

# Fire forces St. Francis Manor evacuation

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# THE RECORD

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TUESDAY, OCTOBER 11, 2016

## Lennoxville Youth Centre hosting catered supper

By Gordon Lambie

The Lennoxville Youth Centre (LYC) is getting ready to hold a catered supper at the end of this month to help raise funds for the activities and projects fund its members use to engage with the local community. While supporting the work of the centre, the October 28th fundraiser will also lend a helping hand to local organization Phelps Helps and serve as a small celebration of the organization's 30th anniversary.

"Right now we have a really good core group of 15-20 youth who come regularly," said Kohl Kelso, Executive Director of the Youth Centre, speaking of current involvement in the centre. Kelso explained that although the LYC is based in Lennoxville it draws from a much wider group of communities through its proximity to Alexander Galt Regional High School.

Recognizing that connection to the local high school, the Executive Director said that giving half of the funds raised from the upcoming dinner to Phelps Helps, which supports a lot of Galt students, seemed like the natural thing to do.

The event that has been organized will include a dinner, catered by KG Traiteur, as well as a silent auction. Tickets to the event are \$25 for adults, \$15 for people aged 6 to 17, and free for five and under, but Kelso pointed out that since the meal is taking place at the Amédée Beaudoin Community centre in

CONT'D ON PAGE 2

## Fall in the Townships



PHOTOS BY MATTHEW MCCULLY

Townshippers were treated to an awesome array of fall colours this Thanksgiving weekend. These days there is a spectacular view in any direction, from the bright yellow leaves on shaded country roads, to the fiery reds blazing across the sun-kissed mountains. Pictured above are scenes from Broadhurst road and Haskel Hill road overlooking the 410 highway.

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## Weather



TODAY:  
SUNNY

HIGH OF 16  
LOW OF 3



WEDNESDAY:  
SUNNY

HIGH OF 19  
LOW OF 8



THURSDAY:  
RAIN

HIGH OF 19  
LOW OF 1



FRIDAY:  
SUNNY

HIGH OF 10  
LOW OF 4



SATURDAY:  
SUNNY

HIGH OF 11  
LOW OF 0

# Home cooking and life hacks: Everything in a cookbook

The colourful foliage does not lie: autumn has arrived in the Townships! And with autumn, we are stepping in to the “eating” seasons as the fall and not-too-long-off winter are often filled with comfort food, holidays, gatherings of family and friends. Thoughts of food preoccupied my quest for an article subject this week and, as a result, I bring to you the community cookbook, examples of which can be found in the archives.

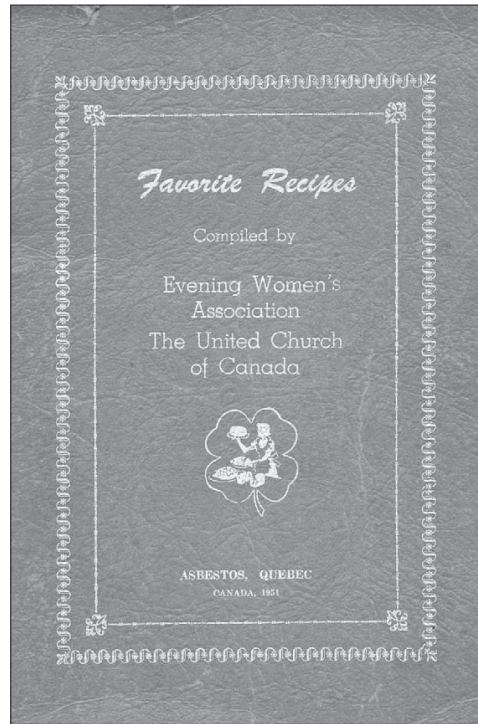
While most of us are familiar with cookbooks, less familiar may be the recipe books contributed to by a local group in the community. In the early 1900s, these recipe books were often put together by women’s groups, such as the Women’s Institute or a church group. One of those in our collection is from the East Clifton Busy Bees, which was organized in 1914 as a teenage girls’ Sunday School class. Early on the group’s aim was to teach sewing and have Bible studies but over time broadened their activities to helping with the Sunday School programs and bringing food to

the sick and shut-ins. In this context, the compilation of a cookbook fits right in.

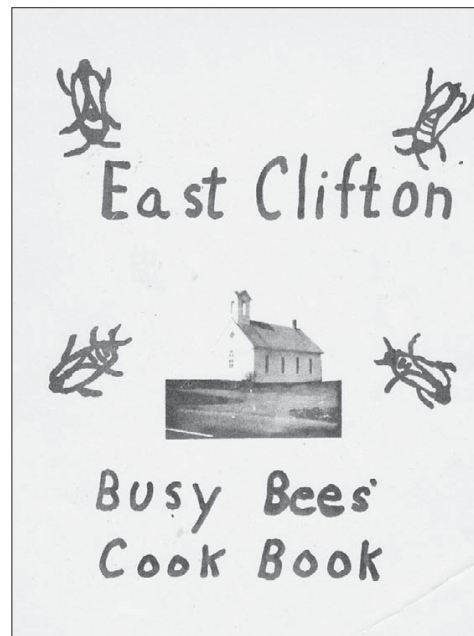
Not only did these books contain family-favourite recipes, however, they also included what are now often referred to as “life hacks”: little everyday tips that make one’s life easier. In the East Clifton Busy Bees Cook Book, they call them simply “hints.” Need to get grass stains from clothes or keep your windshield dust-free? They have tips for that! Grass stains can be removed with molasses and a cut potato can help your windshield; who knew!? To further ‘flavour’ to these little gems, the cookbooks also may have included jokes, which makes perusing the pages a delight today.

With the Townships’ local orchards in mind, abundant with glowing, fresh apples, I bring to you a recipe for Apple Jonathan, submitted by Eva Ellis to the Busy Bees cookbook: Combine 3 cups apples, cup brown sugar, tsp. nutmeg in a bowl and then place at the bottom of a greased baking dish. Then, cream cup shortening with cup sugar brown, followed by adding 1/3 tsp. vanilla, 1 egg (beaten), 1 tbs. orange juice, 1 cup pastry flour. Drop by spoonful on top of the apples and bake at 350°F for 30-35 minutes. Bon appetit!

Jody Robinson, ETRC Archivist  
819-822-9600, ext. 2261  
etrc2@ubishops.ca



Asbestos Evening UCW cookbook, 1951 (Asbestos United Church fonds)



East Clifton Busy Bees Cook Book, ca. 1940 (East Clifton United Church fonds)

## Lennoxville Youth Centre

CONT'D FROM PAGE 1

Lennoxville there will only be seating for 100 people in total.

In order not to be cut off at that number in terms of fundraising, Kelso pointed out that the LYC is also selling absentee tickets at the full adult price for people who might still want to give to the causes but who cannot be present at the event. This, he said, is meant to

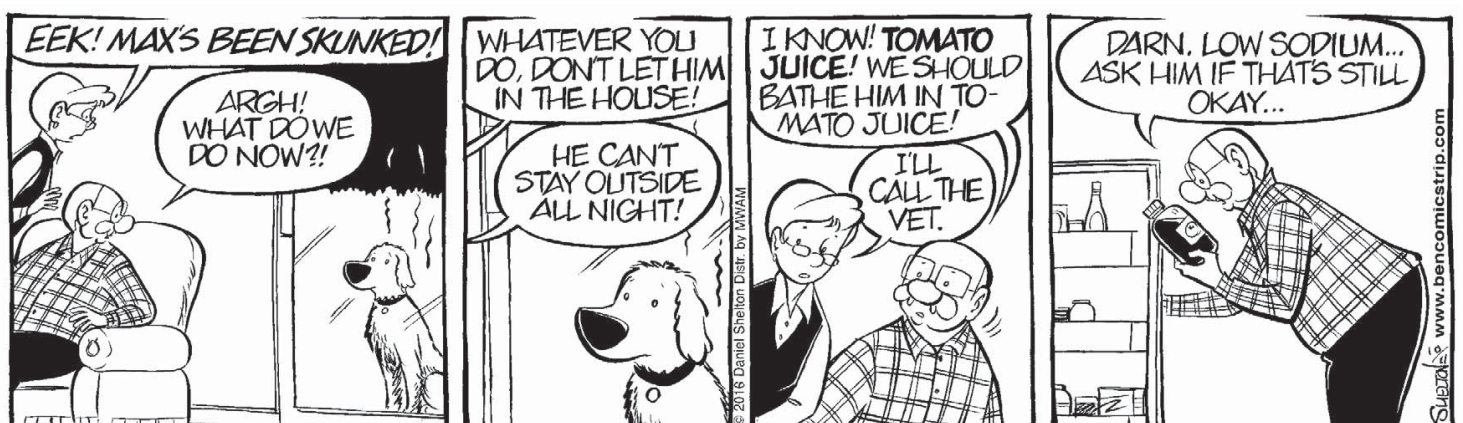
help take into account all of the different fundraisers and community events that are happening at this time of year.

“There are so many things going on, so we want people to feel able to contribute even if they can’t make it for dinner,” Kelso said, adding that he didn’t see the event as being in conflict with the Jordan McIntosh concert at Centennial Theatre the same night. “They can go to both. Our meal is at 5:30pm, so

we’re hoping people will come for supper and then go to the show afterwards.”

At this point in time, Kelso said that roughly a quarter of the tickets for the meal had been sold, but that interest is picking up. He encouraged anyone interested in coming to the dinner to call the youth centre to reserve at 819-821-4805.

## Ben by Daniel Shelton



# LOCAL NEWS

"With a building like this, we don't take any chances," says Fire Chief of operations Lee Hansford.

## Fire forces St.-Francis Manor evacuation

Record Staff  
SHERBROOKE

at the "Lennox" unit of the Manoir St-Francis, a retired persons' residence located on Queen Street.

Seeing the smoke, two employees immediately contacted the emergency services and proceeded to evacuate the building. Residents were sheltered in the

garage and no one was injured.

Twenty firefighters rushed to the scene and were able to master the blaze in about half an hour.

