

Immediately after you have completed your cardiovascular exercise for the day do one set of the following exercises in a circuit fashion.

Circuit fashion means proceeding directly from exercise No. 1 to exercise No. 2, and then exercise No. 3 — one right after the other. Rest for one minute and then repeat.

Lateral Hop

1. Stand with perfect posture on one foot beside a rope or box.
2. Spring off the floor, leaping into the air and across the rope or onto the box.
3. Land softly, with perfect balance.
4. Repeat back to the other side.
5. Remember to keep your head up, your posture perfect and your focus on the exercise.
6. Repeat 10 times with each leg.

Plie Lunge

1. Start by standing with impeccable posture, feet shoulder width apart. Maintaining your posture, step one foot behind and across the other.
2. Externally rotate your front foot to between 30 and 45 degrees.
3. From this position, drop to a squat position for the number of repetitions you're after.
4. Do 15 repetitions with each leg.

Supine Butt Bridge

1. Start by lying on your back with your pelvis tucked so as to keep the lower back tight to the floor.
2. Contract (squeeze) your gluteus

(yes, both cheeks of your butt), your hamstrings and the muscles in your low back and abdominals to lift your hips until you have a straight line in between your shoulder blades, hips and knees.

3. Hold your bridge at the top momentarily; return to the start position.

4. Do 15 reps.

The regime can be repeated up to three times a day. Wake up and judge how you feel on Day 2. If you have sore muscles, stick with the cardio and skip the circuit. If you feel like you worked

out but could do it again, do both the cardio and the circuit. If you feel like nothing happened, do the cardio and run through the circuit twice that day. If you are not hurting or pushing your personal limits, you can maintain the cardio and repeat the exercise circuit up to three times.

START YOUR HEART

Now, let us address your heart. Take consolation in the fact it will be far easier to make sure you do cardiovascular exercise five or six times a week than it will be to ensure you eat well three or four times a day. Did I say work out five or six times a week?

Yes. The buck stops here. You have to get off your couch, drop the doughnut and start moving.

Rest is not as necessary as exercise for most of us; we rest all the time. We sit at our desks, in our cars, on the phone, in front of the TV. It's a rest epidemic. Stop it!

A word of warning: Don't start this or any other fitness routine without the consent of your physician. When you do start, keep in mind the purpose is your individual improvement. Modify the program as you feel fit.

Work as hard as you can while being able to carry on short conversations. Work hard enough to raise a stink (sweat).

Later, we'll talk about heart rate monitors or simple methods of figuring out your own training heart rate — that is, how hard you need to work to safely and effectively affect your heart's function.

SUGGESTED MENU FOR FOUR DAYS

Breakfast

2 scrambled eggs and 1/2 grapefruit
1/2 cup slivered almonds with raisins, cinnamon and grated apple (pinch of raw honey) and yogurt
A 6-8 oz protein shake, plus 1 orange and 1 plum

15 fresh cherries, 1/2 grapefruit & chopped boiled egg topped with green olives, fresh jalapeno and cayenne

Lunch

Assorted raw veggies dipped in balsamic vinaigrette and 2 chicken legs
4-6 oz of tuna, chopped romaine lettuce
2 boiled eggs with sliced red peppers, herbs and salsa on spinach salad
4 oz of sliced sirloin wrapped in romaine lettuce leaves with Dijon mustard or horseradish

Dinner

A 6-8 oz grilled salmon steak with sliced avocado and steamed broccoli
6-8 oz of sliced lamb or lamb chops with steamed spinach and kale
6-8 oz of roast beef with gravy and cauliflower and brussels sprouts
6-8 oz of roast duck with steamed asparagus

—For CanWest News Service

OTHER MOUNTAIN PASSHOLDERS SKI & RIDE FOR LESS AT JAY PEAK

Present your 2005-06 season pass at Jay Peak Customer Service for \$38 lift tickets any day of the week, all season long - no black out dates or restrictions. Purchase at par (in cash) with valid proof of residency and enjoy a big mountain experience without the big ticket price. **Jay Peak - Move Up.**

JAYPEAKRESORT.COM OR CALL 802-327-2196

JAY PEAK
VERMONT

JAY PEAK (VERMONT)

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 33
Open Trails: 55/76
Lift Hours: 9 a.m. - 4 p.m.

MONT BELLEVUE

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 10
Open Trails: 0/6
Lift Hours: 6 p.m. - 10 p.m.

THE BALSAMS (NEW HAMPSHIRE)

Snow, last 24hrs (Cm): 5
Open Trails: 11 Lifts: 3
Lift Hours: 9 a.m. - 4 p.m.

MONT ORFORD

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 33
Open Trails: 0/56
Lift Hours: 9 a.m. - 4 p.m.

MONTJOYE

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 4
Open Trails: 0/27
Lift Hours: 8:30 a.m. - 10 p.m.

OWL'S HEAD

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 35
Open Trails: 20/44

Lift Hours: 8:30 a.m. - 4 p.m.

BURKE (VERMONT)

Snow, last 24hrs (Cm): 0
Open Trails: 16/43
Lift Hours: 9 a.m. - 4 p.m.

SKI BROMONT

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 6
Open Trails: 37/72
Lift Hours: 8:30 a.m. - 10 p.m.

SUTTON

Snow, last 24hrs (Cm): 0
Snow, last 7 days (Cm): 9
Open Trails: 34/53
Lift Hours: 9 a.m. - 4 p.m.

Bolton Centre Friendship Club

November 23/05: Members enjoyed roast pork, gravy, creamy mashed potatoes, carrots prepared by Norma Clifford. Her husband Joe Clifford made and donated a delicious coleslaw. Dessert was home made applie pies served with ice cream, coffee or tea.

OKO was played. Winners were Pauline Julien, Marie and Roger Racicot, M.A. Martel, Huguette Levoy, Frank Landolt, Marion Gauvin, Joe and Norma Clifford.

November 30/05: Hot hamburger in buns with gravy, mashed potatoes, vegetables and salad was served for lunch. Home made lemon meringue pies were the delicious dessert - all prepared by Norma.