"With a building like this, we don't take any chances," says Fire Chief of operations Lee Hansford. "It was necessary

to ensure that it didn't spread to the upper floors and to ventilate the building. There was a lot of smoke, but the damage remained localized to the apartment concerned and is minor."

Residents were able to return to the residence during the day.

More than 70 people were evacuated from a seniors residence in Lennoxville Monday morning after a bathroom motor caught fire.

The fire broke out about 6:50 a.m. in

## CED funds specialized services at 3IT

Record Staff  
SHERBROOKE

Economic Development, Navdeep Bains, has announced financial assistance of \$2,824,960 has been granted to the Université de Sherbrooke to permit the Institute to acquire equipment that will allow it to build new transfer of technology and knowledge capacity, particularly in the areas of microelectronics, telecommunications, energy, ground transportation, aerospace, and multimedia.

The assistance comes in the form of a non-repayable contribution under the Quebec Economic Development Program (PDEQ) DEC and will allow the 3IT to offer new specialized services for applied research to help Quebec SMEs from various activity sectors to accelerate the

development of their innovative products and processes.

By March 2018, 3IT will be able to impart knowledge to a hundred SMEs, of which 20 will undertake projects in research and development to increase their competitiveness. During the same period, nearly 75 university students are participating in R & D projects, creating a highly skilled labor pool for businesses in several industries in Quebec.

"The Government of Canada is committed to supporting innovation and to assert that its role is, of course, to encourage new investment and economic growth in the future," Bains said. "By supporting the 3IT, project, we are enabling the development of innovative

technologies and processes that will benefit businesses in Quebec."

"At the interdisciplinary Institute of Innovation Technology (3IT), scientists and industry are working together through an infrastructure on the cutting edge of technology," added 3IT Executive Director Richard Arès. "So that united under one roof are all the components of a complete innovation chain, unique in North America, from design to recovery, with the aim of producing concrete benefits for partners. This contribution from CED allows us to continue to be an engine and a showcase of innovative practices in academic and industrial research that is socially and economically responsible"

In supporting the development of learning facilities, research and high-tech manufacturing, the Government of Canada allows companies to have access to advanced resources that help them market their products faster. Such institutions also foster the emergence of a new generation of innovators and entrepreneurs, allowing the Canadian economy to remain competitive in world markets.

On the occasion of the Open House 2016 at 3IT, U de S's interdisciplinary technology research institute the federal Minister of Innovation, Science and

## Local IGA stores support JEVVI in fight against suicide

Record Staff  
Sherbrooke

To mark World Suicide Prevention Day, eight IGA Estrie participants raised \$5,950 to benefit Sherbrooke's JEVVI Suicide Prevention Centre - Estrie. Thanks go to the IGA owners and customers for their generosity and their commitment to suicide prevention in the Eastern Townships!



COURTESY

(From left to right) Clément Vallières (JEVVI CPS-Estrie), Gilles Denis (IGA Cookshire), Louise Tardif (IGA Couture Angus), Dominic Arsenault (IGA Coaticook), Yves Chapdelaine (IGA Extra Chapdelaine), Nick Massicotte (IGA Extra Sherbrooke), Éric Bouchard (IGA Bouchard), Dominic Couture (IGA Extra Couture) and Jocelyn Forgues (IGA Brompton)

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**Spaghetti Supper Fundraiser**

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**in the school cafeteria**

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# School Page

## New Horizons

### News on the Horizon

There is a lot of NEW at New Horizons Adult Education Centre as the school year welcomed new administration, teachers, students and courses. The centre has added an extra novice

English class and has launched a Choosing a Career Program as well as an orientation course for all new students. The orientation program is designed so that new students are made to feel welcome

and to ensure that they get off to a positive start. This course makes sure the students know their way around the school and where to get important information. It provides students with details about

important expectations, rules and procedures along with tips for academic success. So far, the program has received very positive reviews from students.

At New Horizons, students and teachers read for twenty minutes every day. In an attempt to inform students why this decision to read daily was made, a school-wide activity was organized. All students were given the opportunity to participate in a scavenger hunt that required students to research the benefits of reading while at the same time fostering teamwork. The added bonus was that the questions also had students talking with teachers and staff in order to discover personal interests on subjects such as a favourite novel, character, and plot. Some interesting statistics were revealed including the fact that students who read twenty minutes a day scored in the 90th percentile on standardized tests and that books expose a person to fifty percent more words than prime time TV. Other benefits included its ability to reduce stress levels and to develop empathy. Students were enthusiastic as they raced against time to be the first to finish. Winners were then rewarded with reading material of their choice.

The school does not solely focus on traditional academics but also offers students the opportunity to participate in various sporting, artistic and cultural activities. Each Wednesday morning during CreActivities, teachers organize various workshops and activities. This fall students have had the chance to play softball, basketball, and soccer. Other fitness activities include running, weight room, and exercise classes. There has also been a corn roast and a team building airplane contest. Upcoming activities include a mural tour, portes ouvertes sur l'industrie, and a science presentation.

On a lovely fall day, New Horizons held its annual Terry Fox Walk. Participants walked and/or ran to nearby Jacques Cartier Park to show support for cancer research. Staff and students raised over \$200 through donations and two popular fundraisers: Pizza Day and Crepe Day.

Another important venture is the Breakfast Club. Following a successful six-week trial last spring, it re-opened Oct. 3 and runs 4 mornings per week with the help of staff and student volunteers. As an adult education centre, New Horizons does not qualify for the same grant programs that fund other school breakfast programs, so it is thanks to the generous sponsorship of Sonia Inkel of Provigo Le Marché in Sherbrooke that hungry students are now getting a better start to their days. On some Thursdays, the Breakfast Club transitions to Café Français, when French teacher Fabienne Beduneau serves "déjeuner" and encourages all students to practice conversational French. Nous souhaitons à tous un excellent début de l'année scolaire. We wish everyone an excellent start to the school year.



Aerial shot of New Horizons

COURTESY

## Honor & REMEMBER

## Join THE RECORD

### in saying thank you to our veterans

PHOTO OF  
YOUNG  
CANADIAN  
SOLDIER

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.

They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 10 on Townshippers' contribution to the war effort.



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- Regiment:
- Served:
- A few words about him:

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

# Paving to shut down parts of Bourque Blvd for two weeks

Record staff  
SHERBROOKE

Sherbrooke's Bourque Blvd will be closed for paving between Grégoire and Bertrand-Fabi streets heading

downtown for two weeks beginning Wednesday.

During the spraying and paving, work, traffic will be diverted to the other side of the median to routes normally used to head to Deauville. Flaggers will

be on site to manage traffic.

"This paving work should make for more difficult traffic in this area, particularly in the early days. We invite motorists to leave earlier, to use public transit or active transportation, or to by-

pass the work zone via Godin Rd and Highway 10 or by the old village of Rock Forest and Ch. Saint-Roch South," said the director of urban infrastructure, Caroline Gravel.

# The Humanities and Edging towards the Mysterious at MBAS

By Gordon Lambie

The Sherbrooke Fine Arts Museum (MBAS) opened two new temporary exhibits over the weekend, both of which bring together collections of their respective artists work over the last five to ten years. The Humanities is an exhibition of five different painting projects by Paul Béliveau, while Edging towards the Mysterious presents a sampling of the photography work of Ayer's Cliff's Holly King, but both offer viewers arrange of works filled with little treasures to consider and explore in order to find deeper meaning.

King, who splits her time between Ayer's Cliff and Montreal, is presenting work that focuses both on the art of photography and of the miniature.

The exhibition is made up of four of her most recent series entitled "Twisted Roots", "Mangrove: Floating between Two Worlds," "Grand Canyon: unseen" and the recently-completed "English Cliffs." Much of the work on display is made up of extra-large photographic prints of miniature landscapes built by King in her Ayer's Cliff Studio.

"What I start with is an actual three dimensional set," the artist said. "It's a miniature landscape put together on a tabletop."

King said that one of her objectives in the work is to blend real and invented landscapes, drawing viewers into their own imagined space. The works are not meant to fool the viewer, but instead to trigger the desire to look deeper and see more within the image.

"The idea behind the size of the works is so that the viewer could almost step into these worlds," the artist said. "They're meant to be almost landscapes of the imagination

One of the more interesting aspects of the exhibition both for King and for those who will come to see it is the inclusion of two viewing boxes that have been specially built for the exhibition. Inside of these boxes visitors will get a view of the kinds of the constructed landscapes that King works with to make her photographs.

"I've always wanted to make these," King said. "I had a tremendous amount of fun building these to mimic the angle I see in my camera."

Béliveau's exhibition also encourages visitors to look deeper, but he does so through the lens of history.

"There is always an interaction with history in my work," Béliveau said. "These five series all raise the same questions about humanity in different ways."

The artist explained that The Humanities represents five different projects that he has worked on since 2011, each of which uses paint in a different way to explore the way the modern world interacts with tragedy and conflict. One major theme linking all of the works Béliveau has on display is the way that people use the internet to watch major events without necessarily acting on what they see. He sets screen captures from YouTube in stone, and plays with the scale of significant moments in history.

Sarah Boucher, curator of the MBAS,

explained that both exhibits will be on display at the museum until mid January of 2017.

"It is a part of our mission to present artists from the Eastern Townships," Boucher said. "We concentrate on the Eastern Townships, then Quebec, the rest of Canada, and then the rest of the world."

The Sherbrooke Fine Arts Museum is open Tuesday through Sunday from noon to 5 p.m. It is located at 241 Dufferin Street in downtown Sherbrooke. More information is available by calling 819-821-2115.



PHOTOS BY GORDON LAMBIE

Artists Paul Beliveau and Holly King showing off examples of their work



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# EDITORIAL

Lemieux was one of "four or five" Quebec francophones with limited English skills in the expanded Liberal caucus.

## Surprise Liberal MPs look back on first year



PETER BLACK

(This is the second of a two-part report).

At this time last year, as leaves across the land were changing colours, so too was Canada's political landscape. Good-bye faded orange, hello shiny red. In the last column we heard about the travails of some New Democratic Party MPs in Quebec, swept into political prominence by the Orange Wave in 2011, and then just as brusquely returned to anonymity in the Red Tide last October.

Now we turn to the other side: the surprised Liberal victors, ushered into power on the hipster coat-tails of Justin Trudeau. Going into the election there were seven Liberal MPs in Quebec, all of them in resolutely Grit ridings in Montreal except Saint Maurice-Champlain, where an NDP MP flipped to the Grits.

On Oct. 19, the Liberals added 33 seats to those seven, every one of them rookie MPs, with the exception of Denis Paradis, who, on his third try, retook the Brome-Missisquoi riding he had represented from 1995 until 2006.

Those 40 seats are the largest Liberal tally in Quebec since Trudeau père was boss, and routinely swept the province except for the odd Cr ditiste or Tory outpost.

Perhaps the most remarkable thing about the Liberal surge last October is how it penetrated regional terrain not typically friendly to the party of Laurier. Take the riding of Chicoutimi-Le Fjord, for example, the provincial version of which voted nearly 70 percent Oui in the 1995 referendum. Former Conservative-turned-Liberal Andr  Harvey held the

riding on his personal popularity until 2006 when it went Bloc.

Denis Lemieux, 53, the new Liberal MP for Chicoutimi-Le Fjord, faced daunting odds when he decided to run for Parliament. In the 2011 election the Liberal candidate finished fourth behind the NDP winner with less than 3,000 votes. Lemieux's 14-month campaign paid off, as voters caught the youthful Trudeau vibe, giving him a 600-vote victory.

Lemieux had sold his industrial equipment company and retired, devoting his time to helping youth develop business skills, as well as being a caregiver for seniors. He took the leap into politics at the urging of some of the young people he was mentoring, and at the inspiration of Trudeau "who represented the philosophy of the youth I was helping."

He went into the campaign with a lofty credo: "When you make the decision to offer yourself to the service of the people, the notion of winning or losing doesn't exist. Fortunately, in my case the people chose me."

Lemieux was one of "four or five" Quebec francophones with limited English skills in the expanded Liberal caucus. "The welcome was really very favourable; I didn't feel any discrimination at all as a unilingual francophone. There are a lot more unilingual English MPs."

The new MP was assigned to two committees that tapped into his life experience, the doctor-assisted dying bill, and natural resources. In the summer he hosted a Liberal caucus retreat where he took fellow MPs on a bike excursion to promote his pet project of making Saguenay the national capital of "healthy lifestyles."

Lemieux says the transition from so-called retirement to the hectic pace of Parliament has been eased tremendously because his wife was used to the demands of his business life, and the fact both of his children live in the Ottawa area. His son, an engineer by training, works for another new Liberal regional MP, R mi Mass  from the Avignon-M tis-Matane-Matap dia riding.

CONT'D ON PAGE 7



## Letters

### Well inc. - A golden opportunity to honor the memory of Jacques Parizeau

DEAR EDITOR

While the City of Sherbrooke unveiled last Monday an ambitious revitalization plan for Wellington Street South that includes the creation of an entrepreneurship area, the Soci t  nationale de l'Estrie (SNE) is inviting city officials to take this opportunity to honor the memory of Mr. Jacques Parizeau, the late Quebec premier who died more than a year ago on June 1, 2015.

In the weeks following the death of Mr. Parizeau, the SNE sent to the Geographic Names Committee of the City of Sherbrooke an application urging them to name a place or an infrastructure in honor of one of the main architects of the Quiet Revolution, as a senior official and politician. Although the request was received positively by the responsible committee, it still remains unresolved, since it is considered that the change of name of an already existing infrastructure can be the source of complications. Honoring Jacques Parizeau by naming, for example, a building built in the entrepreneurship area would circumvent this problem.

Like the Palais de Justice named after Raynald-Fr chette, who was MP for Sherbrooke and Minister of Justice of Quebec, naming an infrastructure related to the entrepreneurship neighborhood in honor of Mr. Parizeau would be in perfect symbiosis with the main achievements of the man. As Professor Guillaume Rousseau, Vice President of the SNE, recalled "He who was nicknamed" Monsieur "played a fundamental role in the modernization of the Quebec economy and the emergence of what one would describe later as "Qu bec Inc. ". That's why we had the idea to add the name of Jacques Parizeau to a building dedicated to economic development. "

As a senior officer of the State, he contributed to the nationalization of electricity, the creation of the R gie des rentes, and the establishment of the Caisse de depot et placement du Quebec, today an international institution rivaling the greatest. Moreover, it was under his reign that the Ministry of Finance of Qu bec Stock Savings Plan and the Solidarity Fund of the Federation of Workers of Quebec (FTQ) were created, two initiatives that confirmed the rise of French capitalism in Quebec.

For the president of the SNE, Mr. Etienne-Alexis Boucher, there's no doubt: the City of Sherbrooke must seize the opportunity of the creation of an entrepreneurship district to honor one of the fathers of modern Quebec: "When studying the history of Quebec since its foundation, one quickly comes to the conclusion that few men and women have had as much impact on the evolution of Quebec as Mr. Parizeau. By his bold policies, he contributed in an exceptional way to the construction of modern Quebec, including its economy. The creation of an entrepreneurship neighborhood is a golden opportunity to underline his memory and his contribution to our society. "

ANDR ANNE LAROUCHE.  
SOCI T  NATIONALE DE L'ESTRIE

## THE RECORD

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## HELPING TEENS RANT – THE RIGHT WAY

## Bad dogs or bad owners?

By Jacob Gilbert

Have you ever stopped and wondered how certain dog breeds got such a bad name?

Well to answer that shortly, it's the owners who have been giving them a bad image. All around the world there are many people who think that certain dog breeds are dangerous and I am here to convince you that this is not true. I will be talking about how humans compare to dogs, why some breeds are considered aggressive, and how people should be more educated about dogs.

Why are dogs blamed for their bad behaviour? If a kid is doing really well in school and has been for a long time and then all of a sudden their grades start to drop, the teachers begin to investigate. And most of the time the cause for this drop in success is that something is going on at home. So why aren't we doing the same thing for dogs? If a dog has never done anything bad in its life and then they attack someone once, it's straight away blamed on them? Do the

people deciding this ever stop to think that the dog's owner has been abusing them? Or maybe the dog has recently been around a lot of violence or has been involved in dog fighting?

There are so many possibilities for why the dog is behaving how it is and yet the person deciding what to do almost always goes straight for "it's an aggressive breed" or something along those lines. I do realize that some dogs, like some humans, are more aggressive than others but just because a dog is a certain breed doesn't make it an aggressive or dangerous dog.

Also, certain dog breeds have a more aggressive and mean physical appearance that attracts the wrong kind of owners. Rottweiler's, Pit bulls, Doberman Pinchers and Boxers tend to be the kinds of dogs that people consider dangerous breeds and in some countries the breeding of Pit Bulls is even illegal. No matter their looks, these dogs are all very loyal breeds. The main reason for the amount of people attacked by these breeds is because they are raised by the

wrong type of people, such as drug dealers. These people choose the most aggressive-looking dog and train them to protect them no matter the cost or train them as a weapon and usually mistreat them. There should be a more thorough investigation on the dog's owner and how the dog is being treated before straight away blaming the dog. And if the owner is guilty, then I believe that they should be punished severely.

I am very glad that some countries are finally giving out harsher sentences to bad dog owners but many countries still have a long way to go. No matter if the country has adopted harsher sentences, many of its citizens still believe that the dog is always at fault. I believe that everyone should be educated on why dogs might act the way they do and that it's not a matter of the breed, but the owner or in some cases behavioural issues. I believe that schools should be teaching kids about this, not for long but enough for them to understand. Also, things like advertisements on television and the internet that give you a

little bit of information would be good because many people use both of these things.

Honestly, by now I would think that people would realize that dogs aren't born bad, just like people aren't born criminals. They are raised in the wrong type of environment by the wrong kind of people and make some bad choices that get them into trouble. But with dogs they don't just go to jail for a while, they pay with their life. Why is it like that for dogs and not for humans? Is it because we think that an animal's life is worth less than our own? Because if that's the case then I think people should start thinking a little bit differently. In my opinion, this is the exact same as people stereotyping religion or race. Just because you practice a certain religion doesn't mean that you're automatically a bad person so why should being a certain breed of dog make them dangerous?

## Body image pressure

By Katelyn Lacasse

It was always that girl standing in front of the mirror asking myself, "Does this make me look fat? Are people going to judge me? Should I eat less? Do I have to go to school? Will I ever fit in size small?" Just imagine being a girl with very low confidence.

There is way too much pressure on females to have the "perfect" body.

There is so much pressure in today's society to look like the girls on the cover of the magazine, but they are all airbrushed, used special lighting and got hours of makeup done. It just sets high unrealistic expectations for young girls. Celebrities are always on strict diets or take unsafe weight loss pills. Therefore, that influences teens to try these things

when it's not necessary and can lead to serious health issues. As People magazine says, "Teens are surrounded by images of celebrities who are painfully thin." Most teens look up to their idols; it shows them that your body image is more important than being happy and healthy. Some celebrities out there help teens and children with health problems because they have been in the same situation as them. Demi Lovato, for example, is a very inspirational celebrity.

Bullying can happen at any age or any weight, but when body image comes into play that's a different story. Overweight or even underweight adolescents tend to be at a higher risk. Many teens escape these things by eating disorders. Bullying can lead to more things than just eating disorders, like depression or

even self-harming. Being teased because of your weight is called "weight teasing." These teens feel trapped, alone and helpless. Developing "a better body image can help conquer the battle of being bullied."

The fashion industry puts out unrealistic images of how women should dress or look. These images are seen throughout our everyday lives, through media and advertisements. It's hard to escape them. For example, the clothing store Abercrombie and Fitch, a very popular clothing store, decided that they will not design or sell women's clothes in anything larger than size 10. The average woman's size in the U.S. is 14. "We don't want oversized women wearing our brand." They only want "the cool kids" because apparently plus-sized women can't

be apart of that group. When teens see things like this it just brings down their self-esteem and confidence. On the other hand, the company H&M just introduced a plus-sized model to wear their latest swimwear. No matter what brand or size you wear, you're perfect the way you are.