Bingo was played. Specials were won by Huguette Levoy, Norma and Joe Clifford and Marion Gauvin. Regular game winners - Dorothy Woodard, Marion Gauvin, Joe and Norma Clifford, Greg and Marion Gauvin, Pauline Julien. Jackpot winner - Frank Landolt. Half and half winner was Norma Clifford.

December 7/05: Our delicious lunch consisted of baked ham, creamy mashed potatoes, gravy, string beans, peas. The string beans donated by Norma Clifford. Dessert was a rich strawberry shortcake served with a mixed berry and rhubarb

sauce. As always all our meals and desserts are prepared by our "chef" Norma Clifford. Thanks Norma for the nice variety that you choose to please us and for all the work it takes and thanks to Joe for helping with the vegetables and transportation.

Cards and games were enjoyed after lunch.

Half and half winner was Marie Racicot.

December 14/05: Our annual Christmas dinner was held at the town hall. Members contributed to our dinner. Turkey with gravy and dressing, tourtieres, vegetable casserole, squash, corn, home made sauce, V-8 juice, cheeses, Norma's home made bread, buns. Wine was donated by a member as well as the soft drinks. Desserts were 2 lemon meringue pies, apple pie, two ice cream logs - one chocolate; the other maple flavoured. Many candy canes decorated the tables as well as 2 poinsettas donated by Huguette Levoy and later drawn for door prizes. Mimi Laliberte joined us for dinner and she donated a beautiful hand made and hand painted small chest which was drawn for a door prize.

Gifts were exchanged by numbers drawn. Each person present received a

gift from the club.

We all enjoyed a great meal, good company and a great time.

Many thanks to everyone who donated towards our dinner and fun.

January 11/06: Happy New Year to all - Today was our first get-together of the year 2006.

Pork chops with mushroom gravy, creamy mashed potatoes and a green salad with lots of vegetables were served for lunch. Dessert was pineapple upside-down cake.

Welcome to our new member Carol Rennie. Half and half winner was Lillian Paige.

OKO was played. Winners were Marie and Roger Racicot, Dorothy Woodard, Huguette Levoy, Helma Weiner, Dominique Gosselin, Joe and Norma Clifford, M.A. Martel, Carol Rennie and Frank Landolt. Jackpot winner - Norma Clifford.

We had a moment of silence in memory of the late Michael Merovitz who had always joined us for lunch at the town hall. The Friendship Club sent a contribution to La Corporation des enfants de la terre in Waterville, QC. We will miss him greatly.

Death

CORCORAN, Vincent - died peacefully on Wednesday January 11, 2006. Funeral service Saturday January 21, 2006, 11:00 a.m. St Patrick's Church, Magog.

In Memoriams

BELLAM - In memory of our mother, Edith Bellam, who left us January 19, 1998.

*You come back to us every Christmas
And you bring your friends
Last year there were thirty three of you,
All glowing in orange beauty
In the upstairs east windows.
Our amaryllis were once yours
When you left, we carefully preserved them
They have grown and more than tripled
their display.*

Each Christmas, we look forward to your return.

You are back again this year with your friends.

Your grandchildren and great-grandchildren

Were here to greet you and appreciate, again, your beauty.

You never left us

You revisit every year

Faithfully and without fail

Never forgotten, for so many reasons
DON and MARY ROLFE & FAMILY

BRUNGER, Edward - Passed away, February 9, 1996.

Always loved and missed,
LONA (Wife)

Laurie (Daughter) & RAYMOND,
Laurin (Grandson)
SARAH (Grand daughter)

HUDSON, Sheila: April 7, 1946 - January 19, 1992. In loving memory of cherished daughter and sister, Sheila, who suddenly passed away 14 years ago today. Sadly missed, always loved and never forgotten.

NELLIE & HERB (parents)
MARLAYNE (sister)
SHAWN (brother)
DAVID & MARY ELLEN
(brother & sister-in-law)
NIECE & NEPHEWS

PAIGE, Myrtle nee Bennett - In loving memory of a dear wife, mother and grandmother who passed away on January 19, 2004.

*What we'd give if we could say,
"Hello Mom" in the same old way,
To hear your voice, to see you smile,
To sit with you and chat awhile.*

GERRY (husband)
BLAYNE & DONNA (son)
DAVE & JAN (son)

JESSICA & CHRISTINA (granddaughters)

Dunham Women's Institute

On January 11, the Dunham Women's Institute held their first meeting in 2006 at the home of Shirley Vaughan. The co-hostesses were Helen White and Ruby Sherrer.

The President, Judy Jones, called the meeting to order at 9:30 a.m. and thanked Shirley for having us.

The Mary Stewart Collect and Salute to the Flag were repeated in unison.

Motto: Behold the turtle: he only makes progress when he sticks his neck out.

Roll call: Tell your New Year's resolution. This was answered by 12 members.

The minutes of the November meeting were read by Secretary, Noreen Craig. After several changes they were signed by the President. A discussion of the number of years a member can hold an Office or a Chair was held. It was moved by Barbara McGibbon and seconded by Shirley Vaughan that a member will accept an Office or a Chair for a minimum of three years with the option to remain in the same position for another term. Carried.

At 10:30 a.m. we had a break for sweet breads, muffins, cheese and coffee.

Upon resuming the meeting the correspondence was read. There was an invitation from the Stanbridge East Branch to the Annual Missisquoi County W.I. convention. It will be held on February 15,

2006, in the Stanbridge East Anglican Church Hall and will commence at 10:00 a.m. with Early Bird at 9:30 a.m. Our branch will have a sales table. Yours Truly will be the delegate for Dunham.

A letter was received from the son and daughter-in-law of the late Helen Damant. They also sent a parcel of knitted goods for our Wool Gathering. Helen was a member of the Dunham Branch.

Pearle Yates' Treasurer's report showed a substantial balance. Pearle gave a report of all items she purchased for the Christmas Trays at the B.M.P. Hospital. It was moved by Ruby Sherrer and seconded by Carl Phillips that a cheque be sent to the F.W.I.C. Fundraiser. It was moved by Jean Page and seconded by Shirley Vaughan that all bills be paid.