These are three of the major topics underneath body image but confidence is a part of all of them. Confidence is the key to life. Girls aren't the only people who face body image problems. Guys do too but females are more affected by it. Girls shouldn't be afraid to go to school and fear to get judged. Girls should be confident because we are all beautiful in our own way.

## Liberal MPs

CONT'D FROM PAGE 6

His daughter is finishing her engineering degree in Ottawa. She, like papa, has her aircraft pilot's license.

Co-incidentally, another Liberal with a pilot's license unexpectedly landed on Parliament Hill last October. But for David de Burgh Graham, 35, the Hill was far from terra incognita. In fact, Graham, who took Laurentides-Labelle from the NDP by less than 1,500 votes, had worked for three Liberal MPs since 2009.

He says he always considered the riding to be winnable "if you do the work," but "never saw myself winning in 2015 ... maybe in 2019. To me it's a long game; I'm going to win either this time or next time."

Graham, had been a technology journalist before coming to the Hill, as well as a rail fan with a website dedicated to train photos. He sees himself "first and foremost a rural MP," whose riding in-

cludes "43 municipalities and is four times the size of P.E.I." He is a member of the newly created Liberal rural caucus, where a big issue is Internet access. Graham sees it as essential to retaining youth in that part of the country.

"I'm lucky in that I'm one of the few rookies who knew what he was getting himself into because of my time on the Hill, so there was no great surprise. My wife, on our first date, I took her on a tour of Parliament Hill, so it was no great surprise for her either; this is the life that I have."

It's a life that Graham and Lemieux, and three dozen or so other new Liberal MPs worked hard to be ready to embrace should opportunity knock, as it did a year ago in the person of Justin Trudeau. But, launched unexpectedly to power aboard the Trudeau rocket, these MPs know better than most that what goes up inevitably comes down. Ask the NDP MPs they beat.

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# Ottawa warned about law that stripped some Canadians of citizenship: advocate

By Geordon Omand  
THE CANADIAN PRESS

The Canadian government was aware and warned repeatedly years before an arcane law began stripping longtime Canadians of their citizenship, says a man who spent decades lobbying for change.

Bill Janzen, the former head of the Mennonite Central Committee's office in Ottawa, said he and his colleagues met with the federal government throughout the 1980s and 1990s to find a fix to the so-called 28-year rule.

The provision was part of a 1977 law that automatically removed citizenship from people born abroad to Canadian parents who were also born outside the country.

"The government holds a big responsibility for this," Janzen said. "They've created a mess."

The law applies to people born between Feb. 15, 1977, and April 16, 1981, no matter how quickly after their birth they moved to Canada. It was rescinded in 2009, but the change didn't apply retroactively.

The only way to prevent the automatic loss of citizenship was to apply to

retain it before the age of 28 — a detail legal experts contend the government failed to adequately communicate to those affected.

Janzen said he has heard numerous stories of people going to citizenship officials and being told they had never heard of the law.

"They said, 'Don't worry about it. Go home and enjoy Canada. ... Once a Canadian, always a Canadian,'" Janzen said, noting that officials often pointed out the absence of any expiry date on their citizenship cards.

"It happened again and again and again."

Janzen has helped more than 180 people navigate the expensive and time-intensive process of regaining their citizenship over the years. So far, 160 requests have been approved.

Immigration Minister John McCallum could not be reached for comment, but a spokeswoman for Citizenship and Immigration Canada said in an email the government advised those affected "when possible" of the need to apply before the age of 28 to retain their citizenship.

"As we do not have data on the number of individuals who might have been

impacted, we were unable to advise people systematically," Sonia Lesage wrote, adding that the number of people who remain affected is "very small."

Lesage said the immigration minister has discretionary authority to grant citizenship in "cases of special and unusual hardship" and she encouraged anyone who thinks they might be affected to contact the department.

Pete Giesbrecht knows the fear, frustration and embarrassment of having his citizenship evaporate without warning.

The 37-year-old man was called to the police station one morning last November in a small community in southern Manitoba and abruptly told by immigration officials he would be deported unless he voluntarily left the country within 30 days, he said.

Giesbrecht was born in Mexico but in 1990 at about the age of eight he moved to Canada, where he grew up, got a job, paid taxes, married a Canadian woman and fathered three children. He doesn't speak Spanish.

Sponsored by his wife, Giesbrecht now has a permit allowing him to work in Canada and is partway through the process of becoming a landed immigrant. But hiring an immigration lawyer to fight his initial deportation order and applying for the necessary paperwork wasn't straightforward or cheap, he said.

"I've spent \$7,000 so far," he said, adding that he feels let down by the only country he's ever called home.

"It burned. It burned a lot. I was extremely embarrassed," he said. "Word spread like wildfire."

Janzen said cost is a big challenge for many of the people caught by the 28-year rule, some of whom are "desperately poor."

"If your basic legal status is not settled, it's so paralyzing," he said. "For some of them, they've known there's a problem and they've not known how to solve it (so) they've lived under the wire

secretly. That's no way to live."

While other cases do exist, the issue appears to have had a disproportionate impact on Canada's Mennonite community.

James Schellenberg of the Mennonite Central Committee described many of those affected as descendants of Mennonites who, by and large, left Canada in the 1920s for Mexico, Paraguay and elsewhere in Central and South America.

Starting in 2003, two years before the first of those who were affected began turning 28, Mennonite officials put advertisements warning of the law in newspapers popular among Mennonites.

Some people inquired at immigration offices but officials told them not to worry, said Marvin Dueck, an Ontario-based immigration lawyer who has worked on about 50 lost-citizenship cases.

"Once a Canadian, always a Canadian. That was a common response," Dueck said. "And once a government official says that, why should they trust the Mennonite Central Committee?"

Stefan Janzen of Surrey, B.C., was caught by the 28-year rule but was able to regain his citizenship after years of work.

"Everyone I talked to seemed very confused. They didn't know what exactly was going on," he said. "They thought I was a citizen but they weren't quite sure."

After being directed to file the incorrect paperwork, Janzen eventually made the correct application and had his Canadian status restored at a citizenship ceremony in June 2013.

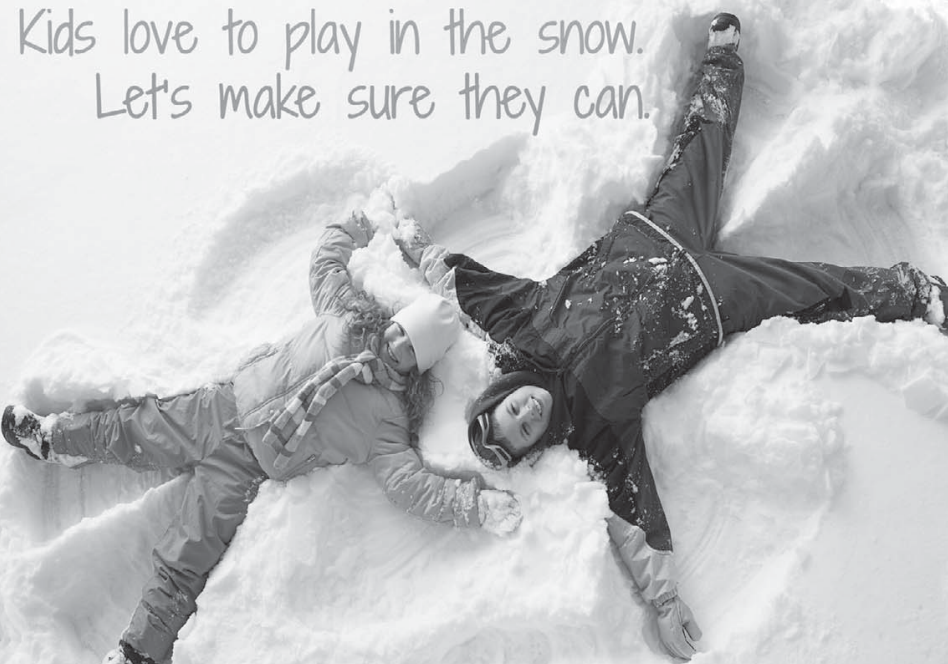
Instead of using a landed-immigrant card to sign in like all the other soon-to-be Canadians, Janzen raised some eyebrows when he presented his Canadian passport.

He said he wants the government to find a solution and notify those affected.

"With technology and computers, they should be able to go through a list and figure out who's in this."

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# Local Sports

Against the Titans, the Phoenix got a standout performance from Anderson MacDonald who scored his first career QMJHL hat-trick in front of a rowdy group of hometown fans.

## MacDonald's hat-trick highlight of Phoenix's Thanksgiving weekend

By Dylan Konecny

The Phoenix had a jam packed weekend over the Thanksgiving holiday, playing three games over four days. Sherbrooke had some success early on outscoring the Titans 5-3 last Thursday night for their annual Breast Cancer Awareness game. Against the Titans, the Phoenix got a standout performance from Anderson MacDonald who scored his first career QMJHL hat-trick in front of a rowdy group of hometown fans.

The next day had the Birds traveling to Montreal for a Friday night match against the Blainville-Boisbriand Armada. Despite a strong effort, Sherbrooke was shutout by goalie Samuel Montembeault as the Armada went on to a 3-0 victory.

In their final game of the holiday weekend on Sunday, the Phoenix hosted their second Maritimes division opponent. The Saint John Sea Dogs came to Sherbrooke and after a tightly defensive

first period that had no scoring, both teams combined for five goals in the third period as Sherbrooke came up short 5-3. The goalie duel in the game between Evan Fitzpatrick and Alex D'Orio had a bit of a friendly rivalry to it. Fitzpatrick when playing for the Phoenix, billets with D'Orio's family and was the Sea Dogs goalie's billet brother last year, while Alex was playing with the Magog Cantonniers.

Tonight the Phoenix host their division rival Val-d'Or from the Abitibi region. The Foreurs are 5-3 on the season so far and their leading scorer has been François Beauchemin with four goals and six assists. Macdonald has been stellar early on in his rookie campaign for the Phoenix. After six games the New Brunswick native is tied for the league lead in goals with eight so far on the year. Puck drop against the Foreurs is set for tonight at 7 pm at the Palais des Sports in Sherbrooke.



VINCENT LEVESQUE ROUSSEAU

Anderson MacDonald celebrating one of his three goals against the Acadie-Bathurst Titans Thursday night.

## MVHS awards two athletes of the month

By Nate Forster  
Athletic Director -MVHS

The Massey-Vanier High School sports year started off with a bang with a total of 92 athletes compet-

ing on 6 soccer teams and 35 students competing in cross-country with a total of 8 volunteer coaches. A jam-packed soccer schedule started on September 13 and will run until the last weekend in October. Two Cross-Country events were

held in September, including a well organized event at MV, with at least three more scheduled in October. Two athletes stood out in September and were rewarded as Athletes of the Month.

Kaylee Jacobs was awarded female athlete of the month for her stellar play on the bantam girls soccer team. In four September games, she scored 4 clutch goals, including a hatrick (3 goals) against Stanstead College. Dylan Heath-Mahood; a senior Cross-Country runner; competed in two events and crushed the competition winning 2 gold medals adding valuable points towards the ETIAC banner and adding male athlete of the month to his winnings. Congratulations!

Coming up in October is another jam packed month of soccer and cross-

country with both sports ending before the outside weather turns frigid. Next up, starting in November is hockey, basketball and hopefully the return of a wrestling team.



**Dates to remember:**

- Oct. 24 & 26, Senior Soccer semi-finals and finals
- Oct. 29, Junior & Bantam soccer playoffs in Lennoxville
- Nov. 4, Gilkinson Memorial Hockey Tournament at MV
- Nov. 5, Fundraiser for MV Athletics in Foster, Qc "Pig Roast"
- Nov. 19, Blumenfeld Basketball Homecoming

For more information on upcoming events, contact Nate Forster, MV Athletic Director, forstern@edu.etsb.qc.ca

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COURTESY

Left to right. Nate Forster, director of athletics. Kaylee Jacobs, female athlete of the month. Dylan Heath-Mahood, male athlete of the month.

# Datebook

TUESDAY, OCTOBER 11, 2016

Today is the 285th day of 2016 and the 20th day of autumn.

**TODAY'S HISTORY:** In 1779, Polish nobleman Casimir Pulaski died from wounds he suffered while fighting for American independence in the Revolutionary War.

In 1890, the Daughters of the American Revolution formed.

In 1975, "Saturday Night Live" debuted on NBC.

In 2002, former president Jimmy Carter was awarded the Nobel Peace Prize.

**TODAY'S BIRTHDAYS:** Eleanor Roosevelt (1884-1962), first lady/writer/diplo-

mat; Elmore Leonard (1925-2013), novelist; Daryl Hall (1946-), singer-songwriter; David Morse (1953-), actor; Steve Young (1961-), football player; Joan Cusack (1962-), actress; Artie Lange (1967-), comedian; Jane Krakowski (1968-), actress; Emily Deschanel (1976-), actress; Matt Bomer (1977-), actor; Terrell Suggs (1982-), football player; Michelle Trachtenberg (1985-), actress; Michelle Wie (1989-), golfer.

**TODAY'S FACT:** In 1910, Theodore Roosevelt became the first president (he was a former president at the time) to fly in an airplane, at Kinloch Field in St. Louis. He rode as a passenger for a four-minute flight in a plane built by the Wright Brothers.

**TODAY'S SPORTS:** In 1890, John Owen ran the first recorded 100-yard dash that broke 10 seconds.

**TODAY'S QUOTE:** "I always felt, you don't have a good time doin' crime, you may as well find a job." — Elmore Leonard, "Raylan"

**TODAY'S NUMBER:** 16 — "Saturday Night Live" guest host appearances by actor Alec Baldwin, the most ever. Dave Grohl has the most appearances by a musical guest on the show, with 11 appearances as a member of Nirvana, the Foo Fighters and other musical acts.

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

## Death



**Elizabeth Mary LARRABEE**

Peacefully at Dufferin Oaks on Wednesday, October 5th, 2016 at the age

of 79. Beloved wife of the late Brendan Wayne Larrabee (2015); Dear mother of Terrance, Dina and her husband Robert Preston and Nicki Dymont. Cherished grandmother of Aaron, Raquel, Shaelin and Shonn. Remembered by siblings Richard (Marjorie), Nelson (Bonnie), Sylvia (Bob) and Holly. Predeceased by her sister Rosemary (Lyle). Elizabeth will be greatly missed by other relatives and many friends.

A private family service will take place at Greenwood Cemetery, Orangeville.

As expressions of sympathy memorial donations to the Alzheimer Society or the Parkinson Society Canada would be appreciated by the family. Online Condolences and Donations can be made at: [www.imfunerals.com](http://www.imfunerals.com)

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## Spreading the news about nut butters

**FROM CONSUMER REPORTS(R)**  
By the editors of Consumer Reports

Your choices in nut butters are a lot more interesting these days; no longer are "creamy" and "crunchy" peanut butter your only options. In the past six months, 28 percent of consumers said they had purchased spreads made from almonds, cashews or other nuts or seeds, according to Mintel, a market research firm.

One reason for the interest is that people tend to assume that the other butters are a better source of filling protein than pedestrian peanut varieties, according to Consumer Reports. But they're not. Two tablespoons of peanut butter have 7 grams of protein; the same size serving of cashew or almond butter is 4 grams and 7 grams, respectively.

Are there other nutritional reasons to step out of your culinary comfort zone when it comes to nut butters? Absolutely. All nuts (and peanuts, which are legumes) have similar amounts of calories and fat, but each one has a different health benefit. Cashews, for instance, have more copper — which sup-

ports the immune system — than other nuts. One-fourth cup of whole cashews provides about 38 percent of the mineral you should get per day.

Almonds are rich in vitamin E, a potent antioxidant that helps protect the body from the type of cell damage that may lead to cancer and heart disease. They're also a decent source of bone-strengthening calcium. Just 2 tablespoons of almond butter provide 8 percent of your daily need.

A high calorie count — about 160 to 200 calories per ounce — is the one drawback of nuts. And in butter form, it's all too easy to spread or spoon on more than you should. But nuts help you feel full, and if you stick with the recommended 1 1/2 ounces of nuts or 2 to 3 tablespoons of nut butter per day, you'll get the benefits without going overboard on calories.

### Beyond Sandwiches

There's a simple, sublime pleasure in spreading nut butter on a piece of bread — try fig jam on toasted seven-grain — but Consumer Reports suggests these other culinary uses:

— Spoon 1 to 2 tablespoons into a

smoothie to add protein and help thicken it.

— Whisk almond butter with warm water and fiery Sriracha sauce for a zesty dip for veggies.

— Blend unsalted, unroasted cashew butter with lemon juice, fresh garlic, water, salt and pepper to make a rich and completely plant-based Alfredo sauce.

— Whisk it into soups and stews as a thickener. Consumer Reports suggests trying traditional African peanut stew recipes or adding almond butter to your favorite chicken or pumpkin soup.

— Swirl it into cooked oatmeal to add creaminess and make your cereal an even more stick-to-your-ribs, protein-powered breakfast.

— Make a Chinese takeout favorite, sesame noodles, at home using peanut butter. Combine it with soy sauce, sesame oil, a sprinkle of sugar, a little hot water and a pinch of red-pepper flakes. Toss with whole-grain spaghetti, chopped vegetables, and chopped chicken or tofu, and then garnish with sesame seeds and chopped scallion.

To learn more, visit [ConsumerReports.org](http://ConsumerReports.org).

## Ladies Auxiliary Branch #15 Richmond

On September 20, 2016 the Ladies Auxiliary held their first meeting following the summer break with an attendance of 20 members.

Meeting called to order at 7 p.m. with the opening ceremonies. Flags were presented by Cmdes Helen Knowles, Patsy Biggs and Linda Badger under the direction of Cmde Wendy Ridley, Sgt. at Arms.

Pres. Cmde Ann welcomed everyone and the Roll call was taken.

Minutes were read by Cmde Sec. Lucie and accepted.

Treasurer's report given by Cmde Treas. Dawn and accepted.

Correspondence, as usual, consisted of "Thank-you" notes and request for donations.

### Report of Committees

Health and Welfare: Cmde Ann - no report.

Kitchen - Cmde Phyllis reported the kitchen had been cleaned.

Membership - Cmde Elsie informed us that we have 63 members.

Publicity - Cmde Mildred had nothing to report.

Plans were made for the Friday Tea at the Wales Home on the 23rd and for the Card Party on the 22nd.

Special Committee - Cmde Ann Nixon will be busy getting snacks for the Regional School and a financial donation was given to the St. Francis cafeteria

Bills were presented and paid.

Donations were given to various requests received.

Pres. Cmde Ann thanked everyone for their help over the summer months in all the events.

No further business, meeting was adjourned, closed in the usual manner and Colours retired.

I would like to add that we have lost a most valuable member, not only of the Legion but numerous organizations, in the passing of Cmde Marge Lancaster. She will be greatly missed.

Half and half was won by Cmde Ann Nixon. Congratulations.

*In Comradeship,  
Cmde Mildred E. Holliday P.P.*

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Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [clasad@sherbrookerecord.com](mailto:clasad@sherbrookerecord.com) - They will not be taken by phone.

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# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## EUSTIS

500 card party to be held at the Eustis Hall on Friday, October 14 at 1:30 p.m. Lunch to be served. Everyone is welcome.

**LENNOXVILLE/WATERVILLE/NORTH HATLEY BLOOD PRESSURE CLINIC** - Lennoxville & District Community Aid will be offering free blood pressure clinics at the following dates and locations: **LENNOXVILLE:** At Community Aid's office 1:30-2:30 pm 164 Queen, suite 104, Tuesday, October 11, 2016. **WATERVILLE:** At the Town Hall 10:00-11:00 am Tuesday, October 11, 2016. Please watch for our monthly advertisement in the local newspapers.