The Annual Reports of the Chairpersons were read and handed to the Secretary.

The President gave her address by thanking all members for their participation in making 2005 a successful year. She reported our Wool Gathering was 225 items which were distributed to the hospital and other organizations.

The new Programs for 2006 were handed out. A big thanks to Carol and Anne who once again did a marvelous job.

The Treasurer's books will be audited by Barbara McGibbon and Edie Holiday.

On January 27, 1911 the Dunham Branch of the Quebec Women's Institute was founded by Elizabeth Anne Beach. A committee was formed to plan a 95th Anniversary celebration to be held later in the summer. The committee members are Judy Jones, Joyce Proctor and Joyce Martin.

The installation of officers and committee chairs was conducted by Past-President, Shirley Vaughan as follows:

Past President - Joyce Proctor; President - Judy Jones; President Elect - Carol Phillips; Vice-President - Anne Lipowski; Secretary - Noreen Craig; Treasurer - Pearle Yates.

Agriculture - Joyce Martin; Education and Personal Development - Anne Lipowski; Health and Community Living - Joyce Proctor; Publicity and Awareness - Jean Page; Sunshine - Edie Holiday.

Specials: Cairn - Joyce Proctor and Telephoning: Ruby Sherrer and Christine McLaughlin.

As there was no more business the meeting was adjourned.

The February meeting will be held at the home of Carol Phillips on February 1st at 1:30 p.m. The co-hostess will be Anne Lipowski. Program: Agriculture, Joyce Martin.

Jean Reid Page
Publicity and Awareness

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 32¢ per word. Minimum charge \$8.00 (\$9.20 taxes included)

Discounts: 2 insertions - 15% off, 3 insertions - 30% off

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

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

Text only: \$7.00 (includes taxes)

With photo: \$20.00 (\$23.01 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

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

Please Note: All of the aforementioned (except death notices) must be submitted type-written or neatly printed, and must include the signature and daytime telephone number of the contact person. They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

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

fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called.

TOWNSHIPS' CRIER

LENNOXVILLE

84 Queen St., St. George's Afternoon A.C.W. will hold a series of 500 and Bridge card parties on Saturdays, January 21 and February 4 at 2 p.m. Lunch and prizes. All Welcome!

WATERVILLE, HATLEY, NORTH HATLEY

Waterville-Hatley-North Hatley United Church Pastoral Charge: Worship services on January 22: Waterville 9:30 a.m.; Hatley 9:30 a.m.; North Hatley 11 a.m.

DANVILLE

Notice. The Royal Canadian Legion Branch #41, Danville has a new administration as of January 2006. For hall rentals contact Marlene Brown at (819) 432-1482.

DANVILLE

Brunch is being held at the Royal Canadian Legion on Sunday, January 29 from 10 a.m. to 1 p.m. Everyone welcome.

SHERBROOKE

The Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke will hold their President's Supper on January 21. Roast pork, dessert, coffee. Music after supper. For information or reservation: (819) 563-4944.

LENNOXVILLE

St. Francis Valley Naturalist Club annual meeting will be held at the Community Centre, 10 Depot St., on Wednesday, January 25 at 7:45 p.m. Guest speaker will be an Investment Ad-

visor from Banque Nationale, Sherbrooke. Topic: "Investments For Today".

LENNOXVILLE

Military Whist (Men's Renovation Fund) at A.N.A.F. Hut, 300 St. Francis, Lennoxville on Friday, January 20 at 2 p.m. To reserve a table call Helen (819) 569-3598 or Emily (819) 562-8683.

AYER'S CLIFF

Valentine's Brunch at Beulah United Church in Ayer's Cliff on Sunday, February 12 from 10:30 a.m. to 1 p.m. Menu: Bacon, sausage, ham, scrambled eggs, homemade baked beans, pancakes, pure maple syrup, toast, fruit cocktail, juice, coffee and tea. All are welcome!

SHERBROOKE

The Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke has a Bingo every Monday night at 7 p.m. Prizes and bonanza. All welcome. Info: (819) 563-4944.

BURY

Hot luncheon followed by afternoon card party, Tuesday, March 7th, beginning at noon. St. Paul's Anglican Church Hall for the benefit of St. Paul's Guild & ACW. Usual prizes and drawing.

LENNOXVILLE

The Monday Afternoon Seniors will be back on Monday, January 23 at 1:30 p.m. at the Amedee Beaudoin Centre. For information (819) 823-2059

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Streets: Worship and Sunday School on January 22 at 10 a.m. Rev. James Potter, (819) 565-8449

RICHMOND/DANVILLE

Services at the United Churches on Sunday, January 22 will be held at the following times: Richmond at 9 a.m. - Danville at 11 a.m.

Baptism - Wilson



At North Bay Ontario. On Sunday, January 8, 2006, Samuel Spencer Wilson, son of Spencer and Lise Wilson of Astorville, Ont.

Grandson of Margaret and Fern Lefebvre of Pawassan Ont. and Delmar and Sandra Wilson of Stanbridge East.

Greatgrandson of Clemetine Lefebvre of North Bay, Ruth Wilson of Dunham, and Doris and Bruce Kidd of Stanbridge East.

Godparents: Jay and Linda Mitchell of Pefferlaw Ont.

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM
Until there's a cure, there's us.

Military Whist party

Knowlton

A Military Whist party was held at the OddFellows Hall in Knowlton. It was a happy crowd at the hall on Tuesday night. It was card night again, after the holiday break.

There were 16 tables, all ready for action. Three tables tied for 1st place; each with a score of 41 flags. Table 13, Capt. Myrtle Selby, Helen White, Helen Slatcha, and Shirley Lord won the draw.

Prize #2 went to Table #6 to Capt. Nancy Page, Martha Rudley, Peggy Battley, and Arthur Hall. 3rd runner up was Table #9 and Capt. Lawrence Marsh, Rita Hamilton, Nancy Dixon, George

Wilson. Table #12 with 15 flags received the booby prize for Capt. Merlyn Sturtevant, Audrey Dean, Marcel Premont, Anne Foster. Door prizes went to Helen White, Muriel Whitehead, Alfreda Neil, Jean Royea, Lawrence Marsh, Stella Mizener, Earl Whitehouse, Everett Arnott, Pat Benoit, Marcel Premont, Natalie Bilodeau, Jean Riti, Helen Slatcha, Adeline Jones, Bob Newell, Doreen Gibbs, Marg. Weber. The groceries went to Helen Slatcha.