## LENNOXVILLE

Uplands is very pleased to help celebrate the 25th Anniversary of the Lennoxville Art Group with a "Retrospective" show in our Art Gallery. This group of local artists, presently comprising 24 women and 1 man, began meeting in 1991. With most of the works for sale, 24 of the 25 members will be exhibiting, each having carefully selected one piece from among their many creations. The exhibit will be in place until October 30, 2016. Uplands, 9 Speid Street (borough of Lennoxville) is open Wednesday to Sunday from 1 to 4:30 p.m. Info: (819) 564-0409.

## NORTH HATLEY

Saturday, October 22 at 3 p.m. at St. Elizabeth's Church (3115 Capelton Road): ESTRIA presents Eastern Townships musicians Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Christiane Lampron (viola) and Tristan Longval-Gagné (piano), in a program of duos and trios by Mozart, Weber, Schumann and Klughardt. Admission charged. Tickets can be reserved by contacting Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec. More information at www.sainteelisabeth.ca

## SHERBROOKE

Sunday, October 23 at 3 p.m. at the Uplands Cultural and Heritage Centre (9 Speid St.): ESTRIA presents Eastern Townships musicians Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Christiane Lampron (viola) and Tristan Longval-Gagné (piano), in a program of duos and trios by Mozart, Weber, Schumann and Klughardt. Admission charged. Traditional tea following concert (small charge for tea). Reservations are mandatory as space is limited. Contact Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca to book your tickets. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec. More

information at <http://uplands.ca>

## LENNOXVILLE

Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, October 12 at 1:30 p.m. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067.

## LENNOXVILLE

Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, October 12 at 7:00 pm. Meetings now held downstairs.

## LENNOXVILLE

The next meeting of the Canadian Federation of University Women Sherbrooke & District (CFUW) will be held on October 12 at the Amédée-Beaudoin Community Centre, 10 Samuel-Gratham St. in Lennoxville. The general meeting will be held at 7 PM followed at 8 PM by a presentation entitled: Women and Finance. The topics are 1. The economy today and its impact on our investments, 2. Concepts in Financial Planning, and 3. The advantages of Charitable Donations. During this session there will be an opportunity to register for more free workshops and obtain a Personal Records Organizer to help you get your financial house in order. Q&A session will follow. The public is invited to attend this free presentation. Reservations are not necessary. The Centre is wheelchair accessible.

## AYER'S CLIFF

Fall Roast Beef Supper on Saturday, October 22, to benefit Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5:00 p.m. and 6:30 p.m. Come and enjoy a delicious meal of Roast Beef with homemade gravy and horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies. To reserve your tickets please call Wendell Cass 846-7180 or Dean Young 838-5815. Admission charged and everyone is welcome!!

## IVES HILL

Annual Turkey Supper and prize - giving of Sherbrooke - Compton Plowing match on Friday, October 14 at Ives Hill Community Hall at 7:00 p.m. RSVP before Tuesday, October 12 by calling Felicia Kirby 819-572-2413

## RICHMOND

The Richmond County Historical Society Harvest Luncheon will be held on Sunday, October 23 at noon at Le Temps des Cerises Restaurant, 79 du Carmel St., in Danville. A delicious meal will be served and special certificates to long-term property owners will be presented. Following our "Women in History" theme, our special guests are women that are viewed as pioneers in the community, and will share some of their wisdom garnered through experience. Admission charged. For reservations, please call Don or Esther at 819-826-2793 by Tuesday, October 18. Cancellations should be made 48 hours before.

## MAGOG

Wednesday, October 19, 10 a.m. to 12 p.m., join Townshippers' Association for a free interactive videoconference on anxiety and panic attacks hosted at the Memphrémagog Community Learning Center (CLC), at Princess Elizabeth Elementary School, 120 Bellevue, Magog. Info: Townshippers', Debbie Bishop,

db@townshippers.org, 819-566-5717. A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

## LENNOXVILLE

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser on Thursday, October 20, 4:30 p.m. to 7 p.m., in the school cafeteria (1 Academy St., Lennoxville). A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert. Admission charged, family price. A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes and support L.E.S. student's activities!

## LENNOXVILLE

The Hut's 16th Annual Country Music Awards will be held on Saturday, October 15. Come join us and many local musicians from 1:30 p.m. for music and dancing (1:30 p.m.-4 p.m. is Old Time Country). Recipients: Dave McBurney, Gordie Smith and Terry Sutton. Admission charged. Kitchen will be open into the evening. For more information: 819-346-9122. 300 St. Francis, Lennoxville.

## SHERBROOKE

Sherbrooke Women's Connection meeting on October 18 at 9:30 a.m. at the A.N.A.F. Unit #318 (The Hut), 300 St Francis St., Sherbrooke. We will hold our annual "Fall Fair" and Silent Auction. Special music by Heidi Maegerlein from Germany and speaker Donna Lamothe via video. Admission charged. For info call Pauline at 819-563-8061.

## BROOKBURY

Pot-luck Supper and Silent Auction at the Centre Communautaire de Brookbury, 571 Route 255, Bury, on Saturday, October 15 at 5:30 p.m. Entertainment by Bob Coates. Info: Brenda at 819-884-5984.

## LENNOXVILLE

Bibliothèque Lennoxville Library. Adopt-A-Book, Adopt - A Hole in the Ground with Ross Murray. Come to Lennoxville Library, 101 Queen St., Lennoxville (Sherbrooke), on Wednesday, October 12 at 5:30 p.m. for our annual Adopt-A-Book fundraising event AND book launch (re-launch) by the Townships' very own Ross Murray! Info. 819-562-4949.

## EATON CORNER

Stop by the Eaton Corner Museum's Foss House on Saturday and Sunday, October 15 and 16, from 1 to 4 pm for the season's closing reception and final look at the show of original artwork by local artist Denis Palmer of Randboro. These unique and outstanding ink and watercolour paintings illustrate the historic settling of the Townships, and were used as part of our permanent exhibition, Tales of the Townships. For more information, contact the Museum, 819-875-5256, or through our website [www.eatoncorner.ca](http://www.eatoncorner.ca).

• • •

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

# Cutting ties because of a problematic wife

TUESDAY, OCTOBER 11, 2016

## Annie's Mailbox

**Dear Annie:** Sadly, my brother isn't speaking to me. He is married with two children, 17 and 15. I have been part of their life, although it has been difficult. His wife is from a different country. Her family is all back there. She sabotages all efforts I make to see her children and has told me that my children and I are dead to her. They didn't come to my daughter's wedding and did not allow the children to come.

We have never done anything to upset them; however, I have been told I am not a good sister-in-law because I didn't live up to what she felt I should do. I worked full time, went to school and raised my girls while her children were young. She said she expected me to baby-sit and spend a lot of time with them. I have tried to contact the kids, but my

brother says to not contact them. He has cut ties with everyone in our family, including his other siblings. My mother had serious health issues, and he does not allow his kids to see her. I think that his wife has mental health issues and that it is calmer when he does not have to deal with family. Any suggestions on keeping their children in our lives, or do we wait until they are older? — Hurting Aunt

**Dear Hurting:** If your sister-in-law's concern really were that you didn't spend enough time with her children, then why would she ban you from their lives? It sounds as if she indeed has severe anger or anxiety issues and would settle on anything to resent; for now, that's you and your

relationship with her children, but if it weren't that, it would be something else. It's disappointing that your brother has allowed his wife's mental illness to dictate their entire lives. He's in deep.

Your niece and nephew are probably aware that their grandmother isn't well, because people that high-strung fill whole households with tension. It would be good for the children to have healthier family members in their lives, and you should make an effort to give them that. But wait until they are 18. If you reached out to them now, it would only make your brother and his wife angry, and your niece and nephew are stuck living with that stress.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

### CELEBRITY CIPHER

by Luis Campos

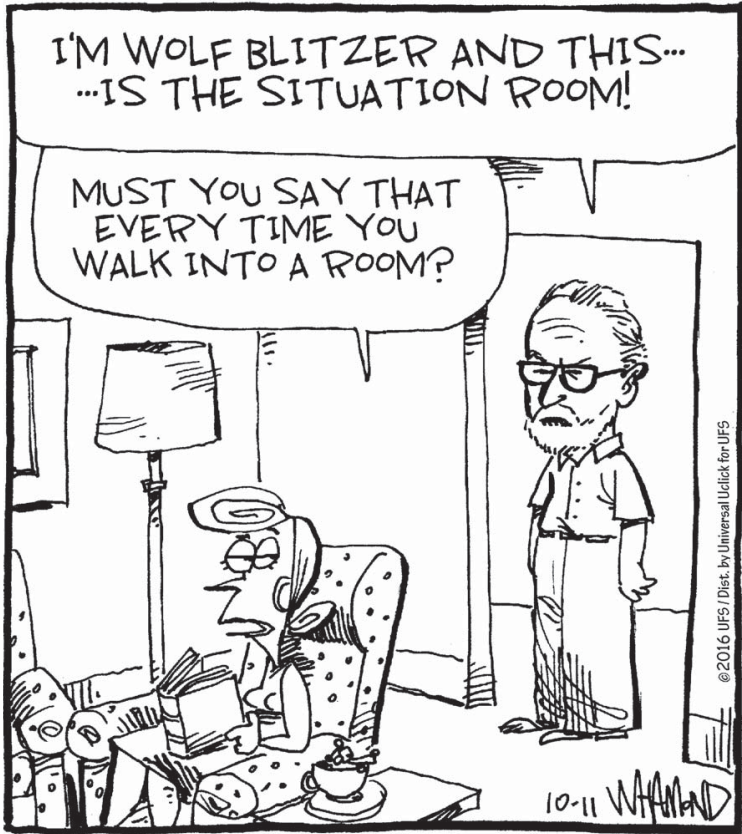
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ HRNU GNSH SR WURC TK T MNPTA  
 IZFAW TAG DZZEFAW HRNU MNPFOFSH  
 FK PNVM PRUZ FPERUSTAS SMTA HRNU  
 PNKFV VTUZZU.” — LNTA WTIUFZO