A lovely lunch was served and we all went home happy. See you next week.
Edna Badger

Gifford - Eastwood wedding



Andrea Gifford and Grant Eastwood were joined together in marriage July 16th, 2005.

A beautiful outdoor wedding took place at the Elmhurst Lakeside Resort in Keene, Ontario. Andrea is the daughter of Bill & Diane Gifford of Melbourne, Quebec.

Grant is the son of Wayne and Leslie Eastwood of Port Elgin, Ontario.

Grant and Andrea are residing in Peterborough, Ontario.

Foster

November 30, 2005 - Members and guests met at the Foster Golf Club restaurant for the annual Xmas lunch. The meal was very good and enjoyed by all.

After lunch we drove to Carol Dunn's home for the last meeting of the year.

Frances Johnson opened the meeting by leading us in the usual prayers.

The minutes of the October meeting were read and approved as read.

The roll call, twelve members present and two visitors. May Banks gave the treasurer's report.

Muriel Whitehead gave the correspondence report. A thank you was sent to Kay Kindred for the gift of jewelry to be used as prizes for card parties. A thank you was sent to Stanley O'Brian for his donation of maple products as a special prize at a card party.

A sympathy card went to Katie Jones for the loss of her brother, Jack. A thank you was sent to Brenda Butt for donation of a microwave oven, to be used at the church hall.

Muriel thanked members and friends for their

St. James Guild

support during the year. She also had received a thank you from Esther Honey for the cookies and a special thank you to Carol Dunn for the flowers at the time of her 90th birthday party.

Muriel also had church calendars for sale. Also a thank you was sent to Annie Jones for her donation of money.

There was a discussion on what to give the shut-ins for Xmas. There were a few donations to different charities.

After a short discussion, the same officers will continue on in the year 2006. No further business, Frances adjourned the meeting, seconded by Doreen Gibbs.

We repeated the benediction.

Carol served tea and sweets after the meeting. Frances of the ladies thanked Carol for her kind hospitality.

The next meeting to be February 1st, 2006. We are invited to the home of May Banks for lunch at noon.

Submitted by Stella Mizener
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: N equals V

"OZGD LZG MGNUGOX KMG VKH, U LGEE CI XLKAA LZKL LZGI BKD PYUD CG KX U BMI KEE LZG OKI LY LZG VKDR." - EUVGMKBG

PREVIOUS SOLUTION - "Some beautiful things are more impressive when left imperfect than when too highly finished." - La Rochefoucauld

(c) 2006 by NEA, Inc. 1-19

ALLEY OOP



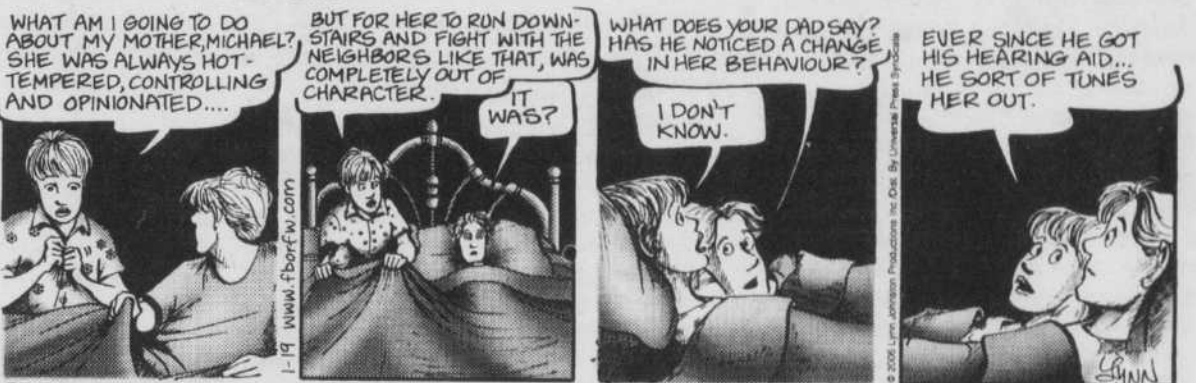
ARLO & JANIS



THE BORN LOSER



FOR BETTER OR FOR WORSE



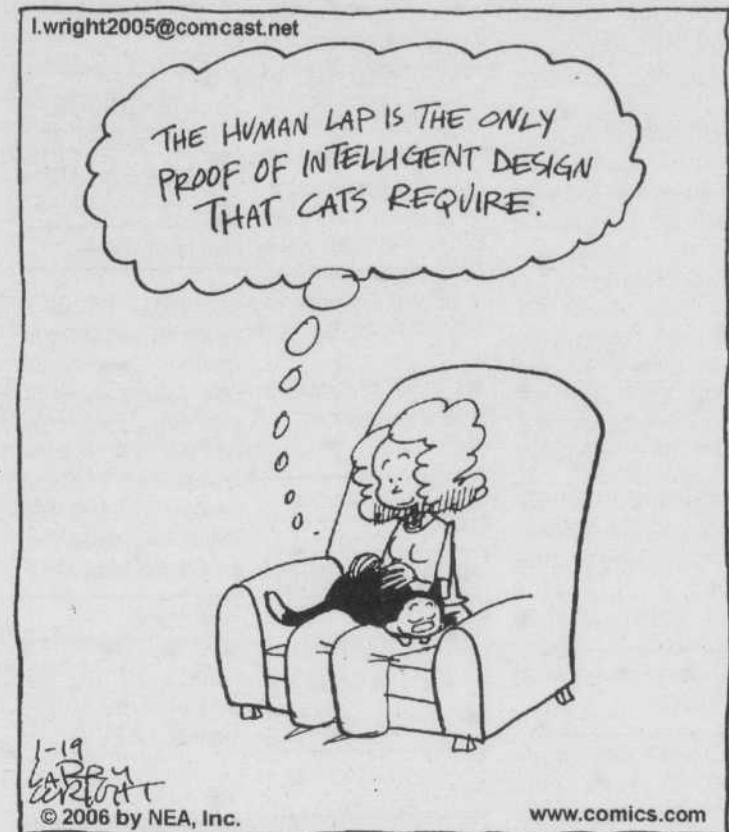
GRIZWELLS



SOUP TO NUTS



KIT N' CARLYLE



HERMAN



"Never missed a beat!"