Previous Solution: “The greatest discovery of all time is that a person can change his future by merely changing his attitude.” — Oprah Winfrey

TODAY'S CLUE: M equals C

### REALITY CHECK



HERMAN

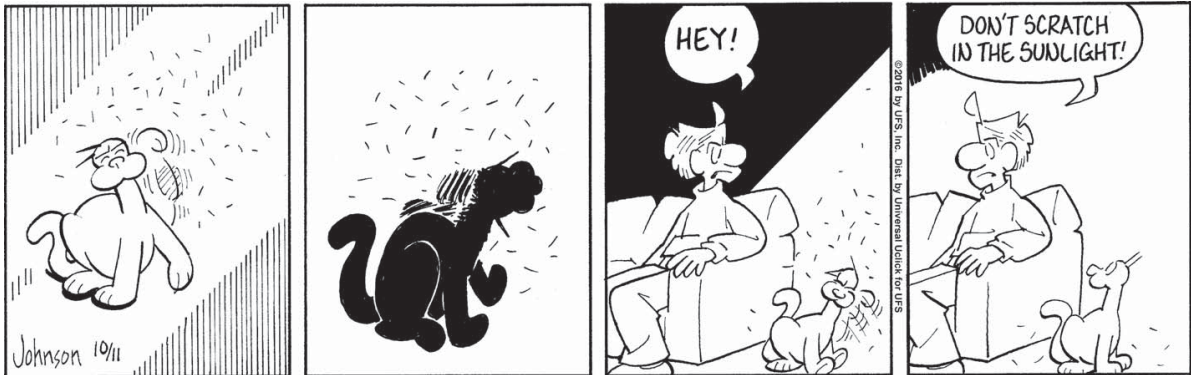


“Your mother left her teeth in our bathroom. They’re just now starting to slow down!”

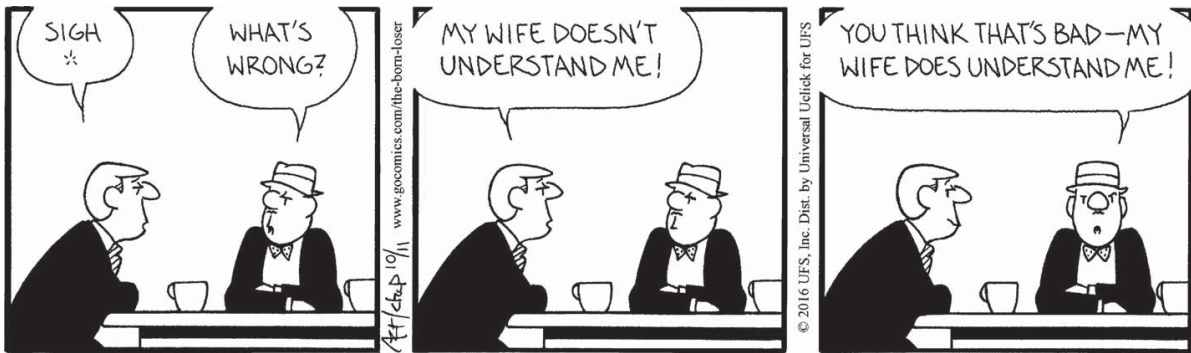
### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



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Diabetes Québec  
 Information and donations:  
 (514) 259.3422 or 1.800.361.3504  
 www.diabete.qc.ca

REACT NOW!

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, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

# CLASSIFIED

001 Property for Sale



**Make your classified stand out**, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

100 Job Opportunities

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

290 Articles For Sale

**TEMPO TREADMILL**, only 50 hours use, like new, \$300. 2003 Pathfinder, lots of new parts, snow tires. Call 819-847-3262.

440 Miscellaneous

**FINANCIAL SERVICES.** Credit700.ca \$750 loans or more. No credit check - same day deposit. Toll free number 1-855-527-4368. Open 7 days from 8 am to 8 pm.

190 Cars For Sale

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

035 For Rent

**CLASSIFIEDS ONLINE!**  
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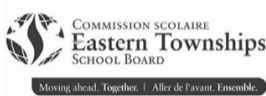
100 Job Opportunities

**DO YOU HAVE** 10 hours per week to turn into \$1500 per month using your PC and phone? Free info: www.BossFree123.com

**Looking for a job or qualified personnel? Consult our Classified ads!**

100 Job Opportunities

100 Job Opportunities



### PUBLIC NOTICE

In accordance with Article 286 of the *Education Act*, notice is hereby given that the Director General of the Eastern Townships School Board will submit the 2015-2016 financial statements and the auditors report to the Council of Commissioners at the regular meeting which will be held on October 25, 2016 at 7:00 p.m. in the Board Room located at 340, Saint-Jean-Bosco in Magog, QC.

Given in Magog, Quebec, this 11<sup>th</sup> day of October 2016.

Éric Campbell  
 Secretary General

### RATES

25¢ per word  
 Minimum charge \$7.00 per day Mon. to Thurs., \$8.00 on Fridays, for 20 words or less.

Discounts for prepaid consecutive insertions without copy change  
 3 to 20 insertions - less 10%  
 21 insertions - less 20%  
 #84 Found - 3 consecutive days - no charge  
 We accept Visa & MasterCard

**DEADLINE:** 12:30 p.m. working day previous to publication.  
 Classified ads must be prepaid.

### Thank You For Checking

Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

Do you have

# CASH

in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

**THE RECORD** 819-569-9525  
 450-242-1188

## Regular B12 injections counter effects of pernicious anemia

ASK DOCTOR K  
 By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** My new doctor recently told me I had pernicious anemia, that it had not been diagnosed by my old doctor and that his treatments would end my symptoms. What is pernicious anemia?

**DEAR READER:** The cause and treatment of pernicious anemia were discovered more than 80 years ago, here at Harvard Medical School. The discovery was honored with the Nobel Prize. Unfortunately, even today there still are people like you for whom diagnosis and treatment have been delayed. That's because, as I explain below, it can be a tricky condition to diagnose.

With pernicious anemia, vitamin B12 cannot be absorbed by the intestines. Your body needs vitamin B12 to produce healthy red blood cells. When it does not have adequate vitamin B12, your body does not produce enough red blood cells (anemia). Pernicious anemia also damages the brain, spinal cord and nerves, and can be fatal if not treated.

Pernicious anemia is an autoimmune disease in which the immune system mistakenly attacks some part of the body as if it were foreign. In pernicious anemia, the immune system makes antibodies against a normal substance in the gut called intrinsic factor (IF). IF is necessary for vitamin B12 in the diet to be absorbed into the body.

Symptoms of pernicious anemia tend to develop slowly and can be subtle. As the condition worsens, you may experience:

- weakness and fatigue;
  - lightheadedness and dizziness;
  - palpitations and rapid heartbeat;
  - shortness of breath;
  - a sore tongue with a red, beefy appearance;
  - nausea or poor appetite;
  - weight loss.
- The nerve damage can cause:
- numbness and tingling in the hands and feet;
  - muscle weakness;
  - irritability;
  - confusion;
  - depression.

A simple blood test can measure vitamin B12 levels. Since other conditions can also cause low vitamin B12 levels, additional blood tests are necessary to make the diagnosis of pernicious anemia. These include antibodies against IF, gastrin and pepsinogen.

Treatment involves replacing the missing vitamin B12 with regular injections of the vitamin. (Some people are able to use mega-doses of B12 in pill form, but treatment is usually by injections.) Your body will quickly produce new red blood cells, and your symptoms should begin to improve within 72 hours.

Once your B12 reserves reach normal levels, you will need vitamin B12 injections every one to three months. You probably will need injections for the rest of your life to prevent symptoms from returning.

I have high hopes for your recovery because pernicious anemia responds well to treatment. Before the discovery that it could be cured by vitamin B12 injections, many people died of the disease. Research here at Harvard and elsewhere has made it a curable disease.

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

## SUDOKU

Difficulty: 3 (of 5)

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

10-11-16

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### PREVIOUS SOLUTION

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

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

## URGENT



is **urgently** searching for carriers in and around **Sawyerville**

**(Routes can be divided)**

**Motorized carrier(s)** for Ch Sawyerille, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)

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

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

# Your Birthday

TUESDAY, OCTOBER 11, 2016

Consider what you want and how you are going to go about making your dreams come true. A realistic plan will help you succeed and encourage you to make changes that will help you grow mentally and spiritually. A lifestyle change will result in happiness.

**LIBRA** (Sept. 23-Oct. 23) — Take some time to get rid of possessions you no longer need and emotional baggage that is holding you back. This will help you release stress and allow you to move forward.

**SCORPIO** (Oct. 24-Nov. 22) — Put your personal obligations first. Make a focused effort to improve your relationship with loved ones. A physical change will boost your confidence. Sport a trendy new look.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Express your thoughts and ideas, but not your feelings. Someone could use your words against you out of jealous motives. Don't wait for positive change to happen, when you can be the instigator.

**CAPRICORN** (Dec. 22-Jan. 19) — Move forward with trepidation. You'll be given false information or saddled with an unpredictable party. Let your intuition be your guide. Problems will arise if you travel or have to deal with institutions.

**AQUARIUS** (Jan. 20-Feb. 19) — Be upfront and honest if you want to avoid a problem with a teacher, employer or peer. A misunderstanding will occur if you send the wrong message.

**PISCES** (Feb. 20-March 20) — Don't take someone else's words as gospel. Before

making a move, find out what is really going on. Someone may try to take advantage of your kindness and generosity.

**ARIES** (March 21-April 19) — Observe the actions of others, but reserve judgment and criticism. You'll get a better reaction and more opportunities if you make positive suggestions or offer to do the work yourself.

**TAURUS** (April 20-May 20) — Keep an open mind, and refrain from letting stubbornness stand between you and your success. A kind gesture will get you much further than trying to control others.