CLASSIFIED

CALL Sherbrooke: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

035 For Rent

LENNOXVILLE - 4 1/2 room apartment, heat supplied, very quiet place. Good for 2-3 students (girls). Call (819) 566-1858.

LENNOXVILLE - Renovated apartments, 3 1/2, 4 1/2, 5 1/2. Close to town and buses. Includes hot water. (819) 823-5336.

LENNOXVILLE, Belvidere Street, 5 1/2, ceramic floors, wood cupboards, hot water. Available March 1. \$600/mth. Call (819) 820-2689 or 570-7698

TO SUBLET - Oxford Crescent., Lennoxville. 1 bedroom apartment, 1st floor, quiet building, near bus, ideal for seniors. Available immediately. Call (819) 562-5767.

050 Rest Homes

PRIVATE & SEMI PRIVATE room available now for a woman in Lennoxville. Family atmosphere, home cooking, doctor on call. Reasonable rates. Call (819) 563-8345.

PRIVATE RESIDENCE, 5 minutes from Lennoxville, has rooms available for elderly people. Family atmosphere. Call (819) 563-1388.

050 Rest Homes

SEMI PRIVATE ROOM available now for a woman in Lennoxville. Family atmosphere, home cooking, doctor on call. Reasonable rates. Call (819) 563-8345.

100 Job Opportunities

\$21. PER HOUR! Company needs home workers to fill out simple worksheets. Toll free 1-800-351-5120. www.couponwork.com

A JOB AT HOME: \$529.27 potential weekly. Mail work, assemble products or computer work. (416) 703-5655, 24 hour message. www.TheHomeJob.ca or write: Consumer, 110 Cumberland St. # 358 - 42, Toronto, ON. M5R 3V5.

WANTED - CAREGIVER. Evening shift of in-home care team. Cooking, feeding, hygiene, companionship for Alzheimer's afflicted senior. Eastman (450) 297-1386.

125 Work Wanted

LOOKING FOR WORK filing, cleaning and/or organizing. Richmond, St. Felix or Danville area. Call (819) 848-2243.

130 Courses

FOLK ART PAINTING and Scrapbooking Classes. Attend our Open House, Thursday, January 19 at Inspirations, 269 Queen St., Lennoxville. Our instructors will be available to show projects, answer questions and help you sign up for classes. Painting instructor: Marcia Lowry 1 p.m. to 9 p.m. Scrapbooking Instructor: 6 p.m. to 9 p.m. For more information call (819) 562-8989.

140 Professional Services

CABINETS

Custom kitchen cabinets and bathroom vanities. Featuring raised panel doors and quality hardware. Call Keith Wedel (450) 549-5913.

CONSTRUCTION CLAUDE LEQUIN - GENERAL CONTRACTOR. Construction and renovation. Personal visits. For appointment and information (450) 531-5955.

UPHOLSTERY

Modern & antique, frame, spring and fabric repairs. 4-wheeler, tractor and snowmobile seats, etc. Fabric samples available. Free estimates. Pick-up & delivery. 25 years experience. Call Steve (819) 889-2519.

145 Miscellaneous Services

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

150 Computers

AMAZING OFFER! Need a computer? Don't have cash? Get a new Acer Computer System with High-Speed Internet! Free Modem/Website/upgrades! Fast delivery! 100% financed! Get approved over the phone! Call now 1-866-624-5732 www.canadiancomputerfinancing.com

BRAND NEW PC! Everyone's approved! Get a fully loaded MDG computer with an Intel P4 Ghz from .99¢/day. Includes everything you need: 512MB ram, 17" LCD flat panel, Windows XP plus free 3.1 MP digital camera and free* printer-scanner-copier for first 500 callers (*call for conditions). 1-800-791-1174.

NEED A COMPUTER? DON'T HAVE CASH? 110% financed! Poor credit accepted! Fast delivery! Money-back guarantee! Free digital-camcorder (100 available). Call now toll-free 1-866-624-5732 www.canadiancomputerfinancing.com

190 Cars For Sale

1989 NISSAN car parts, 240 SX. Call after 6 p.m. (819) 573-0709.



Selling a car? 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.

190 Cars For Sale

TOYOTA ECHO 2003, 60,000km, a/c, automatic, good winter tires, balance of original owner's lease, \$267.47/month - 30 months left. Call (819) 348-9673.

195 Trucks For Sale

1987 FORD F150 for parts or restoration. \$1,200. negotiable. Call (819) 838-5368.

230 Tires

16" STEEL RIMS for all VW and new 2006 Jetta, VW vans and Audi, fit on 5x112, 5x100 bolt patterns. \$100/4. Call (819) 566-0446.

4 BRIDGESTONE WINTER DUELER tires, 2 4 5 - 70-16, excellent condition, 25% used, mounted on steel rims to fit SUV's and pickups from Nissan, Infinity, Isuzu and Toyota. Worth \$1,200. new, selling for \$600. Call (819) 566-0446.

4 GOODYEAR ULTRA GRIP ICE, 195-65-15, on 4 Audi A4 mags, excellent condition, fits on most Audi, VW Passat, VW vans and new 2006 Jetta. \$400. Call (819) 566-0446

4 STEEL RIMS, 15", fits on most cars with 5X 114.3 bolt pattern, like new, \$100. Call (819) 566-0446.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. (819) 837-2680.

290 Articles For Sale

ROSSIGNOL SKI BOOTS: racing Kevlar, size 7.5 mens, \$40. Lange high end 8 mens, \$50. Call (819) 566-0446.

290 Articles For Sale



5 1/2 FT. STORAGE UNIT (white melamine, 4 drawers, 3 doors). Must sell! \$135. Wicker chair, basket and mirror kit. Call (819) 566-0446.

COMPLETE PIZZA BUSINESS: 2 Blodgett gas or electric Pizza oven; refrigerated pizza table 6.5 ft. warmer for counter; interior sign; 30 pizza pans from 8 to 15 inch; \$4,000. Picture on request. See our website for 400 more items. www.restaurant-servicecowansville.com, 1-877-534-6891.

HARDWOOD FLOORING CLEARANCE 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.

SKI SUIT: mens medium, 2 pieces, Kimo from Mt. Gleason Ski School, black-blue-beige, good condition, \$130. North Face winter jacket, size small (unisex), black-red, like new, \$175. Call (819) 566-0446.

295 Articles Wanted

BUYING JEWELLERY: Mexican, costume, art deco, gold, platinum, silver. Also watches, collectibles, china and silver. Paying cash. 1-800-789-2868, David Proulx.

330 Pets

TO GIVE AWAY: 4-month old female calico kitten, very clean, used to other cats and dogs; 1-year old female tiger cat, also very clean; 4-month old male black and white kitten, very affectionate. Please call (819) 829-2802

415 Mortgages

LARGE FUND - Borrowers wanted. Start saving hundreds of dollars today! We can easily approve you by phone. 1st, 2nd or 3rd mortgage money is available right now. Rates start at Prime. Equity counts. We don't rely on credit, age or income. Call anytime 1-800-814-2578 or 9 0 5 - 361-1153. Apply online at www.capitaldirect.ca.

425 Bus. Opportunities

AMAZING CASH ROUTE! New Huge Vending Market! From \$10K to Start! www.LOONIEVEND.COM

ATTENTION!

Let everyone know your classified ad is NEW on its first day of publication! Attract more attention to your ad on its first day of publication by including a new ad logo (shown here)

NEW AD

For only \$3.00, a new ad logo will help you get quick results. Some restrictions apply. For more details call: (819) 569-9525 (450) 242-1188

Classifieds (819) 569-9525 (450) 242-1188

440 Miscellaneous

CRIMINAL RECORD? Why risk employment, travel or deportation? Seal your criminal record with a pardon. Enter the U.S. with a waiver. Call 1-8-now-pardon (1-866-972-7366). www.pardon.servicescanada.com.

450 Prayers

THANKS TO THE Sacred Heart for favours granted. J.A.C.

100 Job Opportunities

100 Job Opportunities

100 Job Opportunities

DRIVER HIRING EVENT

MAKE THE BEST MOVE OF YOUR CAREER.

Come visit Roehl's Hiring Event on Sat. Jan 21, 9-3 p.m. and Sun. Jan 22, 9-3 p.m. at the Delta Sherbrooke Hotel & Conference Center, 2685 King Street West.

You can earn a top mileage rate (36 to 41 cents per mile) plus bonuses in U.S. dollars driving under a special visa program. Relocation is not required - tours launch from our Groveton, New Hampshire terminal. (Drive primarily in the U.S.)

Enjoy more home time. Choose:

- Out 7-10/home 2
- Out 11/home 3
- Out 7/home 7
- Out 7/home 4; out 7/home 3 (repeat the cycle)

Top equipment and an industry-leading record of safety. Must have at least 1-year recent over-the-road experience; speak, read and write basic English; and qualify as a beneficiary under our visa program.

THE TAKE HOME MORE, BE HOME MORE CARRIER.™



TO LEARN MORE, CALL WENDY AT 877-238-6173. APPLY BY PHONE.

A convenient and easy way to send your classified ad to The Record!



E-MAIL: classad@sherbrookerecord.com

You can send it anytime, 7 in the morning or 10 at night, at your convenience! Publishing deadline: 12:30 p.m. the day before (example 12:30 p.m. Thursday for Friday publication). We accept Visa or Mastercard. To confirm reception of your ad or prices, call: (819) 569-9525 or 1-800-463-9525

To sell or buy, consult our Classified ads.

Your Birthday

Thursday, Jan. 19, 2006

CAPRICORN (Dec. 22-Jan. 19) — Things can run rather smoothly for you today if you do not take yourself or anything that develops too seriously. Hold onto that optimistic thinking you do so well and all will be right.

AQUARIUS (Jan. 20-Feb. 19) — Situations others may not want to touch tend to work in your favor today, especially those that have commercial overtones. Analyze them for hidden opportunities that they are offering.

PISCES (Feb. 20-March 20) — Partnership arrangements into which you enter today could prove to be far more beneficial than you anticipate at this time. Treat them with the serious respect they deserve.

ARIES (March 21-April 19) — In more ways than one it's to your benefit to perform at your best today, especially if your performance is being observed and evaluated. Praises could turn into raises as well as a promotion.

TAURUS (April 20-May 20) — That cool, pleasant and unruffled manner you display when you have to deal with a serious crisis gives others the perception that you're a respected advisor. They'll turn to you again today.

GEMINI (May 21-June 20) — A financial situation that has had you a bit worried has a good chance of being taken care of today. All the loose ends that have been difficult for you to tie up can

now be knotted.

CANCER (June 21-July 22) — Your common sense gives you tremendous ability to accurately assess things today in ways that please everybody. Have faith in your judgment and don't be afraid to speak up.

LEO (July 23-Aug. 22) — Keep the profit motive uppermost in your thoughts today, because by doing so, it will encourage you to be more industrious. Remember what you're doing now helps in insuring your security.

VIRGO (Aug. 23-Sept. 22) — Don't leave anything up to chance today in situations where you have something personal at stake. By operating as the manager, it considerably enhances your possibilities for success.

LIBRA (Sept. 23-Oct. 23) — You could be luckier than usual today at finalizing those things that have appeared too difficult to do and bring to successful conclusions several matters that are important to you.

SCORPIO (Oct. 24-Nov. 22) — As long as you're dreaming, you might as well dream big today. Something you'd like to accomplish is not that far out of reach, provided you combine imagination with sense.