**GEMINI** (May 21-June 20) — A service or skill you can offer in a unique format will raise interest. Get in touch with groups that you feel are a perfect vocational fit for you.

**CANCER** (June 21-July 22) — Taking a short trip or participating in an activity or event will increase your knowledge as well as lead to a new opportunity. Romance is featured, but an emotional misunderstanding is likely to interfere.

**LEO** (July 23-Aug. 22) — Set high standards for yourself and others. If you do your best, you will reach your goal. Partnerships will require open and honest communication to ensure that they reach their optimum potential.

**VIRGO** (Aug. 23-Sept. 22) — Listen, evaluate and decide what you are going to do next based on facts. Your actions will speak volumes about the type of person you are and what you are capable of doing.

TUESDAY, OCTOBER 11, 2016

# The unlucky number needed to be lucky

By Phillip Alder

Jan Ehrenwald, a psychoanalyst and author, pointed out that a 13-year-old boy had tried unsuccessfully to teach a famous composer simple multiplication and division. Which composer?

In today's deal, South needs 13 tricks to get home in seven hearts. What should he do after West leads the spade king?

The bidding was aggressive by North. When South showed one ace and one king, North assumed it was the diamond king (based on West's unfavorable-vulnerability overcall) and plunged into seven. (Users of Roman Key Card Blackwood have an advantage here because after South shows his ace, his six-diamond bid announces that king and denies the club king. Showing specific kings is an excellent idea, even in regular Blackwood, when you have a known trump fit.)

It is very easy to assume favorable breaks here. But how can South get home with trumps 4-0 and diamonds 4-1?

Declarer has only 12 top tricks: one spade, five hearts, three diamonds and three clubs. If trumps break well, he can claim. However, if the breaks are bad, declarer needs to take two ruffs in his

				North	10-11-16
				♠	A 8
				♥	A K 7 4
				♦	Q 6 3
				♣	A K 5 2
West			East		
♠	K Q J 10 7 6 2		♠	9 4 3	
♥	—		♥	10 9 8 5	
♦	J 10 8 2		♦	9	
♣	9 4		♣	J 10 7 6 3	
				South	
				♠	5
				♥	Q J 6 3 2
				♦	A K 7 5 4
				♣	Q 8
Dealer: South Vulnerable: East-West					
South	West	North	East		
1♥	3♠	4NT	Pass		
5♦	Pass	5NT	Pass		
6♦	Pass	7♥	All Pass		
Opening lead: ♠ K					

hand.

He wins the first trick on the board and plays a heart to his queen, seeing West discard a spade. Now comes a diamond to dummy's queen, a spade ruff in hand, the club queen, a club to dummy's king, a club ruff in hand, all of the remaining trumps, and claim.

Ehrenwald was talking about Ludwig van Beethoven.

# CROSSWORD

**Across**

- 1 \_\_\_ and flows
- 5 Stepped heavily
- 9 \_\_\_ Rica
- 14 Pitcher's goof
- 15 Inflatable mattress prefix with Bed
- 16 Colorado ski mecca
- 17 Muslim denomination
- 18 Not fatty, as meat
- 19 Lease again
- 20 \*Artsy Lower Manhattan neighborhood
- 23 Car owner's premium pmt.
- 24 American of Japanese descent
- 25 Dieter's catchword
- 27 Sweat unit
- 30 Originates (from)
- 33 Like morning grass
- 36 Title for Doubtfire or Dash
- 38 Site of Arizona's Red Rock State Park

- 39 Rocks in bars
- 40 Set in a den, slangily ... or, initially, what can be found in each answer to a starred clue
- 42 Gratuity
- 43 Dessert with a cherry
- 45 Refreshing retreat
- 46 Wines that usually go well with beef
- 47 \_\_\_ seat: advantageous spot
- 49 In couch-potato mode
- 51 France dance
- 52 Up to one's ears (in)
- 56 Architect I.M. \_\_\_
- 58 \*Drug bust calculation
- 62 Throat ailment
- 64 Modest skirt
- 65 Writer Jaffe
- 66 Video game pioneer
- 67 Region
- 68 Sullen

- 22 Turns sour
- 26 Help
- 28 UMass town
- 29 Hip-hop Dr.
- 31 Oklahoma's "Wheat Capital"
- 32 Drains of strength
- 33 Phonograph record
- 34 Quito's country: Abbr.
- 35 \*Became a YouTube sensation
- 37 N.Y. and Calif.
- 40 Dramatic downturn
- 41 Wire service letters
- 44 Corporate alias abbr.

- 46 Bounty hunters' goals
- 48 Of the skin
- 50 Where a Brit may powder her nose
- 53 Unlikely to get excited
- 54 Dawn
- 55 Listened to
- 56 "This is your brain on drugs" ads, briefly
- 57 Singer James
- 59 Irish name for Ireland
- 60 Xanadu
- 61 Spanish aunts
- 63 Suffix with ranch

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

- 69 Makeover place
- 70 Camera attachment
- 71 Bay Area cop gp.

**Down**

- 1 "Barnaby Jones" actor Buddy
- 2 Persian faith
- 3 Utter joy
- 4 Glide past on the ice
- 5 Anklebones
- 6 Movie spool
- 7 Verbal
- 8 Name on a Trump card?
- 9 Untroubled
- 10 Suffix with fruct-
- 11 \*Panel decision that's not unanimous
- 12 "The Hunger Games" extra
- 13 Picnic invaders
- 21 "C'est la \_\_\_!"

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## Bulwer Golden Age Club

October 04 - 83 members met at the Bulwer Community Center for a fun afternoon of games (500, cribbage, Skip Bo and carpet bowling).

We started playing at 2 p.m. There were 8 tables of 500, with Marion Annesley having high score of 4340, second place was Linda MacLeod with a score of 4020 and low score was Caroline Marion for the women. For the men, first place was Stan Brown with 5620, second place went to Len Swallow and low score for the men went to George Peasley with 2120. Now on to Skip Bo: Beverley Cote won both games playing against Darlene Rogers, Mary Simons and Anne Crawford. Cribbage: table 1 of Ed Digby and Al Doherty lost by 66 points to Linda and Richard Coates after playing 9 games. Table 2 played 9 games with Beulah Turnbull and Colleen Matthews winning by 37 points against Doreen Cairns and Doreen Lancaster. Grayce Betts, Jean Naylor, Bev Cairns and Warren Heath defeated the black team of Shirley Hodge, Liz French, Doris Coates and Colleen Heath, at carpet bowling, by a score of 9 to 2 in the first game and 7 to 5 in the second game.

Games were stopped at 4 p.m. and card tables put away. The president, Keith Vintinner, started the meeting, where a discussion about a trip to an apple orchard and to see the fall foliage would need 40 to 50 people to sign up in order to do the trip, by bus. 3 new card tables will be purchased and the community center will also purchase 3

tables. Meeting adjourned and supper tables brought out and chairs placed.

We all sat down to wonderful meal which consisted of chicken and biscuits, mashed potatoes, fresh cooked beets, (thanks Ron MacDonald) carrots, coleslaw, homemade bread, which was delicious, tea and coffee and apple crisp for dessert. Warren Heath said the blessing of the meal.

Janet Goddard was a guest of Holly Dawson for supper.

Half and half winners were Ann Crawford, Lionel Statton, Helen Digby, Norma Carrier, Alberta Everett and Fern McConnell. Peggy's goodies were won by Clyne MacDonald, Hazel Kerr, Helen Taylor and Holly Dawson.

Dishes and tables were washed and put away, floors were swept, a big thank you to all who helped make this possible.

We wish all who are in hospital and those who are sick and recuperating a speedy recovery. God bless all and hope all had a safe trip home.

Those who signed up for the trip will be notified by the captain of their table if the bus trip is cancelled.

A big thank you, to my assistant, Margaret Vintinner, for helping me take notes and for doing the half and half.

There are still a few who have not purchased their new memberships. They are now due.

Next meeting on October 18 at 2 p.m.

Submitted by  
Al Doherty

## Remembrance Day

Some of the greatest victories come without fanfare  
Soldiers must have wondered "What kind of victory is this?"  
As shells exploded and chaos reigned.

We have to wonder what was on their minds  
As hundreds fell and hundreds more  
Had to push on, over and around fallen bodies.

It was often just an isolated beachhead;  
Not of great strategic military importance...  
It didn't look like much!

**The victory was on another level.**

Here, Hitler faced his own nemesis.  
These dedicated men, ready to die for their cause,  
Were heroes whatever the outcome!

**The victory was psychological.**

Hitler knew that he was beaten; not by machines or tactics,  
But by an indomitable spirit, that echoes through our history  
And saves our world when evil threatens us.

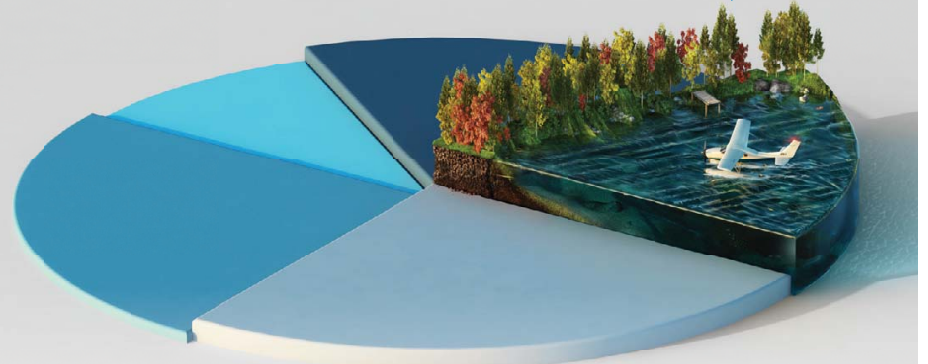
We must be the change that we want to see in the world.  
Remembering these heroes bring faith and hope for a better future.

A future made possible by their sacrifice.

Thank you!

Eric Lancaster

*"Fly to my fishing spot"*



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