SAGITTARIUS (Nov. 23-Dec. 21) — Today you could be lucky in not one, but two areas. The first one will be where your career is concerned and the second one pertains to your financial involvements. Gather yields in both.

Thursday, Jan. 19, 2006

North 01-19-06			
♠ Q 7 5 2			
♥ A 9 8 4			
♦ A 6 3			
♣ A K			
West		East	
♠ —			
♥ K Q J 10 7 6 3			
♦ 10 8 5			
♣ 9 7 6			
♠ 6 4 3			
♥ —			
♦ K Q J 2			
♣ Q J 10 5 4 2			
South			
♠ A K J 10 9 8			
♥ 5 2			
♦ 9 7 4			
♣ 8 3			
Dealer: West			
Vulnerable: Both			
South	West	North	East
4 ♠	3 ♥	3 NT	Pass
Pass	Pass	Pass	Pass
Opening lead: ♥ K			

it today for 600. The illusion has become real and the more real it becomes, the more desperately they want it."

Today's deal was a problem for South only because he wasn't using transfers. If you had been in his seat, playing in four spades, what would you have done after West led the heart king?

West opened three hearts, showing some 5-10 high-card points and a decent seven-card suit. North overcalled three no-trump, hoping his partner had a few useful goodies. South might well have passed that out, and here North would have raked in an easy overtrick. It would also have been a good idea for South to use a transfer bid, advancing four hearts so that North could have become the declarer in four spades.

There seem to be 10 easy tricks: six spades, one heart, one diamond and two clubs. What might go wrong? Well, West announced a seven-card heart suit. Assuming he has that, East is void. So, if you cover with dummy's heart ace, East will ruff away one of your 10 tricks.

Instead, play low from the dummy, letting West hold the trick. He will continue with the heart queen. Again leave the ace on the board. And when West persists with the heart jack, you complete the trifecta, ducking from the dummy for the third time. You ruff in hand, draw trumps, and claim those 10 tricks.

A transfer would avoid the problem

By Phillip Alder

In the movie "Wall Street," Michael Douglas' character says, "Money itself isn't lost or made; it's simply transferred from one perception to another. This painting here. I bought it 10 years ago for 60 thousand dollars. I could sell

CROSSWORD

ACROSS

- 1 Mata
- 5 Alone
- 9 Flowed out
- 14 Actress Gray
- 15 4-string guitars
- 16 Padres and Pirates, briefly
- 17 Play parts
- 18 Dawn Chong and Carruth
- 19 Blow one's own horn
- 20 Start of Evan Esar quote
- 23 Clark Kent's gal
- 24 Set up tents
- 28 Derrick for loading
- 31 Part 2 of quote
- 33 Born as
- 34 Computer data format

- 36 Sound from a pound
- 37 Above, in an ode
- 38 Part 3 of quote
- 41 Nabokov novel
- 42 Elevator name
- 44 Steel plow pioneer
- 45 Still
- 46 Part 4 of quote
- 49 Withdraw
- 51 Pancho's poncho
- 52 Charged particles
- 53 End of quote
- 59 Open courtyards
- 62 Icelandic literary work
- 63 Seed cover
- 64 Counter
- 65 Observed

- 25 Nautical affirmative
- 26 Formed
- 27 Develop from larvae
- 28 Noses
- 29 Cut molars
- 30 More strange
- 31 Cables
- 32 Cultural historian Shere
- 35 Muslim magistrate
- 39 Haughty
- 40 "Lovergirl" singer Marie
- 43 Concert site

- 47 Narcotic
- 48 Cribbage item
- 50 D-flat, in other words
- 52 Looker-upper's guide
- 54 Tale in verse
- 55 — fixe
- 56 Black-and-white cookie
- 57 Walk lamely
- 58 Otherwise
- 59 Circle part
- 60 Part of AT&T
- 61 Slugger's stat

Wednesday's Puzzle Solved

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

- 66 Radiation units
- 67 Weather conditions
- 68 Printed matter
- 69 Gandolfo resident
- DOWN**
- 1 Miami pros
- 2 St. Louis skyline feature
- 3 Religious custom
- 4 Shoe part
- 5 Most gruff
- 6 Gives the nod to
- 7 A Cobb
- 8 — buco
- 9 Sitting, as a court
- 10 Blemished
- 11 Actress Arthur
- 12 Bitter vetch
- 13 Spring forward syst.
- 21 Stellar blasts
- 22 " — Mir Bist Du Shoen"

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

THE RECORD

Please don't
throw her out

Dear Annie: My cousin, "Ruby," lost her job several months ago and has not been able to keep a job since. Ruby is middle-aged and has moderate mental health issues as well as addiction problems (although she is in denial over both).

Several family members have been supporting Ruby financially because she seems to have no interest in supporting herself. She is very stubborn and not agreeable to any solutions we have offered. I personally feel the only way things will change is if she is cut off and has to fend for herself, even if it means her becoming homeless. Other relatives are not ready for this yet.

Are there any programs out there to help someone like Ruby? Is it cruel to cut her off? I'm afraid she will bleed some of our relatives dry if this continues. — Concerned Cousin

Dear Cousin: If Ruby has mental health issues, she may not be capable of supporting herself. Please don't throw her out — the streets are filled with mentally ill homeless people, and that is tragedy enough.

Unless you are one of the relatives who is giving her money, you ought to stay out of the decision about whether or not to continue helping Ruby financially. However, you certainly can suggest that your family members contact the National Alliance on Mental Illness (www.nami.org) at 1-888-999-6264 and ask for assistance.

Dear Annie: I am responding to "A Grieving, Shattered Family," whose grown daughter falsely accused them of childhood sexual abuse after undergoing "repressed memory" hypnosis.

Two years ago, our then-39-year-old daughter underwent hypnosis, age-regression and counseling for "low self-esteem." She then accused us of sexual abuse recurring throughout her childhood. She recounted, in writing, bizarre, depraved acts in painstaking, minute detail — events that never happened. I think it is tragic and deplorable that the general public is not aware of the ease with which false memories can be implanted. — Another Shattered Family

Dear Shattered: These estrangements are so sad, and in some cases, have led to unwarranted prison terms for the accused. Read on for some clarification:

Dear Annie: Before retirement, I was a therapist who did repressed-memory hypnosis. I get frustrated with therapists who do not approach this correctly. Repressed memories should never be presented as accurate memories of facts, but rather as the individual's (SET ITAL) perception (END ITAL) of facts. There is a world of difference.

We react to situations as we perceive them. Once, when I was working with a child, she kept telling me how her dad yelled at her. I called for a family meeting. During the meeting, the father corrected the child in a very quiet manner. The child turned to me in genuine anguish and cried, "See how he yells at me?" I needed to work on the child's perception of what was going on.

Repressed memories should be dealt with in the same way. Never, ever should anyone be accused of anything based on these memories. Instead, therapists should use them to work through whatever problems the perceptions are causing the individual. It can lead to some wonderful breakthroughs. — Been There, Done That

Dear Annie: This is in response to "Apart in New Mexico," whose husband traveled frequently. We have a similar situation.

We count down on a calendar "How many nights till Daddy gets home?" We sometimes make a tent with a blanket over a card table with pillows and blankets inside, then we rent a movie and make popcorn. Sometimes we watch TV in my bed.

Hopefully, the children will have happy memories of their special time with Mom, instead of thinking how much they missed Dad. — Make It Fun for Your Kids

Dear Make It Fun: Great suggestions — as long as the kids don't start pushing Dad out the door because they're having so much fun without him.

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

Fuel-efficient 2006 Saturn Vue has
Honda-like get-up-and-go.

(Photo by Graeme Fletcher/Special to the National Post)
Beyond a confusing speedometer and power window controls — admittedly minor points, there is very little to dislike about the Saturn Vue.

By Graeme Fletcher

For CanWest News Service

After a gangbusters start, the Saturn side of General Motors seemed to have been left to die on the vine. However, as with the grapes left after the harvest, the ones that wither bring forth a delightful product — ice wine. In Saturn's case, it is the reinvigorated Vue.

Not only does the Honda-derived engine (more on this later) put some much-needed spice under the hood, the rework includes a very nice interior. From just about any standpoint, it all comes together with but two major boils — neither of which is, sadly, of the squeezable variety.

I'll get the gripes out of the way right up front. First, the speedometer is such a convoluted thing, I never did quite figure out how fast I was actually driving. The problem is with the number of indicators. Around the outside is a series of solid black dashes; inside of these is an equal number of black-outlined dashes (the dial faces are white). The confusion comes about because all other dials use the outlined dashes to designate specific detail — quarter, half, three-quarter or full in the case of the fuel gauge. In the case of the speedometer, it is the black marks, I think, that actually mark the speed at which you are driving, as the officer who handed me the ticket gleefully pointed out.

The second pain in the butt is the centrally mounted power window switch gear. Again, said officer took great joy in watching me first reach for the door panel and then fumble around the gear lever looking for the right button to push in order to hand over my documents.

Beyond these admittedly minor points, there is very little to dislike about the Vue. Once ensconced behind the wheel,

the view to the front, sides and rear is clean and clutter-free, the remainder of the primary driving controls (including those for the powerful six-disc CD/MP3 player) are logically located and the materials (including the faux-wood-grain trim on the centre stack) are definitely off the top shelf.

The Vue also has the required versatility — it will accommodate five in comfort, there is plenty of cargo space (30.8 cubic feet with the seats up, 63.8 with the seats down) and the desired flexibility. Along with the usual 70/30-split/folding rear seats, the front passenger's seat folds forward, allowing a longer item to be loaded with ease. There's also a pop-up cargo organizer designed to prevent groceries from sliding around. Perhaps the biggest plus is that the Vue's car-like execution means there is a small step up for the passengers and, therefore, much less of a lift when hoisting a heavy load aboard.

When it comes to power, the Vue is not shy; the Honda-derived 3.5-L V-6 delivers 250 horsepower and an equally impressive 242 pound-feet of torque.

The result is a seriously quick vehicle — easily the most responsive in the segment. Tromp on the gas and the Vue will scoot to 100 kilometres an hour in just 7.3 seconds. Part of the reason for this enthusiastic work ethic, stallions aside, is down to the five-speed automatic transmission.

First gear gives a quick launch, while the rest of the gears are spaced such that the engine is kept at a roaring boil whenever the gas pedal is depressed more than halfway down. The transmission also includes Honda's Grade Logic. This means the transmission does not hunt for the right gear going uphill, and it delivers some much appreciated engine braking on the way down.

The all-wheel-drive system makes sure the power gets to the pavement efficiently. While there is some initial wheelspin on a fast takeoff, the system is reasonably quick at quelling it. The lack of a low-range gear set does, however, limit off-road ability.

As is true of Saturn's other models, the Vue's vertical panels are made of a dent- and ding-resistant polymer plastic — the beauty being that the bright-work is far less vulnerable to those annoying parking lot scars. The rest of the vehicle — the space frame and horizontal panels — is constructed of steel, which imparts the strength and structural integrity required to withstand an impact, as well as giving the suspension a decent base of operations.

Riding on MacPherson struts up front and a multi-link design in back (with anti-roll bars at both ends), the Vue rides and handles better than most SUVs in the compact segment. While the setup is skewed very much toward the ride side of the spectrum, which means body roll is fairly evident and understeer is not too difficult to find, the Vue handles itself remarkably well. Indeed, the balance between ride comfort and handling is one of the best to be found in an SUV.

Once a rather anemic, lost-in-the-crowd set of wheels, the latest Vue is loud and destined to make its owners proud. It has a ton of usable power and the flexibility demanded of this type of vehicle. Better yet, it will become the first to make use of GM's mild hybrid system. This version promises to become the most popular model as it has almost as much get-up-and-go as the V-6, yet uses less fuel than the front-wheel-drive, four-cylinder model. Stay tuned.

automotive@sympatico.ca

Aluminized steel & stainless steel mufflers



SILENCIEUX SHER-LENN Inc.
950 Wellington St. S.
Sherbrooke

at
competitive prices
for all Heavy Duty
Trucks

Fernand Cabana, owner
569-9494



Sylvain Auger, Manager